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# **SIBSHOPS**

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# **NEWSLETTER**

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## **Registration is Open!**

Groups will meet on the first Saturday of each month from October 2022-May 2023..

9:00am-11:30am

McHenry County Mental Health Board  
620 Dakota Street  
Crystal Lake, IL 60012



Hanging out at Kingston Lanes with some of our Super Sibs!

# SOME THINGS YOU NEED TO KNOW!



## What are Sibshops?

Sibshops are lively, engaging celebrations of the many contributions made by brothers and sisters of kids with special needs. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, others a not-so-good thing, and for many, somewhere in-between. They reflect a belief that brothers and sisters have much to offer one another — if they are given a chance. Sibshops are a spirited mix of new games (designed to be unique, offbeat, and appealing to a wide ability range), new friends, and discussion activities. Sibshops are not therapy, although their effect may be therapeutic for some children. Sibshops acknowledge that most brothers and sisters of people with special needs, like their parents, are doing well, despite the challenges of a disability or illness. Consequently, while Sibshop facilitators always keep an eye open for participants who may need additional services, the Sibshops model takes a wellness approach.

## What are the goals of Sibshops?

Goal 1—Sibshops will provide brothers and sisters of children with special needs an opportunity to meet other siblings in a relaxed, recreational setting.

Goal 2—Sibshops will provide brothers and sisters with opportunities to discuss common joys and concerns with other siblings of children with special needs.

Goal 3—Sibshops will provide siblings with an opportunity to learn how others handle situations commonly experienced by siblings of children with special needs.

Goal 4—Sibshops will provide siblings with an opportunity to learn more about the implications of their sibling's special needs.

Goal 5—Sibshops will provide parents and professionals with opportunities to learn more about the concerns and opportunities frequently experienced by brothers and sisters of people with special needs

# REGISTRATION



## Who should register?

Youth ages 8-14 who are the sibling of a person with a developmental, medical, or mental health diagnosis.

Sometimes 7 year old children are ready & we are always looking for Teen Sib Facilitators!

Questions? Contact Winter Noe  
[winter.noe@opad.org](mailto:winter.noe@opad.org)/815-477-4720 x230

## How to register

visit our website at

<https://www.optionsandadvocacy.org/groups>

