



*"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

**Margaret Treleaven:**

**Family Support Services Coordinator**

**TEL:** 250-380-6363 ext. 210

**EMAIL:** [mtreleaven@cofc.ca](mailto:mtreleaven@cofc.ca)

**FAX:** 250-389-1110

**1595 Bay St. Victoria , BC V8R 2B5**

**Website:** [cofc.bc.ca](http://cofc.bc.ca)

## SIBSHOPS

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



# Community Options

# SIBSHOPS: SIBKIDS & MIDSIBS.

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

-Sibkids participant



## SESSION DATES AND TIMES 2023-2024

**SIBKIDS** runs **monthly** 10:30-2:30  
the **fourth Saturday** of each month  
September to May (except -**Oct 21**-third  
Saturday, no meeting in December)

**MIDSIBS** runs **monthly** 5:00-8:00 pm  
the **third Tuesday** of each month  
September to May (except December)  
Each session includes a meal.

Thanks to the generosity of our funders,  
we are able to offer this program to COCF  
members at no cost.

A registration fee of \$10 secures your  
spot, and the cost of membership is \$10  
annually or \$25 for three years.



## 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.**

## MIDSIBS (ages 12-14)

At MIDSIBS we commit to create a safe  
space for youth to explore and discover  
more about themselves and their  
families. Group participants will en-  
gage in discussion, creative endeav-  
ors and adventurous activities. They  
will prepare and eat a meal together  
each month. All of us can learn from  
each others' lived experience as spe-  
cial siblings... both the highs and the  
lows.

MIDSIBS 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 [cof.ca](http://cof.ca) for  
registration forms.**