



## How much time is asked?

- Approximately two to four hours per fortnight is spent with your Little Brother or Sister, usually on weekends for an initial contracted period of twelve months
- Volunteers also have group meetings, giving them the opportunity to share any difficulties or good ideas with one another
- Supervision with professional staff is required on a regular basis



**JewishCare**

## Who do you contact?

**FirstCall JewishCare**  
**1300 133 660**

or email [bbbs@jewishcare.com.au](mailto:bbbs@jewishcare.com.au)

## JewishCare provides

- Services for children and families
- Mental health services
- Information about community services, referral and case work
- Community aged care for older people living in their homes
- Services for people with disabilities

JewishCare relies on financial support from the community. To find out how you can help call Maureen Mendelowitz on 9302 8003

JewishCare is a member of the Big Brothers Big Sisters of Australia Ltd network



Ph: 8302 0231 Fax: 8302 0222  
[www.jewishcare.com.au](http://www.jewishcare.com.au)

JewishCare is a member of the JCA family of organisations



**Big Brothers Big Sisters**  
of Jewish Care Sydney

*mentors for young people*



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## What is the Big Brothers Big Sisters program?

The Big Brothers Big Sisters of JewishCare program provides a significant relationship between a child and a young adult volunteer for an initial commitment period of one year.

The program aims to improve the self esteem and feelings of wellbeing of the young people involved.

## What the program offers

- Friendship between a child and a responsible young adult
- The Big Brothers or Big Sisters will act as a friend, mentor and role model
- The opportunity to share experiences and have fun together
- All parties will benefit from their involvement in this valuable program



## Who are the Big Brothers and Big Sisters?

- Jewish adults, eighteen years and older, who are responsible, mature and caring
- They are willing to be in regular contact with the professional staff of the Big Brothers Big Sisters program
- They will provide consistent, dependable friendship, guidance and companionship
- They are not substitute parents, taxi drivers, disciplinarians or baby sitters

## Who are the Little Brothers and Little Sisters?

- They are aged between six and fifteen
- They share the need for friendship and guidance
- They will benefit from the support this special relationship will provide
- They may come from single parent families or families experiencing difficulties



## What the program offers volunteers

- Learning new skills that will last a lifetime
- The opportunity to make a real difference to a young person
- Meeting new people and making new friends

## What training is provided?

Training will include:

- Communication and problem solving skills
- Self awareness
- Issues that concern young people
- Values necessary for a special friendship
- Boundaries

