

The Arc of New Jersey
Family Institute



Supporting Siblings
Project

Sibling Supports

For siblings that have a brother or sister with an intellectual or developmental disability

National Resources

Sibling Leadership Network

The mission of the Sibling Leadership Network is to provide siblings of individuals with disabilities the information, support and tools to advocate with their brothers and sisters and to promote the issues important to them and their entire families.

<http://siblingleadership.org>

katie.arnold@siblingleadership.org

Sibling Support Project

The Sibling Support Project was the first national program dedicated to the life-long and ever-changing concerns of millions of brothers and sisters of people with special health, developmental, and mental health concerns.

www.siblingsupport.org

info@siblingsupport.org

Books/Publications for All Ages

www.siblingsupport.org/publications

New Jersey Resources

The Arc of New Jersey Family Institute Supporting Siblings Project

This initiative provides parents and organizations with the necessary tools needed to support siblings in their role as a caregiver and offers siblings resources and community support.

bit.ly/supportingsiblingsproject

732.246.2526

SIBS NJ

Supportive Initiatives for Brothers & Sisters is the New Jersey State Chapter of the Sibling Leadership Network. SIBS NJ is a non-profit organization dedicated to providing the siblings of individuals with intellectual and developmental disabilities and mental health conditions with information and support.

www.facebook.com/sibsnj

info.sibsnj@gmail.com

Sibshops

Sibshops provide brothers and sisters of children with intellectual and developmental disabilities opportunities to share and connect with peers who “get it.” Several organizations in New Jersey run official Sibshops and other sibling support groups. Below is a link to find an official Sibshop near you.

bit.ly/sibshopnearyou

Siblings May Be Eligible for Family Medical Leave

The Department of Labor (DOL) recently clarified when siblings may be eligible to take job-protected leave under the Family and Medical Leave Act (FMLA). The DOL now includes siblings among those eligible for FMLA job-protected leave under certain circumstances. Click the below link for more information. bit.ly/siblingsfmla



Facebook Groups

These groups are monitored and are ONLY for siblings of people with development disabilities. These group serve as a safe space for siblings to support one another.

- **SibNet** (adult siblings)- bit.ly/adultsibnet
- **Sib20** (18-30 years old) - bit.ly/sib20
- **SibTeen** (until age 18) - bit.ly/sibteen
- **SIBS NJ** (18 and older) - bit.ly/sibsnjfacebookgroup