

● ● ● *What do kids and families say about KidStart?*

*“Just being able to get out and do things has made handling stress easier. My mentor’s connection and support makes the hard parts of life easier.”*

*– Mentee*

*“I love my big buddy. We do fun stuff together. We smashed ice puddles. We drank hot chocolate. I liked that.”*

*– Mentee*

*“It has provided opportunities for my granddaughter to experience different activities, and discover new places and new people. It gave her some confidence to explore the world outside of our home life.”*

*–Grandmother of mentee*

*“My girls mean everything to me, but I can’t give them everything they need. I can’t say how much it means to me that they have their buddies there for them.”*

*–Dad of two mentees*

*The John Howard Society of North Island’s programs are situated in the unceded territories of the Kwakwaka’wakw, Laich-kwil-tach, Nuu-chah-nulth, and Coast Salish peoples.*

## Want to Help?

### Become a John Howard KidStart Mentor!

Do you like to go for walks? Bake cookies? Play games? Consider becoming a mentor! John Howard KidStart is always looking for caring adults to spend three hours per week having fun with a child or youth. If you or someone you know is interested, please contact us!

[www.jhsni.bc.ca/index.php/volunteer/](http://www.jhsni.bc.ca/index.php/volunteer/)

### Become a John Howard KidStart Champion!

No time to mentor but still want to help? Consider becoming a John Howard KidStart Champion! KidStart Champions make monthly donations to John Howard KidStart. Champions choose from three levels of sponsorship:

**Gold:** \$100 per month

**Silver:** \$50 per month

**Bronze:** \$25 per month

[www.jhsni.bc.ca/index.php/kidstart-donate/](http://www.jhsni.bc.ca/index.php/kidstart-donate/)

KidStart is supported entirely by charitable donations, fundraising, and The Province of BC - Gaming.

**JohnHoward**  
The John Howard Society of North Island

**JohnHoward**  
**KidStart**

## Mentoring Program



### Referral Information

Campbell River  
Tel. 250-286-0611  
Comox Valley  
Tel. 250-338-7341  
[www.jhsni.bc.ca](http://www.jhsni.bc.ca)



## What is KidStart?

**John Howard KidStart** is a mentoring program for children and youth ages 6-12. Many mentorships continue into the teen years. **The primary goal of John Howard KidStart is to connect a stable, committed, caring adult friend to a young person when they need it most.**



Research indicates that children are more likely to thrive and have the support they need in hard times when provided positive, one-to-one attention from a trusted adult. By meeting with their mentee weekly and engaging them in community activities, KidStart mentors serve as consistent and positive role models who provide opportunities to experience new successes and healthy challenges.

## Who is KidStart for?

John Howard KidStart is designed for children who could use some additional support. The program is offered in Campbell River (including Quadra Island) and the Comox Valley (including Denman Island).

Children are typically referred because they are currently experiencing, or at risk of experiencing, difficulties at school, home, or in the community. Children and youth are matched with an adult volunteer mentor who acts as a positive role model and helps them build self-confidence and life skills through fun activities in their community.

## Who are KidStart mentors?

We recruit volunteers through volunteer centres, colleges, businesses, and word of mouth. All candidates are carefully screened through interviews, home visits, references, and criminal record checks.

KidStart mentors build a friendship with the young person and help them connect with their community. Weekly outings happen for at least a year, and many friendships continue for longer.

KidStart coordinators provide ongoing training and supervision to mentors. They also communicate regularly with the parents/caregivers, mentees, and mentors to assess program effectiveness.

## KidStart Referrals

John Howard KidStart accepts referrals from parents, other family members, teachers, counsellors, social workers, and other child care professionals. Referral forms can be submitted to your local KidStart coordinator by e-mail, fax, mail, in person, or over the phone. Once the referral forms have been received, the KidStart coordinator will contact the person who made the referral or the parent/caregiver for more details before adding the child to the waitlist.

**If you would like to refer a child to KidStart, contact your local John Howard office:**

### **Campbell River**

140 10<sup>th</sup> Avenue

Campbell River, B.C.

V9W 4E3

Phone: 250-286-0611

Cell: 250-203-3111

Fax: 250-286-3650

### **Comox Valley**

575 10<sup>th</sup> Street

Courtenay, B.C.

V9N 1P9

Phone: 250-338-7341

Cell: 250-898-4842

Fax: 250-338-6568

You can also e-mail us at [mail@jhsni.bc.ca](mailto:mail@jhsni.bc.ca) or find the referral form and FAQs for Parents and Caregivers at [www.jhsni.bc.ca/index.php/kidstart-program/](http://www.jhsni.bc.ca/index.php/kidstart-program/)