



Children's

Child Life Program

SibCo

Connection + Support for Siblings

Mayo Clinic Children's **SibCo** is a program for siblings of a child or teen with chronic health, mental health, or developmental needs.



What Is SibCo?

SibCo is a program for children and teens who have a sibling with chronic health, mental health, or developmental needs. **SibCo** provides opportunities for participants to:

- Participate in activities designed specifically for siblings
- Feel recognized, valued, and supported in their unique role as a sibling
- Share thoughts and feelings in a safe and supportive environment
- Connect with peers who understand their experiences
- Build coping skills and emotional awareness

What does SibCo offer?

SibCo offers a variety of sibling-focused experiences through in-person events, virtual opportunities, and mail-out activity boxes. Each experience is thoughtfully designed by Child Life professionals to support connection, learning, coping, and recognition of the important role siblings play within their families.

For questions, please contact the Mayo Clinic Children's SibCo Program at mayoclinicsibco@mayo.edu

How to Participate

Scan the QR code to join the **SibCo** community and stay informed about upcoming events and opportunities.



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