



Sibshops Activities 2023-2024

Sibshops is a program open to children age 8+ who are siblings of brothers and sisters who have disabilities and special health needs. All Sibshops are on Saturdays from 1:00-3:00 pm unless otherwise noted. Each Sibshops includes a fun 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 Sibshops fee covers all food and activities.

We will host half of our Sibshops at the [Essex Teen Center](#) again this year. This space is cozy and fun and supports our Sibshops goals. It is located on the second floor of an historic building. Currently, access to the 2nd floor is by stairs only. Plans for renovation, including the addition of an elevator, will begin in late 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 16 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 2023-24 Sibshops Registration Form to register your child for any/all of this year's Sibshops activities. Email mindy.deibler@vtfn.org with questions.

2023

September 16 - Sibshops Kick-Off! 1:00-3:00 pm

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

Our Sibshops year will kick off with our opportunity to gather together again! We will make t-shirts, play some fun get-to-know-you games, and celebrate the start of a new Sibshops year. As we resume our in-person Sibshops for this year the theme of this Sibshops is *Sibs Are Super!* In what way are you super? In what way is your brother or sister super? What things are super and not-so-super about being a sib?



October 14 - Pumpkin Patch 1:00-3:00 pm

Location: [Sam Mazza's Farm](#), Colchester, Vermont

Come join us at Sam Mazza's Farm Market, Bakery and Greenhouses! We will be celebrating the Fall with treats, games, and a wagon ride to the pumpkin patch where the sibs can choose a pumpkin. The theme of this Sibshops is *Celebrating Uniqueness!* We all have similarities and differences, just like the pumpkins growing in the pumpkin patch! In what ways are you similar to your brother or sister? How are you different?





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November 4 - Giving and Gratitude

1:00-3:00 pm

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

At this Sibshops, we will enjoy fun activities, crafts and treats that all center around the theme of this Sibshops, which is *Giving and Gratitude*. As an Act of Service, we would like to have our Sibs group host a donation drive for Essex CHIPS (the organization that is housed in the Teen Center). Essex CHIPS (Community Health Initiatives and Programs for Students) opened a Little Free Food Pantry in the summer of 2021. The pantry is available 24/7 and distributes over 600 donated food and hygiene items monthly. Individuals in need may also receive a weekly box for their family. We will share more information about our service activity as we get closer to this event.



December 9 - Paint N' Sip

1:00-3:00 pm

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

Paint N' Sip returns for another year! VFN's artist-in-residency Claire will guide the sibs step-by-step in creating their own masterpieces as we enjoy delicious hot cocoa with all the fixings! The theme of this Sibshops is *Creativity*. What does it mean to be creative and how do you like to show off your creativity? How does your brother or sister like to be creative, and how can you share in creative activities this holiday season?



2024

January 20 - Ice Skating

2:00-4:00 pm

Location: [Leddy Park Ice Rink](#), Burlington, Vermont

Bundle up for our January Sibshops at Leddy Park's Ice Rink. Sibs will navigate the ice on skates and practice *Balance*, our theme for this Sibshops. What helps you keep your balance? What do you balance as a sib? What do you wish you had more of? What do you wish you had less of?



February 10 - 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 Sibshops 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?





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March 9 - Climbing

1:00-3:00 pm

Location: [Metro Rock](#), Essex Junction, Vermont

During this Sibshops, 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 Sibshops is *Perseverance*. What does it mean to persevere? What are some situations that require determination and commitment, as a sib or otherwise?



April 6 - 802Reptiles!

1:00-3:00 pm

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

Why travel to the desert when the desert can come to you? Sibs will explore their comfort around reptiles and amphibians when [802Reptiles](#) joins us at the Essex Teen Center for *The Skin You Are IN*, our theme for this month's Sibshops. Sibs will interact with live reptiles and consider how we all adapt to our environment. How do you adapt? How does your brother or sister adapt? What makes it easier for you to adapt? What makes it more challenging?



May 11 - Mini-Golf

1:00-3:00 pm

Location: [Essex Family Fun and Entertainment Center](#), Essex, Vermont

Join us for a fun day of play as sibs putt their way through 18 holes of mini-golf. We will engage in the theme of *Keep Your Eye on the Ball*. What does it mean to have a goal and focus on it? What is needed to achieve your goals?



June 8 - Family Picnic: Pizza and Potluck

12:00-2:00 pm

Location: [Oakledge Park](#), Burlington, Vermont

An end-of-year picnic celebration for the whole family! Parents and siblings, please join us for a chance to connect, have pizza, share potluck dishes, and play games. **RSVP is required** to ensure we have enough supplies: Mindy.Deibler@vtfn.org The theme of this Sibshops is *Celebration*. What do you have to celebrate this year? How do you like to celebrate?

