Big Brothers Big Sisters
OF CALGARY AND AREA

'26 BIG IMPACT REPORT

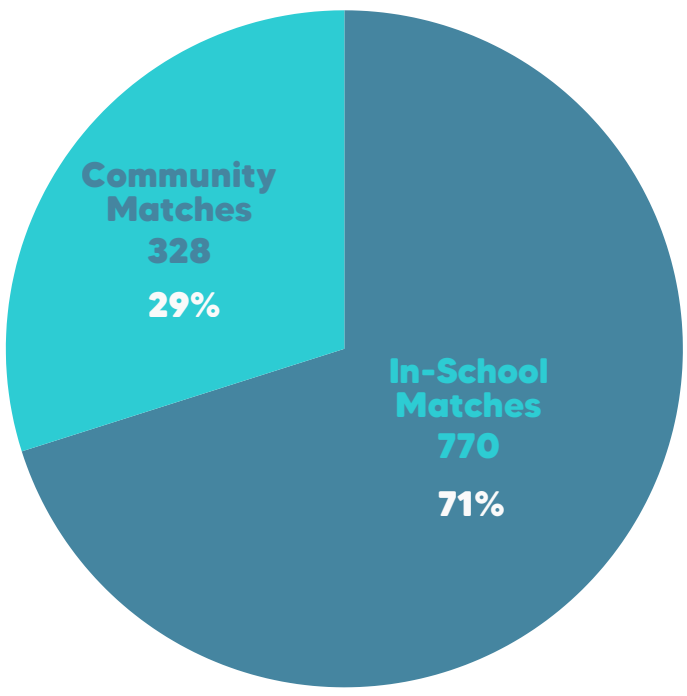
At Big Brothers Big Sisters of Calgary and Area (BBBS Calgary), we connect young people with caring mentors through one-to-one relationships in schools and in the community. These relationships help young people build confidence, strengthen their sense of belonging, and develop the skills they need to navigate life, while also helping them recognize that doors to opportunity are opening before them.

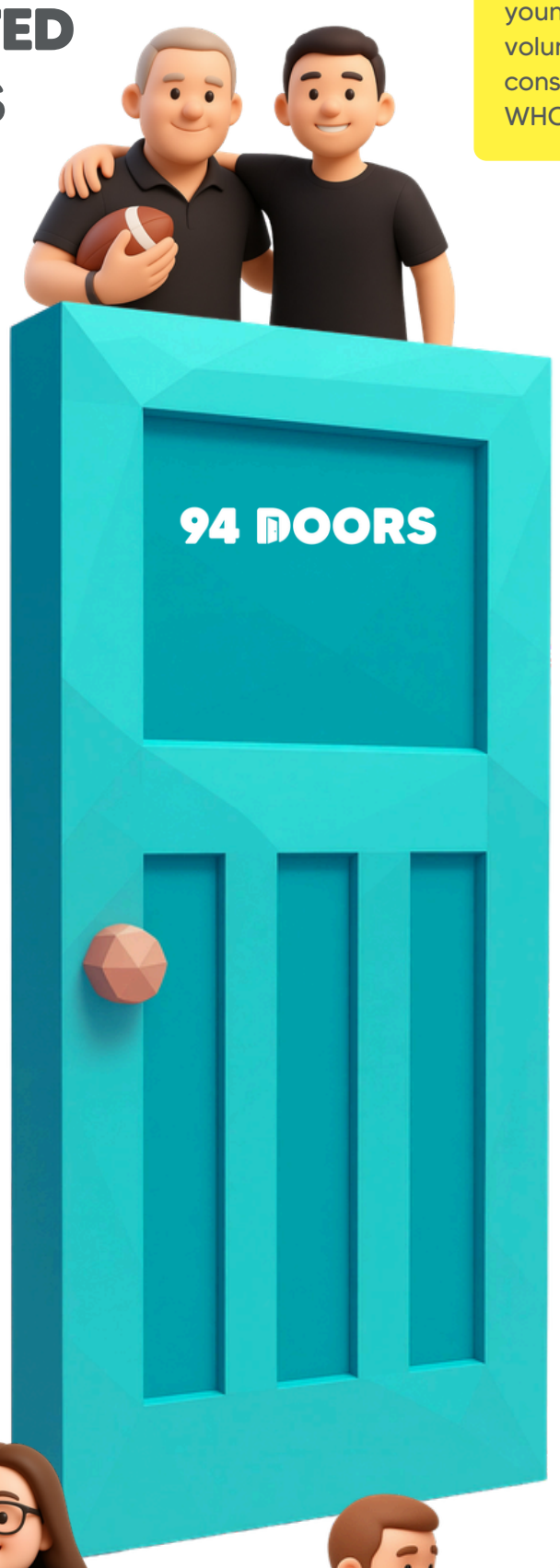
The Big Impact Report offers a quantitative snapshot of that work over the past year. While numbers alone can't fully capture the lived, personal impact of mentorship, they help us understand something just as important. Consistent, caring relationships are opening doors and expanding what feels possible, not only for the young people we serve, but across families, schools, and our community as a whole.

WHAT IS A MATCH?

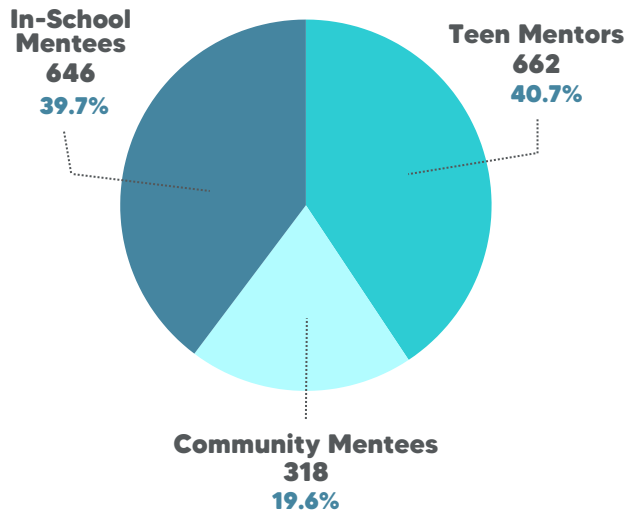
A match is a mentoring relationship between a young person (a mentee) and a trained volunteer (a mentor). Each match is built on trust, consistency, and shared experiences. To learn WHO WE SERVE, flip to the next page.

LAST YEAR, WE SUPPORTED 1,098 TOTAL MATCHES

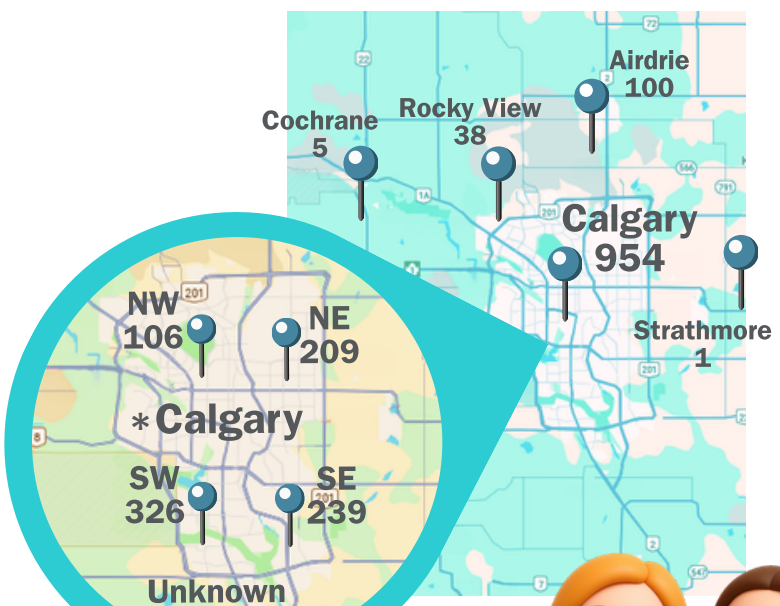




WE SERVED 1,626 CHILDREN AND YOUTH

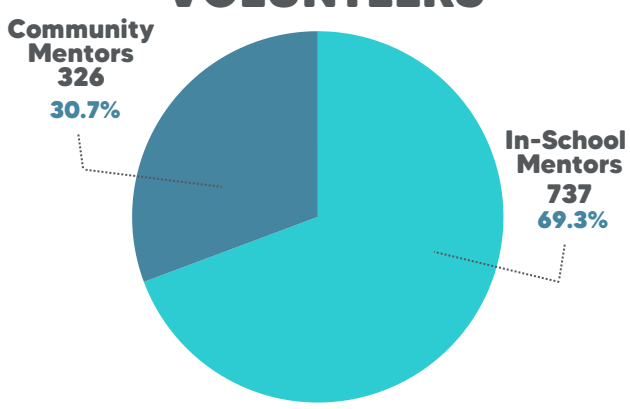


MATCHES BY REGION

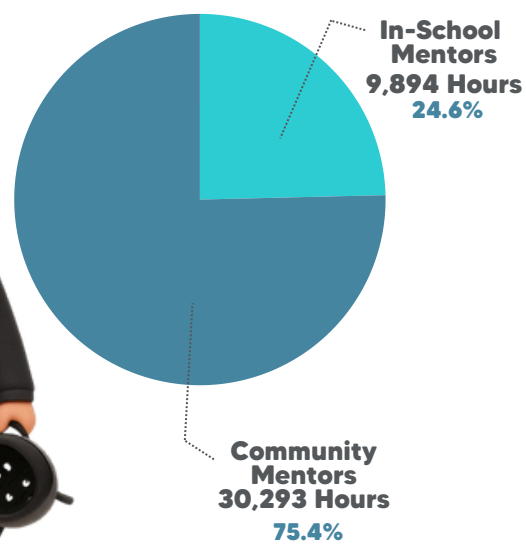


* The total number of matches reported by quadrant (NE, SE, SW, NW) differs to the total in Calgary is due to some data being variable

WE SERVED 1,063 VOLUNTEERS



OUR VOLUNTEERS CONTRIBUTED 40,187 HOURS OF MENTORSHIP







WHY THE BIG DOOR?

The door is a symbol of possibility. Through mentorship, young people begin to see opportunities that may not have felt within reach before, and gain the confidence to move toward them. Our 94 Doors Campaign is built on that idea, inviting our community to help open more of these pathways for youth.

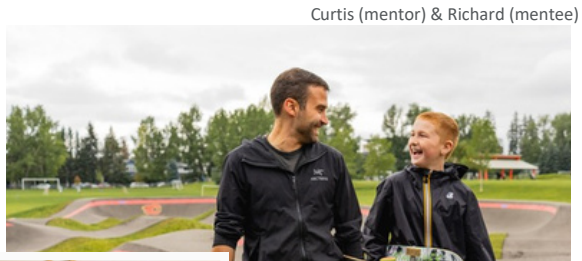
Learn more about the campaign at 94doors.com.

WHO WE SERVE

Many of the young people supported through BBBS Calgary are navigating significant adversity alongside the normal challenges of growing up. In 2025-2026, 72% of youth in our community-based mentoring program reported experiencing four or more Adverse Childhood Experiences (ACEs), with young people experiencing an average of five ACEs each. The most commonly reported experiences included bullying, family separation, mental health challenges within the household, grief and loss, and social isolation.

Research from the UCL Institute of Health Equity shows that ACEs can have lasting impacts on mental health, relationships, learning, and future wellbeing.[1] At the same time, supportive relationships are recognized as one of the strongest protective factors in helping young people build resilience and navigate adversity. Through mentorship, young people gain a consistent, caring connection that helps them feel supported, strengthen their confidence, and recognize new possibilities for their future.

[1] Matilda Allen and Angela Donkin of the UCL Institute of Health Equity, "The impact of adverse experiences in the home on the health of children and young people, and inequalities in prevalence and effects", (2016)



Curtis (mentor) & Richard (mentee)



Blaik (mentee) & Laura (mentor)



Ben (mentor) & Eason (mentee)

The following Adverse Childhood Experiences (ACEs) were most frequently reported upon intake in the last year:

- **Child/Youth Experienced Bullying** — 68%
- **Parents Divorced or Separated** — 64%
- **Mental Health Issues in Family/Household** — 58%
- **Death of Someone Close to Them** — 50%
- **Child is Experiencing Social Isolation** — 48%
- **Child is Experiencing Mental Health Issues** — 42%
- **Child Exposed to Financial Stress** — 41%
- **Conflict/Violence in the Home** — 39%
- **Substance Use/Abuse in Family/Household** — 33%
- **Child Exposed to Vulnerable Employment** — 30%
- **Child Welfare Involvement** — 26%
- **Family Member Involved with Police** — 21%

HOW WE SERVE

Mentorship plays a key role in developing social-emotional skills that help young people succeed in school and in life. Through consistent, caring relationships, mentors help mentees: build self-awareness, strengthen self-management, grow social awareness, improve relationship skills, and practice responsible decision-making.

Mentees surveyed last year reported personal growth in the following **five core competencies of social-emotional learning:**

- **Self-awareness:** Desire to improve self and awareness of strengths and limitations — 77%
- **Social-awareness:** Capacity to interact with others in a positive manner of respect and tolerance — 86%
- **Self-management:** Ability to control emotions and behaviours in pursuit of a goal or in a new situation — 63%
- **Relationship skills:** Ability to promote and maintain positive connections — 91%
- **Decision-making skills:** Accepting responsibility for decisions — 85%

Mentors create powerful Developmental Relationships–relationships that help young people grow into their full potential. Here's how:

- **Expressing care** through consistency, kindness, and genuine interest.
- **Challenging growth** by encouraging new experiences and celebrating effort.
- **Providing support** during tough moments, helping set goals and encouraging resiliency.
- **Sharing power** by respecting the mentee's voice and choices.
- **Expanding possibilities** by introducing new ideas, people, places, and opportunities.

Mentees surveyed last year reported that their mentor expressed the following **five key elements of a Developmental Relationship:**

- **Express Care:** show me that I matter — 96%
- **Challenge Growth:** push me to keep getting better — 89%
- **Provide Support:** help me complete tasks and goals — 87%
- **Share Power:** treat me with respect and give me a say — 91%
- **Expand Possibilities:** connect me with people and places that will broaden my world — 85%