



"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 guided recreation program for siblings of individuals with a disability. The "sibs" connect, have fun, share common experiences, and learn together. Each session is led by a trained facilitator.

Sibshops are successfully used all over the world to bring siblings together as a support system for one another.

Sibshops recognize that being the sibling of a person with extra support needs comes with many different experiences.

Sibshops reflect that brothers and sisters have much to offer one another - if they are given a chance.

Sibshops are not therapy, they are all about having fun with a purpose: to support and value these very important family members.

GROUPS MEET AT 1595 BAY STREET



Celebrating 34 years of building healthy, accessible, and whole Communities.

Bursaries are available if cost is a barrier.



CONTACT US

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SIBSHOPS

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



Community Options

SIBSHOPS: SIBKIDS & SIBTEENS.

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

-Sibkids participant



SESSION DATES AND TIMES 2022-2023

SIBKIDS runs monthly
Saturdays from 10 am — 3:00 pm
September to May on the **last Saturday**
(except December 31) - 8 sessions

SIBTEENS runs monthly on
Thursdays from 4:30 — 7:30 pm from
October to May on the **third Thursday**
(except December 22) - 7 sessions
Each session includes a meal.

Fees: Single Session:
member \$25 / non-member \$30

2022-2023 Full term - All Sessions:
SibKids: \$175/\$210 SibTeens: \$150/\$180



SIBKIDS (ages 5-12)

SibKids is: talking, playing, creating, moving, sharing and snacking (!) with peers in a safe space, along with trained leaders.

SibKids is hanging out with other kids who just “get” you and why parts of your life are different because your sibling needs extra support.

SibKids is being okay with all kinds of emotions and experiences.

SibKids is offered as a full day workshop on the last Saturday of **each month** from September to May, (except December)

SIBTEENS (ages 12-17)

At SibTeens we commit to create a safe space for teens to explore and discover more about themselves and their families. Group participants will engage in discussions, creative endeavors and adventurous activities. They will prepare and eat a meal together each month. All of us can learn from each others’ lived experience as special siblings... both the highs and the lows.

SibTeens is a place for youth to know and feel that they are not alone.

Guest speakers and special activities may be offered as group members are invited to direct the group’s activities and focus throughout the year.

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