



BIG BROTHERS BIG SISTERS OF NEW HAMPSHIRE & VERMONT

SPRING 2026 UPDATES AND NEWS FROM VERMONT



Mentoring Moment

Picture Worth a Thousand Words

Peer mentors and youth in Vermont's peer-to-peer mentoring program recently tapped into their artistic creativity to explore what a healthy, substance-free life means to them, illustrating their ideas and daily choices that support well-being.

This project is part of a 2026 "Prevention IS" campaign focused on substance use prevention and outreach, thanks to a grant provided by the Vermont Prevention Lead - Region 4. The project will explore how youth perceive and talk about prevention, culminating in the youth developing their own campaign about substance-use prevention to share with their community.

This activity opened the door to some meaningful conversations! One 4th grade Little Brother and his Big Sister drew a picture of them walking through nature. They love to go for walks together because they know that moving their bodies helps them both to relax, be more focused and less stressed. They have bonded over these walks, which has been wonderful to see. Little struggles to make friends, so finding this shared interest with his Big has helped his self-confidence!

Our Peer to Peer Mentoring program is thanks to the support of The Stratton Community Foundation. Youth from Currier, Dorset, Flood Brook and Manchester Elementary Middle School are matched with mentors from Burr & Burton Academy. With staff guidance, younger and older students meet in their school setting, fostering leadership skills for mentors and helping mentees develop social-emotional skills and confidence.



Fundraising Event

Take Me Out to the Ballgame!

Big Brothers Big Sisters of NH & VT is heading to Centennial Field and you're invited!

Join us for food, fun, games and of course Champ!

Thursday, July 2

First Pitch is 6:35 pm

Tickets are \$8

Half of each ticket sold will go to support BBBS of NH & VT so we can continue to provide valuable mentorship programs for our Vermont youth. Plus, we'll be holding a 50/50 raffle that night to support our work!



Click the QR code or visit: bit.ly/BBBS_Game

Encourage your friends and neighbors to buy tickets, too!

We'll see you at the game!

Amy and Liz Went to the Movies!

Thanks to Main Street Landing in Burlington for picking us as the nonprofit beneficiary for their March film series. We had a blast chatting with new people and sharing our mission!

Main Street Landing's movie series brings great classic cinema to the Burlington area. It's a free event open to the public with donations taken at the door for a different nonprofit each month.

Movies at Main Street Landing offers nonprofits the platform to raise money, receive advertising exposure and promote their cause.



Fundraising Campaign

Mentorship Today Grows Opportunities Tomorrow



We don't create potential; we nurture the greatness within every child. We create and support growth and opportunity through strong, life-changing mentoring relationships, helping that spark grow to their fullest potential. Today's youth face growing adversities, but research shows that when mentored, our youth are 20% more likely to enroll in college or a trade school and earn 15% more in their lifetime.

Your support is the sunshine. Their Potential is the Bloom.

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HOW YOU CAN HELP:

- Make a personal gift in honor of someone who's been a mentor to you. Donate online at bit.ly/Potential-in-Bloom or mail a check to our business office: Big Brothers Big Sisters of NH & VT, 3 Portsmouth Ave, #2, Stratham, NH, 03885.
- Encourage friends and family to support a cause that changes lives.
- Does your workplace offer matching gifts? Double the impact of your gift.
- Volunteer! A gift of a few hours a month can make a difference to a child! Sign up today at bigsnhvt.org/be-a-big/.
- Are you a Business? Connect your business to our mission by becoming a sponsor today. Reach out to Amy at amyp@bigsnhvt.org to explore our sponsorship opportunities and make an even bigger impact.

Vermont Activities

New Partnerships and Activities

We've been busy raising awareness around the state and building new relationships. Check out this amazing list of new offerings and great partnerships!

2026 Corporate Supporters:

- Dead River Company
- Stewart's Shops
- 802 Credit Union

New Match Activities and Discounts:

- **Skinny Pancake** - Birthday Discounts for Littles
- **Strike Zone** - Group Activity, June 9, for matches
- **The Flynn Theatre** - Mentor Ticket Program offers free tickets for certain shows.
- **Heritage Aviation** - Site tours for matches
- **UVM** - Tickets to Basketball and Lacrosse games
- **Vermont Lake Monsters** - Ticket fundraiser and 50/50 raffle and a youth gets to go on the field for the first pitch!
- **Community Sailing Center** - Offering discounted paddling for matches
- **Greater Burlington YMCA** - Match Day Passes



2025 Impact and Looking to the Future

Across our states, many young people face significant challenges in their daily lives. Among the youth we serve, 58% come from low-income households, and 64% have experienced significant trauma. These experiences include having a parent with a substance use disorder (27%), experiencing abuse and/or neglect (32%), living with anxiety, panic disorder, or depression (39%), and managing ADHD/ADD or a learning disability (46%) - factors that are strongly linked to school dropout, truancy, and early substance use.

Mentorship provides consistent support in each of these areas. As our matches and their families often share with us, mentoring works.

In 2025, we created 148 new mentor matches while continuing to support relationships that have lasted from one to 12 years. We completed 4,570 child safety check-ins, and our mentors dedicated an extraordinary 23,750 hours showing up for their Littles.

We are grateful to everyone who supported us in 2025 through gifts of time, talent and treasure. We thank our donors, our corporate partners and our volunteer mentors for being a part of our community and we hope to continue that support in 2026.

