

From: [Dawn Steffen](#)
To: [Dawn Steffen](#); [Matthew Calvert](#)
Subject: January Family Newsletters
Date: Wednesday, January 3, 2024 9:36:47 PM
Attachments: [image001.png](#)
[How_to_help_others_with_school_stress.pdf](#)
[image016.png](#)
[image017.png](#)
[image003.png](#)
[image004.png](#)
[image005.png](#)
[image006.png](#)
[image007.png](#)

Hello BBBS Families! Happy New Year and Happy Mentoring Month!

I hope everyone in your family is ready for a great 2024! A great way to celebrate National Mentoring Month is having your kids write a note/ make a video/draw a picture/ paint a rock to thank their Bigs for taking time for them! Expressing Gratitude is an amazing exercise!

This email is packed with FREE things to do, jobs/college scholarships and internships! PLEASE take a look!
For families with Seniors – you will not want to miss these opportunities:

	<p>FAMILY UNIVERSITY INTRO to the FAFSA Event Timing: Tuesday, January 9th 6-7:30 Speaker: Eric Lopez and John Branham Get Schooled For Parents, Guardians, Littles and Bigs! Eric & John will share what your Little needs to do to get the FAFSA done & get \$\$ for college. Sign up here for the Zoom Link</p>
	<p>FAFSA ADVISING APPOINTMENTS The team at Get Schooled will help you decipher your FAFSA! January 17th between 5 and 7 – sign up for a time slot! Sign up here</p>

And I hope to see ALL OF YOU at the BOOK FAIR!!!!

FREE EVENT for matches and families (and see our NEW OFFICE!)
[Sign Up Here!](#)



BIG BROTHERS BIG SISTERS

MLK Day Bookfair

JAN. 15, 2024
FROM 11AM-3PM

Let your imagination soar in a new book!

THERE WILL ALSO BE FREE COATS AVAILABLE

130 South Jefferson St #200
Chicago IL 60661



How's your Wi-Fi? T-Mobile wants to provide your child a FREE Hot Spot (good for 5 years!). For details & qualifications – email your MSS, or reply to this email!



Free Library of eBooks to borrow and read on the Open eBooks app. The app is available for download on both iOS and Android platforms. The app requires a minimum of iOS 10 or Android 6. Open eBooks on Web (www.openebooks.org) can be accessed via Chromebooks, laptops, or desktop computers, and on other devices where you can't download a mobile app. Download the app and email me for your account and pin! **SET A READING GOAL** for your children! Reply to this email for your code!

YOUTH ENRICHMENT, EMPLOYMENT & LEADERSHIP OPPORTUNITIES for your Little

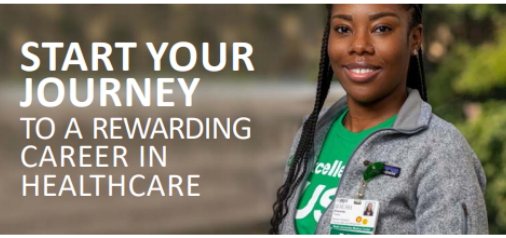
Please encourage them to take advantage of these opportunities!

MIDDLE SCHOOL SPRING BREAK ACTIVITY for girls & nonbinary: FUTURE FOUNDERS STARTUP SPRING BREAK 2024 Powered by Google. Join middle schoolers from across Chicago for a FREE weeklong bootcamp to learn about entrepreneurship, meet female founders making an impact, and collaborate to create business ideas. All program participants receive a \$100 gift card of their choice. <https://future-founders.jpages.co/startup-spring-break-2024/>



[Chicago Youth Service Corps](#) Jobs for Youth 16-24

[JOBS for TEENS!](#)



Learn more about the Patient Care Technician Apprenticeship Program @ RUSH

 <p>EARN WHILE YOU LEARN</p> <ul style="list-style-type: none"> Tuition-free Certified Nursing Assistant (CNA) Program at Oak Point University 4-week program 	 <p>GAIN VALUABLE WORK EXPERIENCE</p> <ul style="list-style-type: none"> Full-time employment as a PCT Apprentice Practical training onsite at RUSH 	 <p>PATIENT CARE TECHNICIAN OPPORTUNITY</p> <ul style="list-style-type: none"> Upon completion, transition into a PCT position within the Rush University System for Health.
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 <p>GET IN TOUCH</p> <p>Questions? Contact us at cpr_rush@rush.edu</p>	<p>PCT PROGRAM REQUIREMENTS</p> <ul style="list-style-type: none"> High School Diploma / GED 18 years of age by 4/29/24 <p>INTERESTED? If you are interested and meet the above requirements for the program, scan the QR Code or click this link to submit the Interest Form.</p> 	<p>VIRTUAL INFORMATION SESSIONS Grab a friend or family member and join one of the virtual information sessions to learn more about the PCT Program.</p> <table border="0"> <tr> <td>1/11/24 at 4pm</td> <td>1/19/24 at 12pm</td> </tr> <tr> <td>1/18/24 at 10am</td> <td>1/22/24 at 6pm</td> </tr> </table> <p>Details on the information sessions will be sent via email upon completion of the Interest Form. https://forms.office.com/r/nWR5Cve5</p>	1/11/24 at 4pm	1/19/24 at 12pm	1/18/24 at 10am	1/22/24 at 6pm
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If your daughter is a FEMALE 10th or 11th Grader – AMAZING Summer Opportunity: [2023 Academy Locations - Exelon Foundation STEM Academy \(exelonstemacademy.org\)](#)

[Lifeguard Explorers!](#) Earn \$300 and get ready to have a GREAT JOB next summer!

[After School Matters](#) It's not too late to sign up – paid awesome activities for kids 14+ who attend a CPS school

[Party Per Purpose Teen Center](#) 3932 S California Free Therapy, Free Classes

[After School Writers Workshop Grade 1 - 8 Apply Here](#) Burst Into Books' Headquarters (11001 S. Michigan Avenue, Chicago, IL. 60628).

Students will meet twice a week (Mondays and Wednesdays) from 3:30 pm to 6 pm. One hour will be dedicated to homework and 1.5 hours for the workshops. All participants will be developing their writings to become published authors!

[South Side Youth Support](#)

[All Stars DEVELOPMENT SCHOOL FOR YOUTH](#) – this is a summer internship! Sign up NOW!!!

Is your Sophomore, Junior or Senior High Schooler interested in the Medical Career?

MedSTEM Pathways MedSTEM Pathways is a paid internship program for *rising high school juniors, seniors, and recent graduates*.

Interns spend up to 12 hours per week gaining work-based learning experience in designated Rush departments or partner organizations, plus 8-12 hours in classes related to certifications and /or their career interests.

Program Dates: June 17, 2024 - August 2, 2024

- Eligibility: Minimum 2.5 weighted GPA, 90% Attendance Record
- Opportunity to gain community service experience
- Obtain mentoring
- Gain industry-recognized credentials

[2024 Summer MedSTEM Pathways \(smarterselect.com\)](#) BBBSChi is a Community Partner!!!

Is your Freshman or Sophomore High Schooler interested in a Medical Career?

MedSTEM Explorers

MedSTEM Explorers is a paid stipend enrichment program for *rising high school sophomores and juniors*.

The students attend Rush University Medical Center classes to explore careers and research real-world issues affecting their Chicago communities.

Program Dates

June 24, 2024 - August 2, 2024

- Eligibility: Minimum 2.5 weighted GPA, 90% Attendance Record
- Take classes held on Tuesdays & Wednesdays
- Engage in workshops held on Fridays and join community service events on Saturdays

[2024 Summer MedSTEM Explorers \(smarterselect.com\)](#)

SUMMER INTERNSHIP: [Bank of America Student Leaders®](#) for Juniors and Seniors. This is an 8-week paid internship at a local nonprofit/charitable organization and a week-long Student Leaders Summit in Washington, DC (July 22-27, 2024), Expenses are paid.

Applications are due January 17th, 2024!

[Updated-December-2023-Teen-Newsletter.pdf \(bbbschgo.org\)](#) If you have a Middle or High School aged Little – this Newsletter is AMAZING!!!!

THINGS TO DO:

FREE Every Wednesday Night: Adler at Night Every Wednesday, the Adler stays open late from 4pm-10pm so that folks can visit after work or school. And best of all, admission is free on those nights for Illinois residents. <https://www.adlerplanetarium.org/event/adler-at-night/>

[OPEN BOOKS PILSEN - Free kids books!](#)

Free Stuff

- [The Best Free things to do in Chicago](#)
- **FREE Every Wednesday Night: Adler at Night** Every Wednesday, the Adler stays open late from 4pm-10pm so that folks can visit after work or school. And best of all, admission is free on those nights for Illinois residents. <https://www.adlerplanetarium.org/event/adler-at-night/>
- [OPEN BOOKS PILSEN - Free kids books!](#)
- [Chicago Public Library Free Events](#)
- [Museums for All — Chicago Children's Museum \(chicagochildrensmuseum.org\)](#)
- [Accessibility and Inclusion — Chicago Children's Museum \(chicagochildrensmuseum.org\)](#)
- [UIC Flames Sparky's Kids Club](#) a fun club for kids & a great introduction to UIC and being on a college campus
- Find all events in your neighborhood: My Chi My Future App <https://explore.mychimifuture.org/>
- [FREE MUSEUM DAYS](#)
- [Teen Arts Pass \(free tickets!\)](#)
- [Great Nature Centers](#)
- **FREE Every Wednesday Night: Adler at Night** Every Wednesday, the Adler stays open late from 4pm-10pm so that folks can visit after work or school. And best of all, admission is free on those nights for Illinois residents. <https://www.adlerplanetarium.org/event/adler-at-night/>
- [OPEN BOOKS PILSEN - Free kids books!](#)
- Netflix's series [LIFE ON OUR PLANET](#), narrated by Morgan Freeman, which is now streaming. We'd like to share with Big Brothers Big Sisters a wonderful educational guide about the series, [downloadable here](#). The study guide covers the beginning of the planet, creation and evolution of the various species of animals. If your kids are curious and BORED over break – ENJOY!

The University of Chicago Learn-to-Skate Program

FREE instructor-led ice skating lessons
for children ages 5-12! Skates will be provided.



THURSDAYS
FROM 5 PM to 6 PM
(JAN 11 – FEB 15)

Skating Rink at Midway Plaisance
1130 Midway Plaisance

Registration is
required. Scan the
QR Code or visit
tinyurl.com/yc34k724



Cancellations due to inclement weather will be communicated directly to registered participants.

This UChicago
student-led program
is supported by



Office of Civic
Engagement



Family Volunteer Opportunities

- <https://events.thehoneycombproject.org/>
- <https://cleanupgiveback.org/>

SCHOLARSHIPS & College Search

[LGBTQA+ Scholarships](#)

[College Diversity Fly In Programs](#)

<https://www.palumbofoundation.org/scholarship-program/> The program is open to high school seniors and undergraduates with a minimum GPA of 3.0.

<https://getschooled.com/> Great Resource for planning for after High School! Juniors and Seniors should sign up! GET SCHOOLED: If your students have questions about getting into college, finding a job, or succeeding at both they can text us by sending #Hello to 33-55-77 - our FREE college and job advising text line.

FREE College Essay Coaching with Suzy Weinberg: Looking for help with those pesky college essays? We're pleased to offer personalized, one-on-one consultations and coaching with expert, Suzy Weinberg. Suzy is an expert on the power of storytelling and can help you convert your ideas into cogent and powerful essays sure to wow the admissions officers at your dream school. For more information on this offering, please email info@storystudiochicago.org.

JOBS/Internships for 18+

<https://caracollective.org/for-job-seekers/>

<https://www.pathtopro.com/free-training/>

[Chicago Hospitality Institute](#)

[Greater West Town Woodworkers Training](#)

[West Town Academy](#) - An alternative high school for students between the ages of 16 and 21 who are not enrolled in a traditional high school or GED program and wish to return to school and obtain their high school diploma

[Greater West Town Shipping & Receiving Training](#)

[Greater West Town Job Placement](#)

[YWCA Construct Program](#) 6 through 11 week training programs

[YWCA CompTIA+ Certification Career Pathway](#) 8 week training – 4 weeks IT and 4 weeks Success Skills Training

Family Support

<https://getcareillinois.org/> This site is an open resource where one can click to access healthcare coverage and understand how to use it to seek care from a doctor/healthcare provider.

Chicago Resiliency Fund 2.0

The Department of Family and Support Services has opened a new round of applications for the Chicago Resiliency Fund 2.0, which will provide a one-time, \$500 relief payment of up to 7,000 eligible Domestic Workers and 10,000 Undocumented Residents of Chicago (\$8.5M in total). The purpose of the fund is to provide relief to low-income Chicagoans who had difficulties accessing prior federal stimulus payments in 2020 and 2021. The previous round, which is still open, is for eligible Chicagoans who claimed adult dependents in their 2019 taxes, such as a college student or disabled relative living in the home.

For this round, applicants must meet the below eligibility criteria:

Residents can visit www.chicash.org to learn more and apply.

Get free rides for your job search from Lyft

If you need rides to job trainings, job interviews, or a job, see if this program is available in your city.

<https://www.lyft.com/lyftup/jobs-access>

Free internet

[AT & T Free Internet](#)

[T Mobile Free Internet](#)

[LGBTQ Student Guide](#)

Mental Health

[Mental Health School Supplies](#) – a student toolkit that contains several resources and tips on how to manage your stress as you prepare for back to school.

[The Science of Well-Being for Teens Course](#) offered by YALE. <https://www.coursera.org/learn/the-science-of-well-being-for-teens> This course is free to take without a certificate.

A recent survey found that 37% of teens say they have poor mental health. This 6-week course aims to curb this mental health crisis by bringing together the best insights from Dr. Laurie Santos' popular Yale course Psychology and the Good Life. In this course, you will explore what the field of psychology teaches us about how to be happier, how to feel less stressed, and how to thrive in high school and beyond. The lessons along with short weekly 'happiness homework' assignments will ultimately prepare you to put these scientific findings into practice. The ultimate goal is for you to feel better and build healthier habits. Parents, teachers, and other professionals supporting teenagers may also find the course beneficial.

HELP LINES:

- Text **HOME to 741741** to connect with a volunteer Crisis Counselor: Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.
- **988 Helpline** offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be: Thoughts of suicide, Mental health or substance use crisis, or any other kind of emotion distress
- **211** connects you to expert, caring help. Every call is completely confidential. 211 is available on a 24-hour basis to connect residents to a wide variety of human services or social services.
- NAMI (National Alliance for Mental Illness) helpline is staffed Mon-Fri (9:00 am – 9:00 pm). Call **1-800-950-NAMI(6264)** or text **62640**

- SAMHSA (Substance Abuse and Mental Health Services Administration) National Helpline: 24/7 365 days a year treatment referral and information service. **1-800-662-HELP (4357)**

[MY CHI MY FUTURE APP](#) – resource for lots of things going on in Chicago. Download the app!

We APPRECIATE all the things you do to support BBBS! If you want to do a little more, here's some ways to help our agency to grow:

- Follow us & Engage on Social Media (@BBBBBSCHI)
- If you shop at Walmart, support BBBSCHI:
<https://www.walmart.com/registry/registryforgood> - search 60661 for Big Brother Big Sisters Metropolitan Chicago
- Talk about being involved with BBBS with people you know. Share our link if they are curious or to sign up to volunteer or enroll their children: <https://bbbschgo.org/volunteer/>
<https://bbbschgo.org/enroll-a-child/>

