



 **Big Brothers Big Sisters.**  
OF ORANGE COUNTY & THE INLAND EMPIRE

# PARENT NEWSLETTER

MAY 2023

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# A MESSAGE FROM THE BBBS TEAM

## TO OUR BBBS FAMILIES,

I wanted to take a moment to thank you for entrusting Big Brothers Big Sisters with your child’s wellbeing and development. As a parent myself, I know that you joined our program because you want the best for your child and their future. You came to us because you know your child has so much to offer the world, and you know a mentor can help empower their inherent potential. You believe in the power of community and you know that it takes a village to raise a child.

Our parents are some of the most hardworking, committed people I have ever met. And at Big Brothers Big Sisters, we strive to provide a safe, welcoming environment where all families feel supported, guided and heard. That’s why, in partnership with you and our mentors, we are strengthening our support systems and expanding our mentoring approach by:

- Connecting our families to community resources like food and housing support, legal assistance and healthcare
- Providing workshops and trainings that empower and educate families, and
- Hosting events that allow you to better connect with your child and their mentor

You play such an important role in your child’s mentoring relationship, and we would not be successful without your participation and communication. If you have any questions, suggestions or want to get more involved, please contact us—we’d love to hear from you!

Thank you for helping us create caring and connected communities where our young people thrive.



With gratitude,

**Laura Corona Marcum**

*Chief Operating Officer*

Big Brothers Big Sisters of Orange County and the Inland Empire



**Big Brothers  
Big Sisters®**

OF ORANGE COUNTY  
& THE INLAND EMPIRE

*We want to hear from you!*

Have a question, suggestion or feedback for us?

**CLICK HERE TO CONTACT US**

or text 714.619.7036

To stay up on the latest news and updates for parents and guardians, visit [ocbigs.org/parent-news](https://ocbigs.org/parent-news)

# UPCOMING EVENTS FOR PARENTS



## MENTOR & PARENT TRAINING



### Supporting Youth Mental Health

[CLICK HERE TO RSVP](#)

Tuesday, June 7, 2023  
6 PM - 7:30 PM

Big Brothers Big Sisters  
Training Room

1801 E Edinger Ave  
Santa Ana, CA 92705

*Child care is available upon request for younger children*

Your family's mental well-being starts with **you!** At this training for BBBS mentors and parents, our friends from Melinda Hoag Smith Center for Healthy Living will provide critical information about how we can support our children's mental health. You will leave with tools and techniques to help your family thrive.

Topics covered include:

- Depression
- Self-Esteem
- Anxiety
- Healthy coping skills



# FOR HIGH SCHOOL BIGS PARENTS

## TO OUR HIGH SCHOOL BIGS FAMILIES,

As the 2022-2023 school year comes to a close, we want to express how grateful we are for the opportunity to have your child be an important part of our High School Bigs program this year. Through our weekly mentoring sessions, both Littles and Bigs have been able to form genuine friendships and work toward achieving their personal goals they set for the year in their Youth Outcome Development Plan (YODP). With curriculum focused on self-efficacy, life satisfaction, and their mentor relationship, our program helps them build stronger relationships, improve their confidence, and strengthen their social and leadership skills.

**Thank you** for your child's participation in our program. Have a fun and safe summer, and we look forward to seeing you back in the fall! Please contact your program specialist with any questions or concerns.

*Your High School Bigs Team*  
hsbig@ocbigs.org

### SAFETY REMINDERS



**Contact is NOT PERMITTED outside of site sessions.** Matches may only meet under BBBS staff supervision. Bigs and Littles are also **NOT PERMITTED** to exchange contact information, (phone numbers, emails, social media profiles, mailing addresses, etc.)

## 2022-2023 ACTIVITIES

*Geared towards social-emotional learning and relationship building*



Big Brothers Big Sisters partnered with **Dreams for Schools**, a program that inspires and educates students to be STEAM and computer science knowledgeable with hard and soft skills needed to become the critical thinkers, creative leaders and technologists of tomorrow.

*Our most popular activities this school year!*

- Sweet Designs • Slime
- Robot Cars • Light Up Wands



**JOIN THE FUN!**



**ZOO ENTRY • MAGICIAN • PHOTO BOOTH • GAMES • ARTS & CRAFTS**

*For Littles and Bigs enrolled in the High School Bigs program only*

## HIGH SCHOOL BIGS SUMMER CELEBRATION



**July 2023 • 10 AM - 1 PM • Santa Ana Zoo**

**Sign up with your Program Specialist!**

*All students must have their parent/guardian sign and complete an event waiver to attend*

# PROGRAM SPOTLIGHTS



## COMMUNITY 1:1 MENTORING

- » **Mentor (Big):** Adult volunteer (ages 18+)
- » **Mentee (Little):** Child (ages 6-16)
- » **Structure:** Outings in the community 2x per month
- » **Eligibility/Requirements:** Live in Orange County; meet twice a month
- » **Benefits:** Mentors provide children with social and emotional support to achieve their personal goals, the opportunity to try new experiences, and connections to social and economic advancement.

Learn more at [ocbigs.org/enroll](https://ocbigs.org/enroll)



## HIGH SCHOOL BIGS PEER MENTORING

- » **Mentor (Big):** Peer volunteer (high school student)
- » **Mentee (Little):** Elementary school student
- » **Structure:** Weekly after-school sessions; facilitated in a group setting
- » **Eligibility/Requirements:** Student is enrolled at a participating school
- » **Benefits:** Littles are able to build a friendship with a positive role model and someone they can relate and look up to. Bigs are able to find their voices as leaders, community advocates and philanthropists

Learn more at [ocbigs.org/highschoolbigs](https://ocbigs.org/highschoolbigs)

## FREQUENTLY ASKED QUESTIONS

*My elementary student is a Little in the Community program. Can they also be a Little in the High School Bigs program?* **No, a child may only be enrolled as a Little in one BBBS program at a time.**

*My high school student is a Little in the Community program. Can they be a Big in the High School Bigs program?* **Yes! If your teen's high school participates in our High School Bigs program, they may apply to volunteer as a peer mentor (Big) to an elementary school student. Contact [lcain@ocbigs.org](mailto:lcain@ocbigs.org) for more information.**

*My child is a Little in the High School Bigs program and will be entering middle school next year. How can they continue to receive the support of a mentor?* **Did you know that students who meet regularly with a mentor are 52% less likely than their peers to skip school, are 55% more likely to be enrolled in college, and, on average, earn 13% higher wages as an adult? By enrolling your 7th grader in our Community program, you ensure your child stays connected to a mentor. To apply, go to [ocbigs.org/enroll](https://ocbigs.org/enroll).**

Learn more about Big Brothers Big Sisters' six mentoring programs at [ocbigs.org](https://ocbigs.org)

# COMMUNITY RESOURCES



## Family Health Fair & Children's Day Event

This family-friendly event will offer free health screenings, fun physical activities, school supplies giveaways, clothes and toys, a food distribution, and the opportunities to sign up for public benefits. No registration required. It is recommended for each family to bring a cart.

Date & Time: Saturday, May 6 | 10 AM - 1 PM

Location: Maxwell Park | 2600 W. Broadway, Anaheim, CA 92804



Scan to RSVP

## Children & Family Resource Fair

*Presented by Phoenix House California*

This no-cost event will include activities for children that promote healthy coping skills and encouraging kindness. Meanwhile, parents will have the opportunity to visit the different community-based resources for better health and wellness.

Date: Saturday, May 13

Location: Santa Ana Zoo | 1801 E. Chestnut Ave., Santa Ana, CA 92701

[Click here to RSVP](#)



## Juneteenth Festival

The City of Santa Ana's Juneteenth Festival allows families to participate in a summer celebration of culture. The event encourages all races, ethnicities and nationalities to come together to support and participate in this year's celebrations and appreciate the progress and contributions made by African-Americans in this country. This free and family-friendly event will have live entertainment, food, guest speakers, and kid's activities!

Date & Time: Saturday, June 17 | 11 AM - 6 PM

Location: 3000 W Edinger Ave, Santa Ana, CA 92704



## Orange County Museum of Arts

The Orange County Museum of Arts serves as a fun and educational experience for the entire family. As part of a generous donation, admission to the museum is completely free to children and adults, no advance reservations or tickets necessary. For hours of operation or additional questions please contact the museum at 714-780-2130.

Location: 3333 Avenue of the Arts, Costa Mesa, CA 92626

# COMMUNITY RESOURCES



## The Melinda Hoag Smith Center for Healthy Living

307 Placentia Ave, Newport Beach, CA 92663

The Melinda Hoag Smith Center for Healthy Living (MHSCHL) is a robust one-stop-shop of interconnected and supportive services that promote health and well-being. The Center houses a wide variety of non-profit partner agencies and the programs that address key issues from health care to legal services, to mental health and social support that affect the health of your family and the community.

The Center provides culturally-sensitive services and no-cost resources that address the root causes of disease and improve health outcomes, such as mental health services and fitness classes for the family. Services are offered in English and/or Spanish depending on the program.

For more information on services that MHSCHL provides, please connect with them at (949) 764-6551. For similar resources in your area please connect with our Family Resource Specialist Cassandra Chavira at (714) 426-5620.



## SHOP THE CLEMENTINE MOBILE FOOD TROLLEY AT BBBS

Get your fresh fruits and vegetables at Clementine, the mobile food trolley! Set up in the Big Brothers Big Sisters parking lot, free groceries and supplies for eligible OC families\* as available. Advanced sign up is required.

**May 9**

**SIGN UP AT [OCBIGS.ORG/FOOD-TROLLEY](https://ocbigs.org/food-trolley)**

*\* Must be a resident of Orange County with school-aged child(ren) in the home*



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