

**THINKING ABOUT  
VOLUNTEERING ?**

**WANT TO MAKE A  
DIFFERENCE IN THE  
LIVES OF YOUNG  
GIRLS?**

**WANT TO ENHANCE  
YOUR LEADERSHIP  
SKILLS BY  
MENTORING?**

Join us Tuesdays at lunch at  
MVHS in room D8 to learn how  
you can impact the lives of  
young girls at  
Buckingham Elementary School

**Aren't free on Tuesdays?**

Other school programs need  
mentors too! Check with us to  
see where! And when

**DON'T MISS THE CHANCE**  
experience new challenges  
and change your world!

**2017/18**

**Lady Cougars ...**

Become a part of the MVHS

## **After School Buddies Club**

Work together with other **Cougar** ladies to help  
young girls gain confidence and  
give them hope for a brighter future!

**STARTS OCT 3**



**WANT TO KNOW MORE? CONTACT:**

afterschoolbuddies@gmail.com

541-390-3046 (call or text) [www.afterschoolbuddies.org](http://www.afterschoolbuddies.org)

Check out our Facebook page:

<https://www.facebook.com/ASBfriends>



**After School Buddies**  
Aspire, Share & Build!



**After School Buddies** programs prepare **elementary** and **adolescent** girls for the difficult social and academic challenges of middle school by matching them with caring, compassionate high school and young adult mentors/coaches in weekly after school group sessions. **ASB** started in 2003 and has served over 1500 girls since then in a variety of elementary school programs.

**Volunteering just one afternoon a week will allow you to...**

- ◆ Enhance leadership and communication skills!
- ◆ Empower girls to make good choices to impact their education, health, family and their world;
- ◆ Encourage girls to gain self-confidence and improve self-motivation;
- ◆ Help them experience the joy of giving to others.

**ASB** offers girls unconditional love and acceptance by surrounding them with inspiring teens and adults promoting inter-generational communication, respect and friendship.

**ASB** programs meet one day a week from fall until May offering awesome activities for 4th and 5th grade girls. Sessions include homework time followed by lessons led by young adults ("Big Buddies") involving arts & crafts, small group communication, STEM activities, exercise, dance, nutrition or community service. The friendships, opportunities to try new things and leadership development make the After School Buddies **Club** a wonderful weekday program that provides life-changing relationships for all!

**After School Buddies** programs provide

**Leadership Development for teen and young adult mentors**

- Direct and influence others
- Determine priorities, plan and deliver programs
- Share passions and expression of creative talents
- Encourage trust and confidence

**Improved Study Skills**

- Help girls complete homework on time
- Help them to improve study skills

**Conversation**

- Relate with encouraging stories & life lessons
- Emphasize virtues and not vices
- Encourage the sharing of joys and concerns

**Community Outreach & Service**

- Learn to put others' needs first
- Work on outreach projects **TOGETHER**



To apply contact **Charlene Schulz** 541 390-3046 [afterschoolbuddies@gmail.com](mailto:afterschoolbuddies@gmail.com)

Visit [www.afterschoolbuddies.org](http://www.afterschoolbuddies.org) or see us in action on our **Facebook** page.

*ASB is a faith-based organization not sponsored by an individual church or denomination.  
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