



## Sibshop Activities 2022-2023

All Sibshops are on Saturdays from 1:00-3:00 pm unless otherwise noted. Each Sibshop includes an activity, a snack, and a facilitated Sibchat. Every Sibchat has a theme and will provide an opportunity for participants to connect around what it means to be a “sib.” The \$10 Sibshop fee covers all food and activities.

We are aware that some families may have concerns about COVID-19 and in-person activities. Our staff will be monitoring Vermont’s COVID rates and guidelines/ mandates carefully, and we are prepared to adjust activities as needed. We are able to host virtual Sibshops and have planned a few fun virtual themes in the event that we need to do so.

We will be hosting several of our Sibshops at the [Essex Teen Center](#) this year. This space is cozy and fun and will support our Sibshop goals. It is located on the second floor of an historic building. Currently, access to the 2<sup>nd</sup> floor is by stairs only. Plans for renovation, including the addition of an elevator, will begin in 2023. Please let us know if your family needs any accommodations to attend Sibshops.

Please join us for a **Parent Information Session** scheduled for the first ten minutes of our **Sibshops Kick-off event on Saturday, September 17 at 1 pm**. You will have the opportunity to meet our Sibshops Team, learn more about the structure of Sibshops, and ask any questions.

Please complete the 2022-23 Sibshop Registration Form to register your child for any/all this year’s Sibshop activities. Email [mindy.deibler@vtfn.org](mailto:mindy.deibler@vtfn.org) with questions.

### 2022

**September 17 - Sibshops Kick-Off! 1:00-3:00 pm**  
Location: [Essex Teen Center](#), Essex Junction, Vermont

Our Sibshop year will kick off with our gathering together again! We will make t-shirts, play some fun get-to-know-you games, and celebrate the start of a new Sibshop year. As we resume our in-person Sibshops for this year, the theme of this activity is *Gathering*. How does it feel to be gathering together again? In what ways has it been fun or challenging to spend time with your sibling?



**October 22 - Corn Maze 1:00-3:00 pm**  
Location: [Whitcomb’s Farm](#), Williston, Vermont

Come join us at Whitcomb’s Land of Pumpkins and Corn Maze! We will be celebrating the Fall with treats, games, and a stroll through the corn maze. The theme of this shop is *Problem-Solving*. Can you predict how you will navigate through the maze? What might be challenging? What might be easy? What skills do you use to navigate interactions with your sib when things become challenging?





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**November 5 - Attitude of Gratitude** 1:00-3:00 pm  
Location: [Essex Teen Center](#), Essex Junction, Vermont

“Today is a good day to have a good day.”

At this Sibshop, we will enjoy some fun activities, crafts and treats that all center around the theme of this Sibshop, which is *Gratitude and Self-Care*. What does gratitude mean? What are you grateful for and how do you express gratitude? What aspects of having a sib make you feel grateful and can you express that to your sib? How do you take care of yourself during this busy holiday time?



**December 10 - Cookie Decorating** 1:00-3:00 pm  
Location: [Essex Teen Center](#), Essex Junction, Vermont

What better way to celebrate the winter season and holidays than with cookie decorating?! We will supply the cookies, frosting and fun decorations... sibs supply the creative vision! The theme of this Sibshop is *Creativity*. What does it mean to be creative and how do you like to show off your creativity? How does your sib like to be creative and can you share in creative activities this holiday season?



### 2023

**January 21 - Get Air** 1:00-3:00 pm  
Location: [Get Air Trampoline Park](#), Williston, Vermont

Are you ready to do some jumping? Join us at Get Air for wall-to-wall trampolines - we will jump and bounce, launch into the foam pit, and shoot some hoops! The theme of this Sibshop is *Reach for the Stars*. What do you dream of doing, and how can you get there? What might help you Reach for the Stars? What do you think your sibling dreams about?



**February 11 - Puppets** 1:00-3:00 pm  
Location: [Essex Teen Center](#), Essex Junction, Vermont

A fun way to express ourselves is through puppetry! We'll create simple puppets together and bring them to life through movement, voice, and personality. The theme of this Sibshop is *Expression*. What makes you, you? How do you show who you are to others? In what ways is being a sib part of your identity?



**March 11 - Snowshoeing/Winter Hike** 1:00-3:00 pm  
Location: To Be Determined

Join us as we take a nature hike to discover and explore the many wonders of winter in Vermont! We will have the opportunity to hike with snowshoes if weather permits. The theme of this Sibshop is *Exploration*. What can we find on our winter hike? How does it feel to discover something new? What qualities do explorers have? How can some of those qualities serve you in your own life or in your sibling relationship?





## Sibshop Activities 2022-2023

**April 8 - MetroRock Indoor Rock Climbing**

**1:00-3:00 pm**

Location: [MetroRock](#), Essex Junction, Vermont

During this Sibshop, we will have fun climbing and repelling at MetroRock Climbing Center. All experience levels are welcome! Safety, of course, is #1. Sibs should come in comfortable clothes and bring their own sneakers. Parents will need to sign a [MetroRock release form](#). The theme of this Sibshop is *Perseverance*. What does it mean to persevere? What are some situations that require determination and commitment, with your sib or otherwise?



**May 13 - Opening the Senses**

**1:00-3:00 pm**

Location: [Essex Teen Center](#), Essex Junction, Vermont

Join us to create your very own flower bouquet (just in time for Mother's Day!) Rachel Boyers (VFN's Training and Outreach Coordinator and certified Horticultural Therapist) will guide us through this amazing activity as we create beautiful arrangements from a variety of flowers and greenery. We will engage in the theme of *Mindfulness* as we think about colors, texture, and shape. What do you see? What do you smell? What can you feel? How does being aware help you in your sibling relationship?



**June 3 - Family Ice Cream Social**

**\*\*12-2 pm\*\***

Location: To Be Determined

An end-of-year picnic celebration for the whole family! Parents and siblings, please join us for a chance to connect, have some ice cream, and play games. The theme of this Sibshop is *Celebration*. What do you have to celebrate this year? How do you like to celebrate?

