



**For kids ages 8-14  
growing up with sisters and brothers with  
emotional and mental health concerns**

Presented by



Sisters & Brothers of People with Disabilities

**a registered provider of Sibshops for over 22 years**

In collaboration with



**Catalpa Health**

Mental Health & Wellness For Kids

Affinity Health System • Children's Hospital of Wisconsin • ThedaCare

## What are Sibshops?



Sibshops are celebrations of the many contributions made by sisters and brothers of kids with special health care needs. These workshops for "typical" siblings combine recreation, information and discussion. Kids age 8-14 attending Sibshops enjoy a lively, relaxed event that emphasizes a kids-eye view of sibling issues.

Sibshops are guided by trained Sibshop facilitators. Thanks to funding from the **Women's Fund for the Fox Valley Region**, Sibshops in this Catalpa series are **FREE**.

## Kids growing up with brothers or sisters with mental health issues

can get pretty isolated and even forgotten. Sometimes it feels like no one understands.

Sibs often have more responsibility than other kids their age. They can nervously wait while their siblings recover from seizures, episodes, or go through treatment.

Like parents, they worry. They fear what they don't know or understand. They are often quietly brave.

At Sibshops, sibs have a great time. They meet other kids who share many of the same feelings. They talk about the challenges and hear how other kids deal with things. They play. They get information. They make friends.

### Schedule for Catalpa Sibshop Series

for children ages 8-14 who have siblings with emotional or mental health concerns

- Oct 19 4:30 – 6:00 - Parents session available
- Nov 16 4:30 – 6:00 - Siblings only
- Jan 18 4:30 – 6:00 - Siblings only
- Feb 15 4:30 – 6:00 - Siblings only
- Mar 15 4:30 – 6:00 - Siblings only
- April 26 4:30 – 6:00 - Parents session available
- May 17 4:30 – 6:00 - Siblings only

All sessions held at the Catalpa Day Treatment Ctr  
1920 N. Casaloma Dr., Appleton

**To enroll; Call 920-968-1742 or  
email info@wisconsibs.org**

## Why do parents enroll their kids in WisconSibs Sibshops?

*"She thinks they are fun and we believe they will help her be the best she can be."*

*"Meet other people who share the same experience. Not to feel ashamed or embarrassed."*

*"He makes so many sacrifices for his sister, he deserves a special time of his own."*

*"To help our son build self-confidence and learn how to react to negative comments from peers."*

To enroll; Call 920-968-1742 or  
email info@wisconsibs.org  
Or complete this form and mail to

**WisconSibs  
211 E Franklin St  
Appleton, WI 54911**

**Please enroll**

**Child's first name** \_\_\_\_\_

**Child's last name** \_\_\_\_\_

**Parent(s) first name** \_\_\_\_\_

**Parent(s) last name** \_\_\_\_\_

**Phone number** \_\_\_\_\_

**Email** \_\_\_\_\_

**Age of child attending Sibshop** \_\_\_\_\_

**Age and diagnosis of their sibling(s) with mental health concerns:**(child does not attend Sibshops)

\_\_\_\_\_ age \_\_\_\_\_ diagnosis

\_\_\_\_\_ age \_\_\_\_\_ diagnosis

**Check all Sibshops child plans to attend:**

- |                     |                     |
|---------------------|---------------------|
| _____ <b>Oct 19</b> | _____ <b>Jan 18</b> |
| _____ <b>Nov 16</b> | _____ <b>Feb 15</b> |
|                     | _____ <b>Mar 15</b> |
|                     | _____ <b>Apr 26</b> |
|                     | _____ <b>May 17</b> |

Parents drop off their child and may leave.  
Parents sessions are available **Oct 19 and Apr 26**