



Accept, adapt and keep going

With the approach of winter, we here at the Clubhouse are preparing for our end of year programs and supports for the children we serve. These last number of months have been different, sometimes hard, but we have found ways to adapt.

This Pandemic has been difficult for all of us, but can be especially hard on children. Changes in school procedures, isolation measures and a real shift from the norm has provided ground for anxiety, loneliness and depression.

Many have seen clubs, sports and extra-curricular activities

closed. And, although the internet has provided a great opportunity for online learning and entertainment, it does not take the place of personal connection and interaction.

Throughout the summer and into the fall, we have been able to meet in person with our Mentees, which is a great blessing.

However, until recently all those meetings have taken place outside. With the colder weather came the need to outfit our building to accommodate safety measures and small group meetings. And outfit we did. Thanks to

guidance from the Health Unit and lots of plastic sheeting, we created individual pods for safe activity spaces. So for now, we continue to offer that needed in-person support for our Mentees, but are prepared to return to virtual programs if needed. Either way the support of our Mentees will continue.



Programs in the Clubhouse yard



Mentee Perspectives—What BGM means to me

Bruce Grey Mentorship means everything to me. When I attend a program I do a lot of fun activities like art and playing fun games. I've been there since it started. I sometimes hang out with a whole group or my mentor 1-on-1. During quarantine, with my Mentor, we'd play chess together by going on a Zoom chat. I



sometimes go with him on field trips and hang out with him. We experience a lot together like when we went to the Toronto Aquarium with a lot of other Mentors and Mentees. We saw a lot of cool fish and learned a lot about the different fish. We sometimes play sports like

basketball. One time I beat him 7-4. These are some things that I did in 2020 while I was in the mentorship program and I am proud to be a Mentee.





Paintbrush Therapy



Art is therapy. One of the things we like to do at the Clubhouse is express ourselves through crafts, art and projects. Although we occasionally have a Mentee whose not artistically inclined, we often find the process of creating brings therapeutic results to all involved. Whether it's a detailed painting or a smooch on the canvas, when the kids are immersed in creating, so many good things happen. We encourage experimentation, immersion, release....art is tactile, it involves a hands-on experience that can draw you in. And once there, it has the ability to open up your emotions and connect in a tangible way. For some, it is a stress release, for others, a way to express themselves. Not all art ends up in a gallery, but through this Pandemic, the self expression, the creativity and the smiles are what we really need.



Why I Mentor

I have always been connected with children in my adult life, organizing, planning and creating activities. When I was introduced to Bruce Grey Mentorship, I thought, "I can expand my horizons and be a mentor to preteens in the community".

At the Clubhouse, it's wonderful to see Mentees doing activities together in a safe environment; playing games, doing crafts and learning the "word of the week" that gives a positive influence in their lives. Each Mentee is special in their own unique way and are able to be themselves at group, yet also grow as a body together.

In my younger years, there wasn't this type of outreach for kids in



Mentor Shirley

need. I think this is a great outreach. I am a great example that one is never too mature to be a part of mentorship. I'm not a technically inclined person, but just being at the Clubhouse and interacting with Mentees gives me great satisfaction. I'm glad to be part of such a wonderful team.

Know someone who would be a great Mentor?

Back in September, The Post printed a front page article on our program which resulted in 8 applications for new Mentors. Quite a few of those have now proceeded to participation in program. As our Mentor team grows, so have we grown our Mentee group.

We are very grateful for the exposure this article has given us. The new faces and connections are an exciting growth to our program, which we hope to continue.



The Post front Cover—Sept 3

Contact us to get involved.
519-506-5065



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