



"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.

SIBKIDS: 1507 Glentana Road
SIBTEENS: 3861 Cedar Hill X Rd



Celebrating 36 years of building healthy, accessible, and whole Communities.



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 2025-2026

SIBKIDS : 10 :30am - 2:30pm
one Saturday of each month
October to May
\$ 12-drop-in/ \$90-annual (8 sessions)*

SIBTEENS : 5:00 - 8:00 pm
one Wednesday of each month
October to May
Each session includes a meal!
\$10- drop-in/ \$75 annual (8 sessions)*

Thanks to the generosity of our funders,
we are able to offer this program to all
families in Greater Victoria at a low cost

* If this fee is a barrier for your family,
contact us to apply for *sponsorship*.



SIBKIDS (ages 7-11)

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.

Participants can attend one, some ,
or all sessions for the year, but **must**
pre-register.

SIBTEENS (ages 12-15)

At SIBTEENS we commit to create a
safe space for youth to explore and
discover more about themselves and
their families. Group participants will
engage in discussion, creative en-
deavors and adventurous activities.
They will prepare and eat a meal to-
gether 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 cocf.ca for
registration forms.**