



“I learned what to do when I’m angry or feel down.”

–Sibteens Participant

“I like Sibshops. I made a ton of new BFFs.”

–Sibkids Participant

Sibshops is a program where “typical” siblings of individuals with a disability are supported, encouraged and challenged. Sibshops are successfully used all over the world to bring siblings together as a support system for one another.

Sibshops acknowledge that being the sibling of a person with special needs comes with many different experiences. Sibshops reflect that brothers and sisters have much to offer one another - if they are given a chance. We are committed to the well-being of family members who have long-lasting relationships with the person with special needs, and to providing opportunities for peer support.

While Sibshops are not therapy, the model takes a wellness approach and looks out for those who may need additional supports.



Celebrating 30 + years of building healthy, accessible, and whole Communities.



SIBSHOPS

Recreational support groups for children and youth who have a sibling with special needs.

CONTACT US

Carla Hyslop:

**Family Support Groups and
Events Coordinator**

TEL: 250-380-6363 ext. 210

EMAIL: chyslop@cofc.ca

FAX: 250-389-1110

1595 Bay St. Victoria , BC V8R 2B5

URL: COFC.bc.ca

Community Options

SIBSHOPS: SIBKIDS & SIBTEENS.

"I liked meeting these amazing new people who understand what I'm going through!"

-Sibkids participant



SIBTEENS (ages 13-18)

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, guest speakers, creative endeavors and adventurous 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 youth feel like they are not alone.

This group runs **weekly** on Thursday afternoons. A healthy snack is provided each week.

**Call 250 380-6363 or
go to COCF.ca for
registration forms.**

SESSION DATES AND TIMES WINTER-SPRING 2022

SIBKIDS Winter /Spring 2022 runs **monthly** on Saturdays from 10 am—3 pm Feb.12th, March 12th, April 9th, May 14th based out of the COCF office: 1595 Bay St The cost per child, per session is \$30

SIBTEENS Winter 2022 runs **weekly** on Thursdays from 4-6 pm Feb17th, Feb 24th, March 3, March 10, March 17th.
First session will be based at 1595 Bay St, other locations TBA.
The cost for the Winter session of Sibteens is \$50 for the five weeks.

*A sliding scale or fee waive is available



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 professionally-facilitated sessions includes games, crafts, discussions, healthy snacks and a lunch break.

Sibkids is offered as a stand alone full day workshop on the second Saturday of **each month**.

