

# SUPERSIBS

## A group for children of siblings with special needs

This program is designed for children **ages 7 to 10** who have a sibling with special needs and who are looking to connect with other children with similar experiences.

This group will focus on learning about myths and facts of various special needs, identifying unhelpful thoughts and big feelings, and strategies to cope with these thoughts and feelings (e.g., relaxation).

This group is appropriate for children who wish to learn more about what it means to have special needs and who would like a safe place to express their own thoughts and feelings regarding their sibling. This group will foster a supportive peer environment for children with similar sibling experiences.

Sessions will include therapeutic activities and discussions.

This program will be facilitated by a therapist in the Psychology department.

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### Dates and Times:

**Dates:** Sundays March 24<sup>th</sup>, March 31<sup>st</sup>, April 7<sup>th</sup>, April 14<sup>th</sup> from 1:00 – 2:00 p.m.

**Cost:** \$424 per family

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### Contact Us To Register!

Boomerang Health powered by SickKids

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