

BBBS YOUTH ENRICHMENT WORKSHOPS

BUILD SOCIAL CAPITAL

Big Brothers Big Sisters (BBBS) Youth Enrichment Workshops are designed to equip youth aged 12-17 with the **skills**, **confidence**, and **awareness** needed to recognize and engage with mentors in their everyday environments—whether in school, at home, in their neighborhoods, or through extracurricular activities.

Through interactive activities, guided discussions, and real-life scenarios, youth learn how to:

- explore the characteristics of a good mentor and identify trustworthy role models
- practice communication and help-seeking behaviors
- reflect on personal goals and values

INTERESTED IN PARTICIPATING?

Sessions available:

Fall - Sept. 27th, Oct. 4th & Oct. 18th

- Workshops are **90-minutes** in length, scheduled **12:30pm-2pm on Saturdays**
- BBBSST will supply all materials needed

By building these relational skills, BBBS workshops help youth develop **social capital**—the web of positive connections and resources they can access through relationships. This foundational social capital **empowers youth to navigate challenges, pursue opportunities**, and feel supported in their **personal growth**.

