

Volunteering with Family Gym During a Pandemic

BCYF Family Gym is a free program that aims to help disadvantaged families that do not have access to healthy/affordable food and the proper means to be healthy and exercise. It is a free program that runs every spring and fall of every year. The main beneficiaries of the program are kids aged 3-8 years old of the families mentioned earlier. The main social issue that is tackled by this program is poverty and inequality of access to health resources. It also aims to prevent issues before they happen as opposed to treating them after they do.

Navigating social work during a pandemic is tricky. In the case of Family Gym, it was extra challenging for them considering most of their work require students to be there in person. However, the team working there did a wonderful job of trying to find a solution that would work for everyone. They switched their operations to online only and asked the parents to follow the programs they provided.

As for my experience, I was asked to look for extra resources that would help the families maintain active play in the safety of their own homes. Furthermore, I was tasked with delivering new creative ideas for children to occupy their time with minimal parental provision. This was a challenging task, but also a very rewarding one.

Overall, I think the program taught me a lot about how to do work outside of my comfort zone, and I think I made the right decision by working with them. I hope I get a chance to work with them in the near future once this pandemic is over. Their mission statement is inspiring and I would want to be there with them in-person and try to help them achieve it.