



**Blacktown Sun**  
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# Program aims to change lives

By **Katrina Vo**

DONNA Roberts said she had always wanted to do something to help young women.

She recently begun volunteering for non-profit organisation, the Life Changing Experiences Foundation, which offers support programs for disadvantaged and marginalised females.

Mrs Roberts chose to take part in the foundation's SISTER2sister program – a unique year-long mentoring and risk management program designed to break the generational cycle of suffering by helping “at risk” teenage girls make better choices for a positive future and equip them with skills for mastering life's challenges.

“I heard of the charity through work and Nivea, who are in partnership with LCEF,” she said.

“Each of the girls in the program is assigned a big sister mentor as a positive female role model to provide support, guidance and advice.

“We have one Saturday a month where we meet up at a different venue each time.

“We also have contact with our little sisters throughout the week via phone, text or Facebook chat.”

Mrs Roberts said her appointed little sister was a 15-year-old who was “full of life”.

“She has a beautiful soul inside and out,” Mrs Roberts said.

“She loves sports, music and dance, and is really great at learning.

“She never ceases to amaze me with her outlook on life and the love she holds for her older siblings.

“If there's anything I hope my little sister will have learned from me it is that dreams do come true – you just have to set your mind to whatever you want to achieve and go for it!”

The Ponds resident said the key to being a big sister was being supportive and sincere in your approach and “just being there” as a positive role model.

“Just listen without judgment then discuss other solutions or ways to deal with whatever the task is at the time,” she said.



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**Care to spare:** Donna Roberts with her daughter Kaylani. Mrs Roberts said SISTER2sister is an "amazing" program. "I've done so many things that I would have otherwise not even attempted in my own life. My daughter thinks I'm pretty cool giving my time to another teenage girl like herself and having fun while doing it."

Picture: Geoff Jones