

Catalpa Sibshop Series supports siblings of kids with mental health challenges

Kids ages 8-14 growing up with sisters and brothers with emotional and mental health concerns are invited to a special series of Sibshops® from January through May of 2018. The Catalpa Sibshop Series is a collaboration between Catalpa Health and WisconSibs that is funded by a grant from the Women's Fund for the Fox Valley Region. As a result, the five Sibshops will be free of charge to participants.

Sibshops are celebrations of the important role of "typical" sisters and brothers of kids with disabilities and special health care needs. Led by trained facilitators, these workshops combine recreation, information, discussion and connection opportunities with other siblings in a lively, relaxed setting that emphasizes a kid's-eye view of sibling issues.

The sessions will be held on these Thursdays from 4:30-6 pm: Jan. 18, Feb. 15, Mar. 15, Apr. 26, and May 17. The location will be the Catalpa Health Day Treatment Center, 1920 N. Casaloma Dr, just south of Fox Cities Stadium. The April 26 event will also feature a separate parent discussion session.

To register for any or all of these, call the WisconSibs office at 920-968-1742 or email info@wisconsibs.org.

The Catalpa Series is in addition to the regular Sibshops, camps, social events and future planning sessions offered by WisconSibs, Inc. for siblings of various ages. For more information about these resources, go to www.wisconsibs.org.