



# SibTalk



for children ages 8-12 who have a sibling with a disability.

SibTalk meets once a month for activities and fun!

The group will meet on the 2nd Thursday of each month from September to May from 6:30-7:30PM. The September meeting will be virtual and then it will be decided how to meet safely going forward.

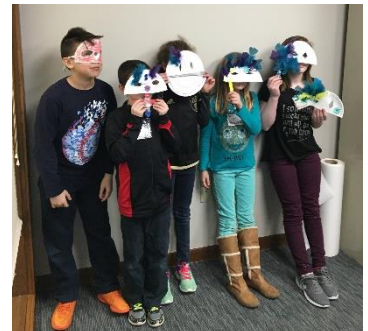
The program is free and pre-registration is required. Contact Amy 717-394-5251 [amy@thearclancleb.org](mailto:amy@thearclancleb.org)

## SibTalk allows sibs to:

- Get together to have fun and share ideas and feelings
- Talk about their pride, strength and uniqueness in having a sibling with a disability and know that everyone will understand
- Talk about the anger, frustration, hurt, confusion and stress that comes with having a sibling with a disability
- Be free to just listen if they are uncomfortable sharing or just don't feel like talking

## What kids like about SibTalk

- I like coming to SibTalk because I get to talk to other kids who understand what I'm going through
- SibTalk is fun and we get to play games and eat snacks
- I like coming to SibTalk because we can talk about our feelings and do fun activities
- The other kids in the SibTalk understand and can give advice on how they handled a situation that is kind of like mine
- My sib has all kinds of special activities. SibTalk is something special just for me
- I like SibTalk because I can talk about things that happened with my sib and no one laughs at me or makes fun of my sib



## What parents say

- My son is just different after attending SibTalk. He even seems more understanding about how difficult and frustrating it can be for parents
- My daughter loves coming to SibTalk. She has made friends with others she would not have met anywhere else
- It has made all the difference in the world!

## What adult sibs say

Many adult sibs say they wish there had been a SibTalk for them when they were growing up. *"I felt so alone. I didn't know any other kids who had a sibling with a disability"*