



## Sibling Support Group



### Douglass Developmental Disabilities Center

The Douglass Developmental Disabilities Center holds support groups for siblings of individuals with autism or related developmental disabilities. In the past, this program has helped many children with the challenging aspects of having a sibling with autism.

#### What are sibling groups?

Sibling support groups are a mixture of games, conversation, and projects designed to facilitate discussion about the experience of being a sibling of an individual with autism. Groups are held for children from age 6 through the teenage years and are open to all interested siblings, whether or not their sibling attends the DDDC. In a sibling group, siblings will:

- Talk with others who understand what it is like to have a sibling with autism.
- Learn more about autism and the implications of their siblings' special needs.
- Find out how others cope with frustrations experienced by siblings.
- Learn techniques to interact with their sibling more successfully

#### Who runs sibling support groups at the DDDC?

Sibling support groups will be conducted by advanced doctoral students in psychology, under the supervision of a licensed clinical psychologist.

#### When and where will the support groups be held?

Sibling support groups are typically held at the Douglass Developmental Disabilities Center in New Brunswick, NJ. This year's group will consist of 8 Wednesday night sessions, May 31<sup>st</sup> – July 26<sup>th</sup>, from 5:00-7:00pm.

#### How do I find more detailed information or enroll in upcoming groups?

To request more information, get put on our contact list, or enroll, you can contact:

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