

# BBBS RAURANTS



PRESENTING SPONSORS







# OUR MISSION

To enable lifechanging mentoring relationships to ignite the power and potential of young people.



# OUR VISION

All young people realize their full potential.



96% OF MENTORED YOUTH REPORT BEING HAPPY

# OUR IMPACT

Young people graduate our programs with measurable outcomes in social emotional competence, mental health & wellbeing, educational and employment readiness.







## Beantown Coffee

9 Reeve St | Woodstock | 519-537-7171

Specialty coffee, baked goods, fair trade organic coffee beans (whole or ground), loose leaf tea, and so much more!

Buy one medium coffee & get one medium coffee FREE when you present this coupon\_\_\_\_

Not valid in combination with other offers.

Valid July 1-September 30, 2023.

Buy one medium coffee & get one medium coffee FREE when you present this coupon

Not valid in combination with other offers.

Valid July 1-September 30, 2023.

Thank you to our Executive Presenting Partner, Carmeuse Lime & Stone!



**AMERICAS** 

# **Boston Pizza**

## 431 Norwich Ave | Woodstock | 519-536-7800

Boston Pizza is Canadas No. I casual dining brand with more than 380 restaurants in Canada serving more than 100 unique and delicious menu items such as gourmet pizzas and pastas, juicy burgers and our famous BP wings.



Present this coupon to receive a FREE Kids meal

with the purchase of an Adult Meal

OR

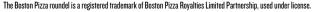
Receive \$10 off when you spend \$50 (before taxes).

Maximum value of Kids Meal is \$8.99

Please note this offer applies to dine in and take-out only (not officery), and is not valid in combinator with other offers. Woodstock location only!

Valid July I – November 30th, 2023.





# Thank you to our Media Sponsor, Heart FM!







# The Charles Dickens



## **Charles Dickens Pub**

505 Dundas St | Woodstock | 519-421-2218

Present this coupon to receive 2 for \$30 Haddock & Chips Dinners.

Offer is not valid in combination with other offers Valid July 1-September 30, 2023

Charles Dickens Pub in Woods teck brings together good times, great friends and the best authentic British Pub Fare around!







### BAR • GRILL

409 Dundas St | Woodstock | 519-539-4946

Join us everyday after 9pm for 1/2 price appetizers, & kids eat free all day on Sundays!

Purchase 2 entrees (min \$14.99 each) & receive a FREE appetizer (max value \$10.99) when you present this coupon

Please note this offer applies to take out & dine-in orders when available Not valid in combination with an other promotions. Valid July 1-November 30, 2023. Purchase 2 entrees (min \$14.99 each) & receive a FREE appetizer (max value \$10.99) when you

present this coupon

Pièsse at this offer applies to to ceout & a ne-in orders when availarie.

Vet valid in combination with a y

Valid July 1-November 30, 2023,

Purchase 2 entrees (min \$14.99 each) & receive a FREE appetizer (max value \$10.99) when you

Please note this offer applies to takeout a dine-in orders when available. No valid in combination with any other promotions.

Valid July 1-November 30, 2023.



WILL YOU STEP UP FOR A YOUNG PERSON?

MENTORS NEEDED.









Offer expires September 30, 2023. Cannot be combined with any other offer or coupon. Delivery charges apply.

WOODSTOCK 519-290-9300

TILLSONBURG

INGERSOLL 519-303-4000 **DELHI** 226-227-2000

# Thank you to our Event Partners, MW & Co. & The Tillsonburg Knights of Columbus!











# Early Bird Coffee

815Juliana Dr & 375 Dundas St | Woodstock | 519-532-3127

We are... Early Bird Coffee! Our one-of-a kind Woodstock roastery/café is the only place in Oxford County doing fresh beans on-site. Enjoy a freshly crafted coffee, tea, or specialty drink in our eclectic, cozy café, while browsing a variety of goods from our local partners.

Buy one house coffee & get a second FREE when you

present this coupon

Not valid in combination with other offers.

Valid July 1-September 30, 2023.

Buy one house coffee & get a second FREE when you

present this coupon

Not valid in combination with other offers.

"Volunteering is at the very core of being a human. No one has made it through life without someone else's help!" ~ Heather French Henry



555 Norwich Ave | Woodstock | 519-537-6100 300 King George Rd | Brantford | 519-751-1720 555 Hespeler Rd | Cambridge | 519-622-1466

Present this coupon to receive a FREE Four Cheese Spinach Dip appetizer with the order of two entrees.

ers. Not valid it combination with other offers. Applies to take-out or dine ly 1-September 30, 202

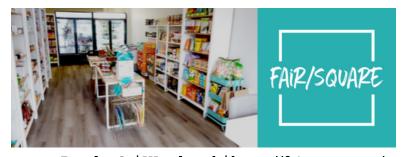
Come empty, leave full Weare committed to creating dir no experiences for our guests that capture the youthful & fun expression of today's Italian lifestyle. We are the Home of All-You-Can-Eat soup, salad and garlic homeloaf. And, we deliver amore in everything we do! If you know Italians, you know that family comes first. At East Side Mario's, your family is our family!

Your friends, Frenda, Jean, and

# Thank you to our Event Partners, Nortera Foods Inc. & The Ingersoll Masons!







475 Dundas St | Woodstock | https://fair-square.ca/

Present this coupon and you'll save 10%

on your purchase!

Please note this offer is not valid in combination with other offers and has no cash value.

Walid Valy 1-September 30, 2023

FAIR/SQUARE is your one-stop-shop for vegan groceries, wellness products, and gift baskets.







# **BIG CAR SHOW**

Sunday September 24th (Rain date October 1st) Canadian Tire Woodstock









# Finkle Street Tap & Grill

450 Simcoe St | Woodstock | 519-290-9100

Present this coupon to save 10% on orders of \$100 or more (excluding alcoholic beverages), before taxes.

No cast value. Not valid in combination with other offers.

Valid July 1-September 30, 2023

Finkle Street Tap & Crin opened in March 2016 and is located downtown Woodstock.

Finkle is a casually classy, friendly dining experience offering fresh food with a twist. Our focus is on delivering an exceptional dining experience based on quality food & great service.

Finkle is independently owned & managed by Jenny & Alex











Fore! Oxford

972 Dundas St | Woodstock | 519-290-9535

Book a tee time\* & receive a \$25 voucher\*\*!

\*minimum one hour tee time booking

\*\* voucher redeemable for future tee time bookings only



Welcome to FORE! Oxford

Think about outdoor golf, but inside, and year-round! Swing like you're on the tee block.

Putt with confidence and accuracy. Enjoy sandtraps and water hazards as they were meant to be!



Thank you to our Booklet Partners,
The Ingersoll Rotary Club, Max Underhill's
Farm Supply & Verspeeten Cartage!















## Gunn's Hill Artisan Cheese

445172 Gunn's Hill Rd | Woodstock | 519-424-4024

Present this coupon to receive a FREE 200g piece of cheese with a minimum cheese purchase of \$20.

Only cheese purchases will be counted towards this promotion. Please note this offer is not valid in combination with other offers. Valid July 1-September 30, 2023.

Gunn's Hill Artisan Cheese is a leader in the production of handmade artisan cheeses in Ontario! With over 15 cheeses to choose from, the variety of flavours has never been more vast and delicious. Our Gunn's Hill team welcomes you to come take a visit on our gravel road and check out first hand the depth of taste that handmade can produce.

Thank you to our amazing friends at United Way Oxford, for being the spark that ignites the **POWER** and **POTENTIAL** of youth in Oxford County - helping kids be all they can be!









## **Habitual Chocolate**

389 Dundas St | Woodstock | 519-535-1341

Present this coupon to receive 10% off with the purchase of \$50 or more.

Please nate this offer is not valid in combination with otheraffers
Valid LLIV 1 October 31, 2023.

"You've never experienced Chocolate until you've made it Habitual"

September is Big Brothers Big Sisters Month







# **Highland Family Restaurant**

103 Commissioner St | Embro | 519-475-0549

Present this coupon to receive a hamburger,

fries & pop for \$10 (taxes not included).



Successfully serving the community for over 30 years! Our experienced cooks with the rest of our staff guarantee for a friendly family experience!





# 'UU CAN BE







# Indigo Lounge

264 Tillson Ave | Tillsonburg | 519-688-1188

Buy one main dish and get one at HALF PRICE when you present this coupon.

Please note this offer is not valid in combine for with other offers.

This offer applies to take-out & dive-in orders when available. Visit www.india.comge.ca/ustaurant to view the full menu.

Valid July 1- September 30, 2013.

Indigo Lounge Welmes's Certificated and Organic lists is committed whealth of body, mind and heart. Our Organic Eatery offers options for everyone, including organic local meat options, vegan options, gluten free options and more. We buy locally 90% of the time to give our customers fresh, healthy and delicious options of their favorite foods like burgers, nachos, soups, salads and even sushi & Pad Thai.

# Thank you to our Coupon Partners, J/E Bearing & Machine, The Lions Club of Tillsonburg, The Lori Goldhawk Team, The Norwich Optimist Club &

T.A. Thomson Electrical Contractors!



9-3rd Concession Rd. NTR Fillsonburg, Ontario N4G 2T 519-842-3597 tathomson@bellnet.ca









247 Broadway | Tillsonburg | 519-688-7674

\$10 off \$40

Limit of one \$10 off with the minimum purchase of \$40 (excluding alcoholic beverages and taxes), per table.

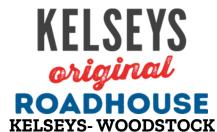
No cash value Applicable taxes extra Not call it in combination with other offers or promotions.

Value Julya-November 30, 2023 at Kelsey Tillsonburg only.

Kelseys is Canada's Original Roadhouse, reinvented. The home of burly burgers, two-handed sangrias and wings done eight ways. We're fresh ingredients and dishes made in-house.







252 Norwich Ave | Woodstock | 519-421-7300

\$10 off \$40

Limit of one \$10 off with the minimum purchase of \$40 (excluding alcoholic beverages and taxes), per table.

No cash value. Apply cable taxes extra. Not valid in combination with other offers or promotions.

Valid July 1-September 30, 2023 at Kelseys Woodstock only.

Kelseys is Canada's Original Roadhouse, remvented. The home of burly burgers, two-handed sangrias and wings done eight ways. We're fresh ingredients and dishes made in-house.





Are you ready to Ignite Potential?
Are you ready to Be A Mentor?









Please note this offer is not malid

with other offers. Va





# Kintore Coffee 117 Huron St | Embro | 519-859-4243

Kintore Coffee Co. is a small grassroots company that specializes in roasting coffee from all over the globe. We've had the fortune to travel to some of the best coffee farms in the world, and were inspired to introduce those same rich, bold flavours to local communities.

Present this coupon to receive a
FREE coffee (of same or lesser
value) with the

Present this coupon to receive a

FREE coffee (of same or lesser

value) with the

Please note the offer is not valid in combination with other offers. Valid July 1-October 31, 2023.



# "YOU MAY NOT HAVE SAVED A LOT OF MONEY IN YOUR LIFE, BUT IF YOU HAVE SAVED A LOT OF HEARTACHES FOR OTHER FOLKS, YOU ARE A PRETTY RICH [PERSON]."

~Seth Parker





998 Dundas St | Woodstock | 519-533-1616 6-120 Thames St N. | Ingersoll | 519-303-5000

Little Caesars offers high quality pizza & products at great prices. We make our dough fresh daily and our cheese is a 100% Canadian!

\$5 off a minimum \$25 pre-tax order!

Valid July 1-December 31, 2023.

Buy any THREE food items & get the FOURTH item of equal or lesser value

Not valid with any other offers

Not valid online.

In-store or call-in one error y.

Woodstock & Incersol locations only!

for FREE!

(Excludes drinks, boned or boneless chicken wings)
No. walld with any other offers.

Not valid online. In-store or call-in orders only.

Woodstock & Ingersoll locations only!

Valid July 1- December 31, 2023.



## PRISM PROGRAM EVALUATION SUMMARY PRIDE, RESPECT, IDENTITY, SAFETY, MENTORING

Connecting 2SLGBTQIA+ youth and adults throughout Oxford County to create safe, empowering relationships throughout the community.



6.25% of participants said that being a part of the PRISM program reduced their feeling of isolation by between 40 and 49%



56.25 % of participants said that being a part of the PRISM program reduced their feeling of isolation by between 50 and 79%



37.5 % of participants said that being a part of the PRISM program reduced their feeling of isolation by between 80 and All PRISM program participants indicated that they felt the program made them feel less isolated to varying degrees. When asked to indicate on a scale of 0 to 100 of how the program improved their feeling of isolation, the average reduction of feeling isolated was 73%

Young people were not the only who felt a sense of community and reduction in social isolation. Mentors in the PRISM program also felt their sense of belonging increase. They communicated this feeling in both match support conversations but also through agency evaluation surveys and anneedotes.



On average, mentors indicated that they felt a 66% reduction of isolation







#### Louie's Pizza and Pasta 440 Bell St | Ingersoll | 519-485-4441

Purchase a Louie Burger Combo and receive a Louie Burger Combo for HALF PRICE.

Please note this offer is not valid in combination with other promotions. This offer applies to take-out and dine-in orders when available. Please call to place a take-out order or to book a reservation.

Louie's Restaurant has been an incersell tradition since 1994. Experienced cooks prepare a large menu selection consisting of many appetizers, salads, sandwiches, burgers, wraps, wings, nachos, quesadillas, pastas, chicken, steaks, seafood, panzerotti's, and pizza. Come enjoy our excellent service in a casual family dining atmosphere.



## **Mentoring Matters!**

## 76%

of our young people reported a household member has experienced mental health illness.

## 53%

of our young people reported they're coping or recovering from a mental health illness.









#### Mango Salad Thai Restaurant

95 Thames St S. | Ingersoll | 519-425-1188

www.mangosalad.ca

Present this coupon to receive \$10 off your take-out order of \$50 or more (before tax, excluding alcohol).

Please note this offer is valid Monday - Thursday on take-out orders only, and is not valid in combination with other offers. Alcohol purchases do not apply to this promotion.

VII d July - Floven per 30, 2023

Come try our delicious authentic Thai food. From mouth-watering rice dishes to our classic Pad
Thai, you will fall in love. A proud member of the Ingersoll community, our goal is to provide you
with high quality food and the best service.



#### ADVERSE CHILDHOOD EXPERIENCES CAN LAST A LIFETIME.



LET'S MAKE SURE THEY DON'T!



www.bbbsoxford.ca



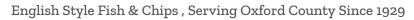


#### Mel's Fish & Chips

360 Dundas St | Woodstock | 519-537-5871

Buy one 6 piece perch fish & chips and get the second one at half price when you present this coupon.







### THINKING OF BECOMING A MENTOR?

# SUMETHING





#### JOIN US FOR A VIRTUAL BIGS 101 INFO SESSION

No strings attached! Tune in to learn about our programs and what it *really* means to be a Big!

For more info visit: oxford.bigbrothersbigsisters.ca/bigs-101/







#### Montana's BBQ & Bar

511 Norwich Ave | Woodstock | 519-537-3117

Spend \$40 & get \$10 off when you present this coupon (\$40 before tax on food purchases only).

Please note this offer is not valid in combination with other promotions is access obapply to a cohol purchases. This offer applicant take out and dine-in calles when available. Valid half the value of September 30, 2023.

Please call to confirm durent open ting nound to place a take-out or like and book a reservation.

Montana's is a Canadian BBQ & Bar joint famous for Fall-Off-The-Bone Ribs and 100% Canadian Steaks & Beef Burgers. We're a casual environment where you can come as you are and dig in!



## WAYS TO GIVE The Gift of Potential

#### 1. SPARK POTENTIAL

Make a one-time donation to buy an outing for kids on our waitlist.



#### 2. IGNITE A DREAM

Donate monthly to pay for an in-school mentor to spend an hour a week with a child at risk.



#### 3. EMPOWER CHANGE

Become a volunteer mentor with
Big Brothers Big Sisters of Oxford County





#### Noods Pasta

428 Dundas Stl Woodstock

#### www.noodspasta.com

Noods Pasta is a company based out of Woodstock whose mission is to bring fresh, local and deliciously naked ingredients to your table with ready to go Sauces, Pasta (Noods), Meatballs, and Pre-made Dishes.



Receive a bag of Fresh Pasta for free with the purchase of a jar of sauce. Does not include dry and frozen pastas.





HOMEWORK CLUB VOLUNTEERS NEEDED

Ingersoll | Tillsonburg | Woodstock



After school homework support and learning engagement.
As little as 2 hours per month.

Great for senior students to receive: Volunteer Hours | Resume Experience & References | Community Connection

For more information, visit: www.bbbsoxford.ca | call: Jenna 519.537.6404 x224 email: jenna.salverda@bigbrothersbigsisters.ca





#### Quehl's Restaurant & Catering

33 Woodstock St S. | Tavistock | 519-655-2835

Buy ONE Buffet at regular price & receive a SECOND buffet at 1/2 price (with the purchase of two beverages).

Please rote this offer is not valid in combination with a ther offers Valid July 1– November 30, 2023, excluding Thanks yving weekend. Flease and to confirm current operating hours.

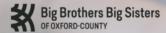
Quehl's Restaurant and Catering in Tavistock is an Eat Smart restaurant that uses traditionally raised meats and organic products, supplied by local producers. Reminders of past eras, particularly in the railway motif, and now models of vintage cars, make a visit to the restaurant a worthwhile experience.



## BIGS 101

No-commitment, virtual information session about our programs and what it means to be a Big!





www.bbbsoxford.ca

#### Reel Treats Popcorn & Sweets

594 Dundas St Woodstock www.reeltreats.ca



Receive One Free Bag of Buttered Popcorn with any purchase over \$10 (before taxes)!



Woodstock's only Popcorn and Candy Store!









Ritchie's Ice Cream & BBQ

773121 Stover St S. | Norwich | 519-468-3589

Ritchies serves Norpac Beef & Shaw's Ice Cream to bring delicious treats to Oxford County!

Purchase a RITCH MEAL & receive 50% off your second RITCH

MEAY. AMD

Please note this offer is not valid in combination with other offers. Valid Julya – September 30, 2023

Please call to confirm current operating hours.

Purchase a single scoop or regular size soft serve ice cream & receive 50% of the second one.

Please note this offer is not valid in combination with other fees. Valid Luly – September 30, 2023.

Please call to confirm current operating hours.

"Mentoring is a two-way street.
You get out what you put in!"









#### 603307 Road 60 | Ingersoll | 519-868-0762

Receive a free bag of pancake mix with your next online order (minimum order of \$10).

Visit www.rasys.atchen.ca to place your order by Veilnesday of each week.

Valid one time only; not valid in comminction with other promotions coupling must be present at time of pick-up.

Cal hifton July 1 - December 31, 2023

At Rosy's we make delicious and wholesome gluten-free baked goods and mixes with dairy-free and egg-free options for celiacs, gluten-sensitivities, vegans and anyone else. We use certified gluten-free ingredients in our dedicated gluten-free kitchen.











#### Swanlyn Gluten Free Specialties

Ingersoll | 519-485-5163 | www.swanlynspecialties.com

Present this coupon to receive \$2 off your next purchase of \$20 or more.

Located at the Woodstock Farmers Market every Saturday from 7um-12pm
Please notesthis of fer is not valid in combination with other offers.

(alia July 1- Outober 31, 2023



Specializing in Gluten Free Baked Sweets and Savoury products!



## IGNITE POTENTIAL FOR LOCAL YOUTH

**Mentors Needed** 



www.bbbsoxford.ca

Funded in part by:









Locally owned and operated Pub, since 1995.



79 Broadway | Tillsonburg | 519-842-6227

Present this coupon to receive a FREE Kids Meal with the purchase of an adult meal.

Please note the adult mean must be a minimum of \$ 2.99 before tax. This after applies to take-out & dine-in orders when available. Not said in term bination with other offers. Valid July 1 — December 31, 2023.

Please of 1.319, 342-6227 to place a take out order of to make a reservation.



The Copper Mug - Locally owned and operated Pub, since 1995.

## ARE YOU ON SOCIAL MEDIA? SO ARE WE!!! FOLLOW US - GIVE US A LIKE - SHARE OUR POSTS AND HELP SPREAD THE WORD OF BIG BROTHERS BIG SISTERS OF OXFORD COUNTY!







twitter.com/BBBS\_Oxford

## YOU CAN ALSO KEEP UP TO DATE THROUGH OUR WEBSITE WWW.BBBSOXFORD.CA



#### The Joker's Crown

129 Thames St S. | Ingersoll 519-425-1098

Buy One Appetizer and receive a Second Appetizer for Half Price!





Welcome to The Jokers Crown where the beer is cold, the food is hot and the atmosphere is warm and inviting.



For one hour a week, mentors meet with their mentee and engage in activities such as board games, crafts or just hang out on school grounds, for the duration of the school year!









#### The Olde Bakery Café 120 Thames St S. | Ingersoll | 519-485-5757

#### Receive 20% OFF Regular Priced Merchandise.

Please notatilis a fer is not valid in combination with other promotions.

Valid July 1. September 30, 2029.

Lunch - Decadent-Desserts - Lattes/Cappuccino - Custom Cakes

Monday to Friday 8:00 am - 5:00 pm Saturday 8:00 am - 4:00 pm

Closed Sundays www.the oldebakerycafe.com







There's a young person waiting for your experience. Share yours today!

One-to-One Mentoring & Group Mentoring Programs available.

www.bbbsoxford.ca







3 Light St | Woodstock

226- 210- 3747 | www.thesoulfulspoon.ca

#### Buy one jar of soup & get a second jar for 1/2 price!

Applies to 3202 side and 1202 size jars. One per customer her our hase. One ime use only.

Void a the Light Street Woodstood location only.

Please note this offices not valid in combination with other offices.

Valid from July 1 - September to 2023



The Soulful Spoon creates a new menu every week of delicious soup, chili and stew.

You can purchase them jarred, frozen or hot for lunch as well as sandwiches, salads, scones and cornbread!

## IGNITING POWER AND POTENTIAL.

#BIGGERTOGETHER









#### Todd's Dogs

toddsdogs.ca | Woodstock | 519-630-5597

Present this coupon and save 10% on your order!

Please note this offer is not valid in combination with other offers.

Valid from July 1st to the end of 2020 season (typically mid in and of November).

Todd's Dogs Hot Dog Caterer specializing in hot dogs, handburgers, sausages, fries and poutine for any size event including auctions, sporting events, corporate events and more. Vegetarian and Vegan options available!



### Did you know...

Big Brothers Big Sisters of Oxford County offers 11 free mentoring programs for youth in Oxford County!

From 1 to 3 or 4 hours a week, there's a number of opportunities to ignite potential of the youth in your community!









#### Two Guys and a Whisk

519 Dundas St | Woodstock | 519-290-9200

Present this coupon to receive a FREE COOKIE for every \$20 purchase.



We specialize in rustic home baked goods made with high quality ingredients. You will find

exceptional French pastries, squares, cookies and Butter tarts.

We can create beautiful birthday and cakes for all occasions.











#### **Upper Thames Brewing Company**

9-225 Bysham Park Dr. | Woodstock | 519-290-0053

Purchase one UTBC Pizza & get a second UTBC Pizza (at equal or lesser value) for 1/2 off!

Please note this offer is valid Wednesday - Sunday from 12pm until Close.

1 of valid in simble with ourse offers. Valid July 1 December 31, 4223.

Upper Thames Brewing Company is the first craft brewery in Woodstock and Oxford County. What makes our Pizza so tasty? We make our dough in house fresh every day. We use our very own Backpaddle Blonde Ale in our dough! We use fresh, quality ingredients – always using local where possible. Kitchen open Wednesday to Sunday from 12pm to Close.



## "VOLUNTEERS DO NOT NECESSARILY HAVE THE TIME; THEY JUST HAVE THE HEART."









#### Whisk & Roll Bakery

600 Dundas St | Woodstock | 519-602-3485

Purchase a sandwich & get a second sandwich for 1/2 price!

(sandwich price is \$10)



Cookies, Brownies, Tarts, Pies, Loaf, donuts, biscuits, scones you name it we will take the challenge.



## MENTOR: an experienced and trusted adviser





ACTIVATE MENTORING!

www.bbbsoxford.ca

THANK YOU for supporting Big Brothers Big Sisters of Oxford County and the amazing businesses in our community!

We are #BiggerTogether





## CUNIACÍ US W RRRSOXFORD CA









#### WOODSTOCK

787A Dundas Street | 519-537-6404

#### INGFRSNII

58 Thames Street S | 519-485-1801

96 Tillson Avenue | 519-842-9008 Ext. 229

