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SOUTH PENRITH

Big sister mentoring empowers

Lauren Tesolin

A SISTER is a person who understands, encourages and is always there.

The SISTER2sister program is a unique year-long mentoring and risk management program designed to empower 'at risk' teenage girls to turn their troubled lives around.

Michelle Tickner, of South Penrith, enlisted in the intervention program to make a difference.

Since February, the 37-year-old volunteer has been paired up with a 13-year-old girl from western Sydney.

"The program is about focusing on underlying issues these young women might be experiencing, whether it is at school or at home," she said.

"My little sister ... knows I am always there for her.

"We meet up once a month with the other Big and Little Sisters and talk every day either through Facebook or text."

Mrs Tickner wants to call on other women to take part in this potentially life changing program.



Michelle Tickner, with her son Michael, at Tench Reserve.