

Big Sister – Little Sister Dialogues was in the holiday spirit at their second session on December 9, 2021, hosted by the Buffalo School of Culinary Arts #355. The session began with a mindfulness moment, led by Dr. Morrell, where Big Sisters and Little Sisters practiced breathing techniques to center themselves in preparation for the session. Big Sisters and Little Sisters were asked to share what brings them joy with family and loved ones being the common response among many. Writer’s Workshop followed, where Little Sisters were asked to share their hopes and dreams to a topic, they feel passionate about, some of which include but are not limited to, social justice, community violence, education, racial equity and domestic violence. With the support of their mentors, Little Sisters were engaged in writing and sharing their stories. Finally, to end a momentous day, Big Sisters and Little Sisters connected while decorating gingerbread houses and sugar cookies. It was truly an engaging and powerful session to witness and be a part of! Look out for us in 2022 when we share highlights from our January 13th session of Big Sister - Little Sister Dialogues!



