



YOUTH MENTOR PROGRAM SUMMARY REPORT FOR JANUARY – FEBRUARY 2026

PROGRAM OVERVIEW:

The BGC Camrose Youth Mentor Program:

- Operates October through May
- Serves grades 6 through 8
- Focuses on self-worth, personal wellness, relationship skills, employability, and enjoyment
- Regular mentor sessions run one evening per week on Tuesdays from 5:30–7:30pm (supper provided)
- Offers a variety of fun and meaningful social, recreational, educational & leadership activities
- Provides training, guidance and support in mentorship and related topics
- Offers opportunity to volunteer as a mentor in the BGC Camrose Kid Way after-school program for grades 1 through 5 (snack provided during volunteer shifts)

STATISTICS:

- We currently have 17 mentors - 12 females and 5 males
- 16 mentors volunteered in the Kid Way program Jan and Feb, contributing a total of 340 mentor volunteer hours.

ACTIVITIES:

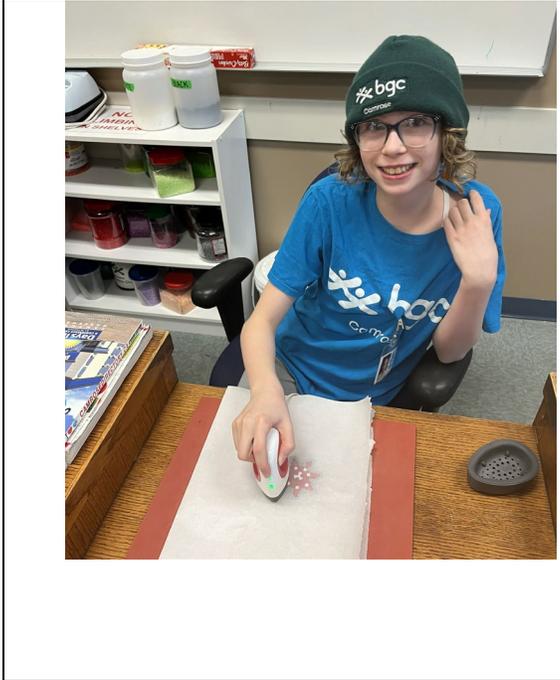
- We hosted 8 Mentor Program sessions during this period:
 1. Mentors set up their BGCU online accounts and played Jack Box together
 2. Mental Wellness Activity – Completed vision boards and added personal New Years Resolutions.
 3. Mental Wellness Activity – Socialized and played board games together, ended with some General Knowledge Trivia.
 4. Mental Wellness Training – Began the *Be There Certificate* on the BGCU training. Mentors who completed the certificate last year started the *LeadUp!* online training instead.
 5. Mental Wellness Training – Continued the *Be There Certificate* and the *LeadUp!* online training.
 6. Mental Wellness Training – Continued the *Be There Certificate* and the *LeadUp!* online training.
 7. Mental Wellness Training – The *Be There Certificate* group took a short break to build connection through the Totem card game (A game that allows you to say and hear what others see the positive in us.), while the other group continued working through the *LeadUp!* online training to catch up. The goal is for both groups to complete their training around the same time.
 8. Mental Wellness Activity – Pink Shirt Day: The Invisible Backpack – Members explored the concept of the “invisible loads” people carry and discussed how

kindness can help lighten someone's load, while hurtful words or actions can make it heavier.

HIGHLIGHTS:

- During the Kid Way program, mentors have helped the younger members with crafts, games, recreation equipment and non-competitive sports.
- Several mentors have shown more initiative and responsibility by assisting with cleanup without asking.
- Hands-on activities continue to be a strong engagement tool. Mentors consistently show excitement and participation during craft-based activities.
- Discussions with the older mentor group participating in the *LeadUp!* Training has been thoughtful and meaningful. Mentors appear engaged in the course and are contributing openly to group conversations. Appearing like they are enjoying the materials of the course.
- In The *Be There Certificate* many mentors have shown active participation by answering questions and contributing to group discussions.
- The *LeadUp!* group has demonstrated strong participation through in-depth discussions and interactive dialogue.
- The Backpack activity was highly impactful. All members actively engaged, demonstrated vulnerability, and responded emotionally, particularly during the positive message portion shared by staff.





Picture Notes: (top row) Mentors helping out in our Kid Food Nation and STEM programs, (middle row) Mentors watching the Camrose Kodiaks and playing a board game and (bottom row) Mentors ironing kid's perler bead projects and sledding with Kid Way children