



Sibling Support Groups Rutgers University's Douglass Developmental Disabilities Center

The Douglass Developmental Disabilities Center at Rutgers University holds support groups for siblings of individuals with autism or related developmental disabilities. In the past, this program has helped many children with the challenging aspects of having a sibling with autism.

What are sibling groups?

Sibling support groups are a mixture of games, conversation, and projects designed to facilitate discussion 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, especially during COVID-19
- 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, 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. They will run monthly on the following Tuesdays from 6:00-7:30pm: February 9, March 9, April 6, May 4, June 1

While it is encouraged, attendance at all groups is not required for enrollment.

How do I find more detailed information or enroll in upcoming groups?

To enroll your child in our groups, please go to the following link:

<https://bit.ly/DDDCSiblings2021>

If you have any questions, you can contact Amanda Austin (afa72@gsapp.rutgers.edu)