

By matching Jewish adult mentors with Jewish children from single parent or non-traditional families, JFS *Big Pals* become adult role models and friends, helping JFS *Little Pals* develop confidence, a Jewish identity and meaningful connections.

Research confirms that a child who is involved in a mentoring relationship is less likely to use drugs, has improved confidence and self image, does better in school and develops much more rewarding relationships with family and friends.

MISSION

We deliver essential human services to alleviate suffering, sustain healthy relationships and support people in times of need.

VALUES

Guided by our Jewish tradition of repairing the world, we are committed to:

- Treating people with dignity and compassion
- Providing culturally relevant services
- Helping people help themselves
- Reflecting the changing face of the community
- Collaborating with others to broaden our reach



JEWISH **FAMILY**SERVICE

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A Commitment to Community since 1892

Big Pal/Little Pal Program



JEWISH **FAMILY**SERVICE





“Kids have such amazing things to teach us. It is so rewarding to give back and to make the world a better place.”

– Marc Rosenshein, JFS Big Pal

Think Big.

See the world again through a child's eyes by mentoring a boy or girl. This volunteer opportunity for Jewish men and women age 21 and over requires a minimum one-year commitment. *Big Pals* are carefully screened, trained and supervised by the professional staff at JFS. What could be easier? What could be more rewarding!

Think Little.

JFS *Little Pals* are local Jewish children, ages 6 – 16. Some have experienced the unexpected through no fault of their own (divorce, death or abandonment); others are in non-traditional families. As different as their situations might be, all would benefit from an extra adult friend, role model, confidant. It takes just a little time each month to make a big difference and lasting impact on a child for a lifetime.

“ We’re at the point where we just ‘hang out’ together. I must confess, these are some of the best times for me.”

– Paul Lowenberg, JFS Big Pal



The *Big Pal / Little Pal* Program is provided by the *Volunteer Services* department of Jewish Family Service



For details about the JFS *Big Pal / Little Pal* Program, contact the Director of *Volunteer Services* at (206) 461-3240, ext. 3155, e-mail volunteer@jfsseattle.org or visit our website at www.jfsseattle.org and click on “Volunteer.”

BE A BIG PAL; BE A HERO!

You'll meet with your *Little Pal* at least once a month to enjoy companionship and fun activities of your choice. In addition, the Program sponsors many get-togethers throughout the year for events such as a Mariners game, a trip to Experience Music Project or a tour of the Museum of Flight.