

SIBTEEN

Attention FCPS parents!!! From the same people who brought you Sibshops, we are excited to introduce SibTeen!

What is SibTeen?

SibTeen is a community-building group for Middle School siblings of children with disabilities. We have fun activities, both recreational and art-based, as well as discussion activities. It's a unique opportunity for students to share about their lives and support each other while normalizing their life experiences. SibTeen is a place where participants will feel validated and understood and can build upon their community of support. And... there will be food!



Sibshops may be “therapeutic” for teens to attend, but **they are not therapy**. The Sibshops model takes a wellness perspective. Sibshops is a celebration of the many lifelong contributions made by brothers and sisters of people with special health and developmental needs. Sibshops are typically offered on teacher workdays, and occasionally on Saturdays.

First Session: Oct 4 1PM-4PM at Jim Scott Community Center (formerly Providence Community Center)

**Presented by FCPS School Social Work
Services**