



Sibkids (ages 5-12)

Sibkids is a recreational support group where kids with siblings with special needs can meet new friends, play games, participate in art projects and discussion activities, and receive support around the unique issues they experience.

Each of these sessions includes games, a craft, discussion and a snack, and are professionally facilitated.

The Fall session of Sibkids will be offered on Thursday evenings from 4:00 pm to 6:00 pm starting on Oct 7th for 8 weeks.

Sibkids sessions run 3 times per year and the cost per child for the Fall session is \$50.

Sibteens (ages 13-17)

At Sibteens we focus on creating a safe space in which teens can explore and discover more about themselves and their families; gaining insight through interactive group discussion, one-on-one mentorship, and creative (and fun) activities.

We offer each teen the opportunity to encounter the exceptional qualities and talents they each have and to empower each of them to act with intentionality from their unique experiences.

Most importantly at Sibteens, we want to offer a place where teens are not alone.

The Fall session of Sibteens starts on Wednesday, Oct 6th and runs every other week for five weeks. Fall session dates are: October 6 & 20, Nov. 3 & 17 and Dec 1.

Dinner is included each week. The cost for the Fall session of Sibteens is \$50 for the five weeks.

Sibteens runs 3 times per year.

For registration or more information please contact:
Carla Hyslop, Family Support Groups and Events Facilitator
250-380-6363 ext. 210 or chyslop@cofc.ca