

# PECSF in the Thompson-Nicola Region

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**FS0297**



***Big Brothers and Big Sisters***

**In School Mentoring Program**

The In School Mentoring program provides girls and boys with a role model and a friend to talk to and share the experiences of growing up with, within school grounds. For one hour a week, mentors meet with their mentee and engage in activities such as board games, crafts or just hang out in the playground. Helping children reach their full potential can lead to positive community outcomes like a reduction in poverty and unemployment, safer schools and neighbourhoods, and a new generation of civic-minded adults.

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**FS0298**



***Canadian Breast Cancer Foundation***

**Breast Health On The Go**

Breast Health on the Go has been implemented since 2010 to get breast health promotion materials into the hands of as many people as possible, with the help of our dragon boat teams reaching out to the communities in which they live. We have created Breast Health on the Go to be self-contained, easily portable and eye catching. Materials in the Breast Health on the Go tool kit include bookmarks, note pads, pens, pink ribbons, bracelets, stickers and information debunking many of the myths surrounding breast health and breast cancer.

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**FS0299**



***Canadian Red Cross Society***

**T-Nic HELP Depots**

The Canadian Red Cross has been lending medical equipment to residents recovering from injury, illness, and surgery through the Health Equipment Loan Program (HELP). A considerable percentage of at-risk individuals reside within the senior demographic, as roughly 33% of seniors in British Columbia experience at least one fall per year. In most circumstances, individuals recovering from such a condition will exhibit a limited degree of mobility and therefore require the temporary use of medical equipment to assist them with routine activities. Purchasing or renting equipment for short periods of time can be time-consuming and costly. The Red Cross removes these obstacles by providing a variety of medical equipment to those in need for up to six months.

Fund Supported Pool 2014-2016

Supporting one or more of these programs/projects in your region is simple! Take note of the FS number provided to find it easily in Employee Self Service.