

**Do you have a child with behavioral challenges?  
Do you have other children who are impacted?  
If so, caregivers and siblings are invited to join us!**

## **Supporting Siblings in 2022**

*Intended for siblings of youth with Autism Spectrum Disorder,  
Developmental Disabilities, and/or Mental Health Issues*

**What's it like?** Over Zoom, siblings meet other children and teens who know what it's like to have a brother or sister with behavioral challenges. Siblings have a chance to talk, learn coping skills and feel better. The Zoom is facilitated by psychiatrists and trainees at UMass Chan Medical School.

**What about parents & caregivers?** First-time participants join a Zoom session led by our trained parent mentor. They learn about the sibling experience, the importance of supporting siblings, and strategies to support siblings. Returning participants join a different Zoom session, led by the program social worker, to address ongoing family challenges that impact siblings.

**Registration is required. We meet the first Thursday night of each month at 5:30pm.**

### **Details...**

- 1. Is there a cost? This is a free program.**
- 2. Who is eligible? All caregivers are eligible if the affected child has siblings of any age. Siblings are eligible if they are 6 - 18 years old and do not have significant behavioral issues of their own.**
- 3. Can caregivers attend even if siblings do not attend? Yes, and vice versa.**
- 4. How do I register? To ask questions or reserve your spot, call (857) 523-1145 or email [emily.rubin@umassmed.edu](mailto:emily.rubin@umassmed.edu). After signing an online consent form, you will receive an email with instructions to log into Zoom.**

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