



REBUILDING LIVES THROUGH MENTORING



The Sister2sister program seeks to improve the lives of girls in Australia who are experiencing physical, social and economic disadvantage. Our mission is to help Australia's most marginalised girls grow into strong independent women capable of taking their place in the world.

The sister2sister program is an evidence-based and trauma-informed youth development program that provides structured mentoring, psychoeducational workshops, and welfare support to vulnerable or disadvantaged teenage girls (little sisters) aged from 12-18 years. Little sisters are matched with professional female mentors (big sisters) who are positive stable role models.

WWW.SISTER2SISTER.ORG.AU

THE SISTER2SISTER PROGRAM HELPS GIRLS THAT HAVE BEEN THROUGH TOUGH TIMES REALISE THEY ARE CAPABLE OF BEING INDEPENDENT, EMPOWERED AND CONFIDENT IN ORDER TO CREATE THE LIFE THEY WANT FOR THEMSELVES REGARDLESS OF WHAT SOCIETY MAKES THEM THINK.

CATHERINE | LITTLE SISTER MENTEE

Apply online via our website:
www.sister2sister.org.au

Participants must be High School aged (year 7-12)

46%

before

after

86%

Can identify relationships that are bad for them

64%

before

after

91%

Thinks HSC is important for their future

36%

before

after

79%

Believe in themselves

The Program is designed to build resilience and empower positive change within a safe, nurturing and socially inclusive environment. It includes:

- **3 day residential Camp** (combining educational seminars, team building workshops and bonding with Big Sister and peers).
- **Monthly group life skills workshops and activities** focusing on core underlying issues (E.g. self-esteem, resilience, health, self-regulation and body image).
- **Group "outings"** with Big and Little Sisters designed to build trust and connection, and to provide respite to Little Sisters who are facing serious concerns and responsibilities in their day to day life. These can include Trapeze, cooking and nutrition, rock climbing and self defense.
- **Support for Big and Little Sisters** from experienced staff and program leadership team. The Program operates within an integrated, holistic, trauma-informed mentoring and education framework, inclusive of ongoing support to the Little Sisters beyond the structured program itself for long-term sustainable change.

