



## siblings group

AGES 8 TO 12 YEARS

**Siblings Group is an encouraging, friendly and fun filled environment providing a great way to make friends and develop connections with other siblings who have similar life experiences.**

### AIM OF THE GROUP

- To enhance understanding of disability
- To provide an opportunity for siblings to meet others in similar situations
- To build emotional wellbeing and resilience
- To improve family relationships by supporting siblings to understand their brother/sisters strengths and needs
- To develop coping strategies
- To support siblings to feel more positive, confident and empowered in their role as a sibling

### ELIGIBILITY

- Children between 8 - 12 years of age, who have a sibling with a disability
- Children who are not the recipient of NDIS funding

**For any enquiries, please contact the Mpower Intake team on (03) 5561 8111**

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