



## **SISTERING PROGRAM**

- Name of Program: **Mentoring Little Sisters Program**
- Program Goal: **The project is designed to mould young South Asian girls into assertive, confident, mature and educated young women.**
- Enrolment: As and when Big sisters are available
- How does it work: A Big Sister would have a maximum of three little sisters. The older sister mentors the three little sisters in a variety of settings. Talks, play, entertainment and outings are used to mentors little sisters.
- How long: The program runs for six months.  
Once a month either Saturday or Sunday is spent with Big sister.  
There are some costs which have to be shared by parents. The costs are associated with their children food, entrance to entertainment facilities etc.
- History: Two sistering programs have been organized to date. Based on the evaluations, the programs were a huge success.  
Special thanks to our Big Sisters:
- Kulbinder Saran
  - Neena Pelia
  - Gurjit Kaur

### **PROGRAM ACTIVITIES:**

Sistering program gives young Punjabi girls at risk who are aged 11 to 15 a chance to meet successful women in their community. It is an opportunity to learn what it takes to be a professional in a highly competitive world and how to make sound independent choices and decisions. The girls spend one six-hour a day with the women and participate in a physical activity, have an interactive discussion and discover something new in downtown Toronto! This is the first step towards the rest of their lives...

For more information, please call: (905) 301-2978 and [bmutta@rogers.com](mailto:bmutta@rogers.com)