



## WHO WE ARE



Founded in 1902, Bigs & Littles NYC strives to transform the lives of children (ages 7-19) through one-to-one mentoring while strengthening entire families in hardship. Our goal is for all young people to recognize, reach for and achieve their full potential.

Unlike other mentoring programs, Bigs & Littles NYC provides intensive support for parents, who are predominantly single mothers, dramatically increasing the likelihood for short- and long-term youth and family success.

Our youth programs consist of Community-Based Mentoring and Corporate Site-based Mentoring (World of Work) coupled with year-round Life Skills Programming. Our newest Initiatives are our Mentoring Moms Program, where mothers are matched with mentors of their own, and our Caring Through COVID Mentoring Program which matches children affected by loss and trauma due to COVID-19.

## HOLISTIC MENTORING

Children are only as healthy as their families. While our organization provides support for one-to-one relationships, we also understand the importance of including the whole family in that relationship as well. Because of this, our work is guided by the Whole Family Approach. The Whole Family Approach is a family-led strategy which equips adults and children with the tools and social support to set, plan for, and achieve their goals together.

Our social workers serve as the primary liaisons between the parents, children and mentors, guiding each match through relationship building, coaching and clinical support. Our holistic program model includes crisis counseling, comprehensive family support and referral assistance to all families including children in foster care, children of incarcerated parents and immigrant families.

Our Whole Family Approach improves the well-being of the entire family.



## BUILDING FAMILY STABILITY AND WELL-BEING

We recognize that all areas of life are interconnected. Families cannot address one area without factoring in another. Learnings from seven years of research conducted by the Senator Walter Rand Institute for Public Affairs among eight nonprofit collaboratives implementing the Whole Family Approach in Southern New Jersey show positive changes for families with two caregivers:

- Primary caregivers report a significant improvement in children's educational outcomes.
- Secondary caregivers report significantly reduced financial stress.

In addition, an assessment of our programs found that 95% of caregivers show increased self-efficacy, having either achieved or made progress towards one or more set goals. These findings reinforce the positive impact of the holistic programs we offer our communities.



### OUR IMPACT

**95%**

of youth served  
were promoted to  
the next  
grade level

**90%**

of high school  
graduates served  
entered a college or  
training program

**90%**

of youth showed  
increased  
confidence

## STRENGTH IN A SUPPORT NETWORK

Martha came to Bigs & Littles NYC in 2017 as a strong-willed single mother of two boys who was struggling financially, but striving to be the best parent she could be. Dilim, Martha's Bigs & Littles social worker, began working with Martha's family by getting to know the family's strengths and challenges along with Martha's dreams and aspirations for herself and her family. Martha's son was then matched with a mentor, which gave him the confidence to flourish in school and his social life. Seeing her son's progress, Martha was inspired to join our Mentoring Moms program. With the help of these resources, Martha and her family were able build supportive mentor/mentee relationships and make transformative progress toward their goals.

## OUR RESILIENCE

The COVID-19 pandemic has affected our children and families disproportionately in the five boroughs. Through it all, we ensured that our Little Brothers and Sisters maintained their gains and continued to thrive. We are supporting families during this crisis by:

- Launched Caring Through COVID Mentoring program for children who lost a loved one
- Supplying computers and internet service to close the digital divide.
- Launching a COVID-19 Emergency Fund for affected families.

## TAKE ACTION

Be a Mentor. Be a Donor. Be a Corporate Partner.

Transform the lives of New York City children and families today.

