

What are sibling groups?

Sibling support groups are a mixture of games, conversations, and projects designed to facilitate discussions about the experience of being a sibling of an individual with autism. Groups are held for children ages 7-15 and are open to all interested siblings. In a sibling group, siblings will:

- Talk with others who understand what it is like to have a sibling with autism
- Learn more about autism and the implications of their siblings' special needs
- Find out how others cope with frustrations experienced by siblings
- Learn techniques to interact with their sibling more successfully

Who runs sibling support groups at the DDDC?

Sibling support groups will be conducted by advanced doctoral students in psychology at Rutgers University, under the supervision of a licensed clinical psychologist.

When and where will the support groups be held?

Sibling support groups will be held virtually via Zoom. Beginning January 18, 2024, sessions will run weekly for eight Thursdays from 5:00- 6:00 pm or 6:30-7:30 pm, depending on your child's age. While it is encouraged, attendance at all sessions is not required for enrollment.

How much do these groups cost?

Groups are free of charge.

How do I enroll my child?

To enroll your child in our groups, please use the following link:
<https://bit.ly/DDDCSiblings2024>



Once registered, we will contact you to schedule a brief intake meeting with you and your child to learn more about your family and to ensure our sibling groups are an appropriate fit.

Contact Tia Horn (tiahorn@gsapp.rutgers.edu) with any questions.

