

The Sibling Support Centre Newsletter



**QUARTERLY
NEWSLETTER**
Jan - March 2025

The Sibling Support Centre & Services newsletter is for families and care providers who support siblings of patients in the care of either BC Children's Hospital, Women's Hospital, Sunny Hill Health Centre, or the Healthy Minds Centre.

Sibling Support Centre Resources

Movie Nights



Come on in for a fun movie night with crafts and snacks! On the third Wednesday at 4pm - 6pm of each month! Ask us about it or book online on the Jane App!



The Sib Centre Book Nook

Feel free to take a free book from the Book Nook, while on hospital campus in the evening and weekends.

Mini-Sibling Library

Borrow books that celebrate and support siblings!

Check out the Resource Library Webpage [HERE](#)



What's New in the Sibling Support Centre?

The mural below was painted by siblings, patients and families residing on BC Children's and BC Women's Hospital campus, during the Sibling Support Centre Halloween Event. The beautiful painting is showcased in the Sibling Support Centre for all the siblings to enjoy!



Upcoming: Sibling Appreciation Day



Celebrate your siblings on April 10th, National Sibling Appreciation Day!

Sibling Support Resources

The Voices of Siblings: Tools We Can Use to Help Support Siblings of Children with Mental Health Challenges

This webinar is for parents / guardians around supporting siblings of children with mental health challenges. They cover common sibling dynamics, coping strategies, how to talk about their siblings diagnosis and resources to support all family members.

Kelty
Mental
Health
Resource Centre

BC
Children's
Hospital
Provincial Health Services Authority



To see this webinar on the Kelty Mental Health Resource Centre Website and explore other webinars, visit this [LINK](#)

To watch free, online right now on YouTube, click this [LINK](#)



Young Carers Illustration Project

The Young Carers Illustrations Project recognizes there are millions of young children who are carers that are not represented in children's literature.

Their website includes two short videos and links to a free e-book "Young Carers in Bunnyland" that is available on the Apple and Amazon Kindle bookstores.

[Check out their website HERE](#)

SURVEY: The Sibling Support Centre is considering creating Free Online Monthly Sibling Peer Groups.

The Online Sibling Peer groups would be open to all siblings aged 8-11 years old with a brother / sister with a chronic health condition(s) and/or disability, NOT diagnosis specific. The Online Sibling Peer Groups would be free, through a virtual platform Zoom.

*Please Note: The Online Sibling Peer Groups are non-therapy based

Please take a moment to fill in our anonymous survey to help inform us on how to best support siblings.

[Survey LINK
HERE](#)

Please click on our links to see more sibling supports:

[Sibling Resource List](#) - Our sibling resource list has supports on campus, in the community and online for parents/guardians.



[Sibling Library Books](#) - see the Sibling Support Centre's collection of books and their descriptions that support siblings and families.

SIBLING SUPPORT CENTRE

For children 3 and up! Children can come to the center to play with our amazing volunteers! We have a variety of toys, activities and offer snacks! We have 3 blocks during the day, each block being 2 hours long.

Block 1: 8:45am - 10:45am

Block 2: 11am - 1pm

Block 3: 1:15pm - 3:15pm

The space is available to siblings Monday to Friday (excluding stats) who are on campus/ at the hospital while the patient is receiving care. Learn more about our Sibling Service on our website.

BC Children's Hospital [LINK HERE](#)

BC Women's Hospital + Health Centres [LINK HERE](#)

CONTACT US:

Phone: 604-875-3594

Toll Free: 1-855-875-3594

Email: siblingcentre@cw.bc.ca

Please go to our Jane App booking site to sign up / book: [JANE APP \(Click HERE\)](#)

UNDER THREE PROGRAM

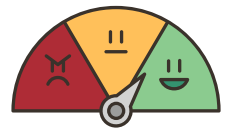
For infants under the age of 3. We send a volunteer to the department where the family is located to play with the sibling, one on one! We offer 3 blocks during the day, each block can be up to 3 hours long. *This service is dependent on volunteer availability

Block 1: 9:00am - 12:00pm

Block 2: 12:30pm - 3:30pm

Block 3: 4:00pm -- 7:00pm

Your Feedback Matters!



We always want to know what you think of our centre and any ideas that you have on how to make our services work best for families. We appreciate it!

Sibling Support Centre Feedback

[SSC Survey Link HERE](#)

Sibling Supports - Event Ideas Input

[Survey Link HERE](#)