



## What Are Sibshops?

Fun filled events for brothers and sisters of kids with developmental differences, delays, and ongoing health care needs.

Sibshops provide opportunities for siblings of children with special health care needs to obtain peer support and education while participating in recreational activities. Siblings have an opportunity to share joys, concerns, problem solve and have a better understanding of their siblings disability.



## What are the goals of a Sibshop:

Being the brother or sister of a person with a developmental disability or a chronic health care condition is a good thing for some, a not-so-good thing for others and somewhere in between for many. No matter how siblings feel about their relationship with their brother or sister, they can find peer support, education and fun at the Parent to Parent Sibshops.

Sibshops reflect the belief that siblings have much to offer one another if they are given the correct tools. At Sibshops, siblings can express their thoughts and feelings and get feedback and support from their peers in a safe, non-judgmental atmosphere.

Being a brother or a sister is a lifelong relationship, longer than any other family bond. By helping siblings deal with issues they face at a young age, Sibshops can help pave the way to strong, healthy relationships that last a lifetime.

## For more information:

Parents or Guardians can contact Parent to Parent at (360) 715-0170 ext 302 or email [p2p@arcwhatcom.org](mailto:p2p@arcwhatcom.org) and ask for the Sibshop schedule and registration form.

For more information on supporting siblings and Sibshops, visit:  
<http://siblingsupport.org/>

Here is what  
siblings say  
about Sibshops

*“At Sibshops  
you get to meet  
other brothers  
and sisters of  
kids with  
special needs.”*

*“At Sibshops  
you can talk  
about the good  
and not so-  
good parts of  
having a  
brother or  
sister who has  
special needs.”*

*“Sibshops have  
great cooking  
activities!”*

*“Sibshops are  
fun!”*