

# **Big Sister Comes To The Rescue**

## **Hill Times April 2004**

A former school teacher is devoting her energies to a new program which helps teenage girls cope with the pain of family breakdown, bereavement and abuse, writes TIM ESCOTT

LIFE can sometimes deal a bad pack of cards for many children who have to live every day with abuse, neglect and hopelessness, but there are people out there trying to make a big difference to young peoples lives around.

As part of the foundation, a mentoring program called MY Big Sis has been launched and students from Baulkham Hills and Cherrybrook high schools have been raising funds by selling raffle tickets.

The aim of the Big Sis program is to give girls tools to alleviate the pain of poverty, bereavement, destitution, abuse, family breakdown, unemployment and to reverse the detrimental effects of low self esteem in teenagers.

“We are breaking down the cycle of destitution – we’re giving these girls the skills so many of them don’t end up like their parens,” said Ms Brown.

The project is a five – day mentoring program, which will commence in the January school holidays.

School principals and members of the public are asked to nominate girls from their school who could benefit from the project.

Girls are taught etiquette skills and are taken to a five star restraint – a new experience for many.

The girls are shown interview techniques and have their resumes touched up.

For further information about the Life Changing Experiences Foundation, including corporate support, call 1300 553 629 or [www.lifechangingexperinces.org](http://www.lifechangingexperinces.org)