



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, based out of the COCF offices at 1595 Bay St.

Sibkids sessions for Winter and Spring of 2022 run from 10am-3pm and occur on Feb. 12, Mar. 12, Apr. 9, and May 14. The cost per child, per session is \$30.

*sliding scale or fee waive available

Sibteens (ages 13-17)

At Sibteens we focus on creating a fun and safe space in which teens can explore and discover more about themselves and their families: gaining insight through interactive group discussions, 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 teens are not alone.

The Winter session of Sibteens will run weekly on Thursdays from 4-6pm, Feb. 17th to Mar. 17th. First session will be based at 1595 Bay St, other locations TBA.

A healthy snack is provided each week. The cost for the Winter session of Sibteens is \$50 for the five weeks.

*sliding scale or fee waive available

For registration or more information please contact:

Carla Hyslop, Family Support Groups and Events
Facilitator

250-380-6363 ext. 210 or

chyslop@cofc.ca



**Community
Options**
FOR CHILDREN AND FAMILIES