

**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

*Intended for parents/caregivers and siblings of youth
with Autism, 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. After signing an online consent form, you will receive an email with instructions to log into Zoom.**

UMass Chan Medical School Department of Psychiatry collaborates with Parent/Professional Advocacy League (PPAL) and MCPAP. We are grateful for funding from The FAR Fund and The Weil Foundation.