



## Sibshops Activities 2025-2026

Sibshops is a program open to children age 8-13 who are Siblings of brothers and sisters who have disabilities or 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.

Please complete the 2025-26 Sibshops Registration Form to register your child for any/all this year's Sibshops activities. Email [marie.fetterhoff@vtfn.org](mailto:marie.fetterhoff@vtfn.org) with questions.



**September 20 - Reflection 1:00-3:00 pm**

**Location: Maple Street Park, 75 Maple Street, Essex, Vermont**

Our Sibshops year will kick off with a welcome back meeting at the Maple Street Park. We'll have getting to know you games, crafts, other activities and of course, playing on the playground. As we resume Sibshops this year, Sibs will reflect on how their summer went, how it feels to be back with the group and thoughts about the coming year.



**October 11 - Problem Solving 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 Sibshop 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?



**November 8 - Trust 1:00-3:00 pm**

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

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. \*Note: This Sibshop does have a maximum capacity, so please sign up early.



**December 6 - Service 1:00-3:00 pm**

**Location: TBD Essex Junction, VT**

At this Sibshop, Sibs will make small gifts for residents of a memory care facility and have fun interacting with other sibs. 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.



**January 10 - Endurance 1:00-3:00 pm**

**Location: Spare Time, 215 Lower Mountain View Drive, Colchester, VT**

Sibs will gather have conversations, hang out, and bowl! We 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 7 - Balance 1:00-3:00pm**

**Location: Leddy Park Ice Rink, 216 Leddy Park Road, Burlington, Vermont**

Bundle up for our February Sibshop at Leddy Park’s Ice Rink. Sibs will navigate the ice on skates and practice *Balance*, our theme for this Sibshop. 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?

**March 7 - Perseverance 1:00-3:00 pm**

**Location: MetroRock, 320 Sunderland Way, Essex, 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 Sibshops is *Perseverance*. What does it mean to persevere? What are some situations that help us persevere?

**April 4 - Observation 1:00-3:00 pm**

**Location: Essex Cinemas, 21 Essex Way, Suite 300, Essex, VT**

At this Sibshop, we will enjoy a movie together (Movie TBD depending on what’s showing on that day). We’ll focus on listening and watching. How do we use these skills in our everyday lives? With our Sibs and with Others? Do we want others to listen to us and observe what we like/dislike. This activity is new to Sibshops and we hope it will become a favorite!

**May 30 - Celebration**

**Location: Oakledge Park, Burlington, VT**

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: The theme of this Sibshops is *Celebration*. What do you have to celebrate this year? How do you like to celebrate? We are excited to combine this end-of-the year celebration with mini-golf this year.



