



Supporting Siblings During COVID-19

We encourage caregivers AND siblings to join us!

Why is it important? This is a stressful time for families. Siblings might be subjected to physical and verbal aggression from brothers/sisters with mental health or behavioral needs. Siblings can be deeply affected and may be at risk for developing depression & anxiety.

What's it like? Over Zoom, siblings meet other children and teens who know what it's like to have a brother or sister with mental health issues. Siblings have a chance to talk and feel better. The Zoom session is facilitated by doctors in the psychiatry dept at UMass Medical School.

What about parents? First time participants join a Zoom session led by our trained parent mentor. They learn about the sibling experience, the importance of supporting siblings, and strategies to support siblings. Returning participants join a different Zoom session led by the program social worker, to address ongoing family challenges that impact siblings.

Registration is required. We meet on the first Thursday night of each month from 5:30pm-7:00pm.

DETAILS...

- 1. Do siblings and parents have separate Zoom sessions? Yes**
- 2. Can parents/caregivers attend even if siblings do not attend? Yes**
- 3. Who is eligible to attend? All caregivers are eligible if the affected child has siblings. Siblings are eligible if they are 6 to 18 years old and do not have behavioral issues**
- 4. Is there a cost? This is a free program**
- 5. How do I register? To reserve your spot, call (857) 523-1145 or email emily.rubin@umassmed.edu. After signing an online consent form, you will receive an email with instructions to log into Zoom**