

Expression of Interest Support for Siblings Program

Siblings of children with disabilities or chronic illnesses often grow up in a situation with considerable stress. Many cope well, but many are 'at risk' of developing emotional and behavioural problems.

Support for siblings allows siblings to feel less isolated and helps them to build resilience. **The 6 week program run by Kate Strohm of Siblings Australia Inc.** aims to allow them to:

- Understand issues pertaining to their siblings disability or illness
- Understand that they are not alone with their concerns and feelings
- Receive support to express and deal with these feelings
- Develop strategies to deal with difficult situations
- Make a more positive adjustment to their family situation

Eligibility criteria

- Has a sibling with a disability or special needs
- Aged between 8-10 years
- participant does not require a NDIS plan to do the program

The program will commence Monday 26th October 4pm-5:30pm (1.5 hour sessions) for 6 weeks. 2nd, 9th, 16th, 23rd and 30th November. Limited places available.

For more information or bookings, please contact

Rebekah Dryburgh on 5561 8111 or rdryburgh@mpower.org.au

