



Attention FCPS parents!!!

From the same folks who bring you **Sibshops** (FCPS Social Work Services)...
We are excited to introduce **SibTeen!**

What is SibTeen?

SibTeen is a community-building group for **Middle School** students who have a sibling with disabilities. We will 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 snacks!



SibTeen may feel “therapeutic” for teens who attend, but **it is not a therapy session**. SibTeen is based on the Sibshops model that takes a wellness perspective. Sibshops/SibTeen is a celebration of the many lifelong contributions made by brothers and sisters of people with special health and developmental needs. Sibshops, offered to elementary school students, are scheduled on teacher workdays and occasionally on Saturdays. We will pilot SibTeen on a teacher workday, and if successful, will plan to offer more dates.

**Our Pilot SibTeen Program is scheduled for Monday November 6, 2023
from 1:00-4:00 PM at the Providence Community Center.**

If your middle school student is interested in participating in SibTeen, please:

Sign up for the FCPS Family Resource Center (FRC) News You Choose to receive notices of monthly workshops, including registration for SibTeen (about one month prior to the program), or call FRC at 703-204-3941.

Registration is required and limited; please register early.

**FRC: <https://www.fcps.edu/resources/family-engagement/family-resource-center>
Sign up for FRC's News You Choose: <https://www.fcps.edu/node/47432>**