



Sibshops Activities 2024-2025

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.

New in 2024 -2025 is a Sibshops dedicated to 11-13-year-olds! Tweens and Teens Sibs will be offered three times this year on October 19th, January 18th and April 5th. All sessions will be held at St. Marks Church at 1251 North Avenue, Burlington from 1-3pm at the bowling alley. Tweens and teens will not join younger sibs 8-10 for their activities (except for our end of the year celebration at Oakledge). This pilot program will open space for more sibs to attend Sibshops!

Please complete the 2024-25 Sibshops Registration Form to register your child for any/all this year’s Sibshops activities. Email marie.fetterhoff@vtfn.org with questions.

2024

September 28 - “Senses”

1:00-3:00 pm

Location: Chapin Orchard, 150 Chapin Rd., Essex, Vermont

*** Sibs 8-10 may register for this activity**

Our Sibshops year will kick off with a fall favorite, apple picking. We will meet at Chapin Orchard in Essex, play some fun get-to-know-you games and celebrate the start of a new Sibshops year with apple picking. As we resume Sibshops this year, the theme of this Sibshops is “Senses” ~ How does it feel to be together again? What are we smelling, seeing and tasting at the orchard



October 19 - “Tweens and Teens”

1:00-3:00 pm

Location: St Mark’s Church, 1251 North Ave, Burlington, Vermont

***Tweens and Teens 11-15 may register for this activity**

This is the first of three Sibshops for Tweens and Teens to come together as their own group this year. We will gather at St. Mark’s Church in the North End of Burlington at the bowling alley. As sibs entering adolescence the tweens and teens group will have a chance to hang out with peers and have fun and share at their developmental level their thoughts and feelings about their brother or sister with a disability or complex health need.





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November 9 - Day of Service

1:00-3:00 pm

*** Sibs 8-10 may register for this activity**

At this Sibshop, sibs will decorate cupcakes for/with residents of a memory care facility, having fun while also interacting with the residents and making a craft with them as a day of service. Studies have highlighted the benefits of intergenerational connectivity such as positive attitudes, behaviors, confidence and competence for the children and significant differences in mental and physical health, and quality of life for older adults.



December 7 - Trust

1:00-3:00 pm

Location: Murmurations 208 Flynn Ave., Suite 3K, Burlington, Vermont

*** Sibs 8-10 may register for this activity**

Sibs at this Sibshops will experience an introduction to aerial dance at Murmurations Aerial Dance Studio. Sibs will use fabrics hung from the ceiling to explore movement in relation with gravity under the guidance of Murmurations Staff as they experiment with what feels safe to them and the balance between trust and fear.



2025

January 18 - Tweens and Teens

1:00-3:00 pm

Location: St Mark's Church, 1251 North Ave, Burlington, Vermont

***Tweens and Teens 11-13 may register for this activity**

Tweens and Teens gather again to continue the conversation, hang out, play in the arcade, and bowl! Tweens and teens will explore the theme of "endurance" and what it means to endure and what they observe about how they and others around them endure.



February 15 - Exploration

1:00-3:00 pm

Location: Catamount Family Center, 592 Governor Chittenden Rd., Williston, Vermont

*** Sibs 8-10 may register for this activity**

Depending on if we have snow, sibs will either snowshoe or hike the trails at Catamount Family Center as they explore the woods and look for signs of wildlife and navigate woodland trails. Dress for the weather for this one! After trekking through the woods, sibs will share a snack and play games all in the great outdoors! Sibchat will open conversations around exploration and what it felt like to explore a new skill and or place.





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March 8 - Climbing

1:00-3:00 pm

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

*** Sibs 8-10 may register for this activity**

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 8 - Tweens and Teens

1:00-3:00 pm

Location: St Mark's Church, 1251 North Ave, Burlington, Vermont

***Tweens and Teens 11-13 may register for this activity**

Tweens and teens are back at St. Marks for this third tween/teen gathering. Bowling and games and the theme of friendships will be explored as the group shares their experiences and what friendship means to them and what qualities they value in a friend.



May 10 - Mini-Golf

1:00-3:00 pm

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

*** Sibs 8-10 may register for this activity**

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 7 - Family Picnic: Pizza and Potluck

12:00-2:00 pm

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

All ages may register for this activity

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: marie.fetterhoff@vtfn.org The theme of this Sibshops is *Celebration*. What do you have to celebrate this year? How do you like to celebrate?

