

Don't Miss These Great Workshops!

Brothers and Sisters of People with Special Needs: Too Important to Ignore!

With the exception of mothers, siblings spend more time with children who have developmental disabilities or chronic health impairments than any other family member. And, because the sibling relationship is the longest-lasting relationship in the family, brothers and sisters are likely to experience concerns throughout their lives. Despite their importance, siblings' concerns are too often ignored. For everyone's sake, parents and providers must learn more about life as a brother or sister of a person with special needs.



On August 27 and 28 Chemung ARC will sponsor workshops conducted by Don Meyer, director of the Sibling Support Project and creator of the Sibshop model. The Sibling Support Project is the national leader in providing training and education on sibling issues and programs.

What Past Workshop Participants Have to Say:

"Wonderful insights into siblings' needs. This workshop has helped relieve many of my fears for the future!"

"The information was fitting for anyone in any social services with kids"

"Uplifting! Wonderful! My favorite!"

You Will Learn:

- ☑ What to do about the concerns often experienced by brothers and sisters: peer issues, resentment, loss, and concerns about the future (just to name a few!)
- ☑ How to increase the unique opportunities often experienced by siblings, including compassion, advocacy, insight, and tolerance
- ☑ Strategies to decrease siblings' concerns and increase their opportunities
- ☑ How to help your agency or organization provide "sibling-friendly" services
- ☑ How to plan and run Sibshops, the award-winning, kid-friendly mix of peer support and recreation

August 27 & 28

Hilton Garden Inn

35 Arnot Road

Horseheads, NY 14845



Workshops on the Life-Long Issues Faced by Brothers and Sisters...

Brothers and Sisters of People with Special Needs: Unique Concerns, Unique Opportunities.

This core workshop uses a lively large-group discussion format to help participants learn about the concerns and opportunities frequently experienced by brothers and sisters of people with special needs. During this workshop, participants share what they have observed in their families or the families they serve. Participants also learn what researchers, clinicians, and siblings themselves say about growing up with siblings who have special needs. Implications for parents and service providers will be discussed throughout the workshop. **Friday, August 27, 9am-noon**

A Panel of Brothers and Sisters.

One of the best ways to learn about sibling issues is to listen to the "the real experts." During this workshop, Don Meyer will moderate a panel of brothers and sisters who will discuss life with siblings who have special needs. We'll cover it all: the good parts, the not-so-good parts, and everything in-between. Along the way, panelists will offer suggestions to parents and providers. **Friday, August 27, 1-2:30 p.m.**



Who Should Attend?

Parents and other adult family members, and service providers from educational, mental health, social services, and public health fields won't want to miss these workshops.

Read What Past Participants Say About These Workshops:

"A wonderful job. I've been to many disability workshops--this was clearly one of the best!"

"I loved it all--the group participation and discussion. Don's facilitation was excellent!"

"The workshop was great for people from all types of backgrounds."

"I learned specific examples of how we can minimize our 'other' children's concerns and maximize their opportunities."

"I really felt connected...hearing other adult sibs talk about the same things I experienced...it was better than going to Disneyland!"

"What did I find useful? Everything!"

The Sibling Support Project

Most of the over four million US citizens with developmental disabilities and chronic health impairments have brothers and sisters. Throughout their lives, their brothers and sisters will share many--if not most--of the concerns experienced by their parents. They will also experience concerns unique to siblings.

Despite a clear need for services and considerations, many brothers and sisters grow up without resources--such as access to support programs and sources of information--that would help them in their roles.

Since 1990, the Sibling Support Project has been the United States' only national resource dedicated to the well-being of brothers and sisters of people with special needs. From the beginning, the Sibling Support Project has sought to make programs and services for brothers and sisters as readily available as Parent-to-Parent Programs are for parents.

Workshops on Starting Your Own Sibshop...

Sibshops: Getting Started

Sibshops are kid-friendly workshops as rewarding to run as they are to attend. During this workshop, participants will learn the logistics of planning and implementing a local Sibshop for school-age brothers and sisters. We'll review considerations including: collaborating with other agencies, defining the population you wish to serve, identifying financial resources, characteristics of good Sibshop facilitators, finding a place to hold your Sibshop, how frequently to conduct your Sibshop, and getting the word out to parents and providers. We'll also discuss Sibshop goals and the recreational, discussion, and educational activities these goals suggest. Finally, we'll sample an activity or two! **Friday, August 27, 2:45-4pm**

Demonstration Sibshop

Participating in this workshop is the very best way to learn about what Sibshops are all about. During the Demonstration Sibshop, participants will put on their jeans, T-shirts, and sneakers to join Don Meyer as he conducts a Sibshop for 12 to 20 local brothers and sisters. This Sibshop will also be the "kick-off" for an on-going program in the host community. If you would like your 8-to-13 year old child to attend this Sibshop, see the registration form. **Saturday, August 28, 9am-3pm**

Who Should Attend?

These workshops are open to family members, teachers, psychologists, social workers, and other service providers from across the region who would like to start a local Sibshop. Please note: individuals wishing to attend *Workshops on Starting Your Own Sibshop* should also plan on attending the *Workshops on the Life-long Issues Faced by Brothers and Sisters*.

Here's What You'll Take Back

This workshop gives you the materials and know-how you need to start, plan, and conduct the activities for your first Sibshop.

Read What Past Participants Say About These Workshops:

*"An excellent workshop--I learned how to plan a Sibshop, see one in action, and learned that they're not all that hard to do."
"Actually experiencing a Sibshop is a great way to learn."*

"The materials had excellent, concrete activities and information."

"The Sibshop activities were great! You should have Sibshops for 20-50 year olds as well as children!"

Here's What People Say About Sibshops:

"I don't know exactly what helps my daughters, or what they like the best, but they always come home from a Sibshop smiling and calm. They seem to find camaraderie in experience and in spirit, even if the other kids don't have siblings with the same exact problems as our daughter with severe disabilities. I don't know what they (or I) would do without Sibshops!"

"Sibshops are fun! You get to play games and do lots of fun stuff. It's a good way to share feelings about what's going on with your sibling. It's not hard to share feelings because they're going through some of the same stuff you are."

"I thought I was the only one who loves my sister and hates her all at the same time!"

What are Sibshops?

Sibshops are pedal-to-the-metal celebrations of the many contributions made by brothers and sisters of kids with special needs. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, others a not-so-good thing, and for many, somewhere in-between. They reflect a belief that brothers and sisters have much to offer one another--if they are given a chance. Sibshops are a spirited mix of new games (designed to be unique, off-beat, and appealing to a wide ability range), new friends, and discussion activities. There are now over 200 Sibshops in 45 states. Spend some time with the guy who started it all!



Winner of the National Award for Innovation from ACCH,
The Association for the Care of Children's Health

About Don Meyer

Don Meyer is the nation's leading trainer and educator on sibling support. His humor, warmth, and vast experience make him a favorite with audiences around the country.

Don Meyer is the director of The Sibling Support Project and a founder of the of the SEFAM (Supporting Extended Family Members) program at the University of Washington, which pioneered services for fathers, siblings, and grandparents of children with special needs.

As a sought-after speaker, Don has conducted hundreds of workshops on siblings, fathers, and grandparents of children with special needs and trainings on the Sibshop model throughout the United States, Canada, Ireland, England, Italy, New Zealand, and Japan.

Don is the senior author or editor of five books: the Sibshop curriculum, Sibshops: Workshops for brothers and sisters of children with special needs; a collection of essays by fathers of children with special needs, Uncommon Fathers; and three books for young readers, Living with a Brother or Sister with Special Needs, Views from our Shoes, and The Sibling Slam Book.

Don is married to Terry DeLeonardis, a special education preschool teacher and consultant. They have four children.



Read What Others Say About Don Meyer

Hearing about siblings' experiences was extremely useful, but Don's enthusiasm rekindled and touched the part of me that wanted to make things possible. An amazing weekend, so thought provoking, great company, such honesty from all ages—it took you to all sorts of places emotionally. Don is a truly amazing guy, so motivating, easy to listen to—the time just flew.
~ Service provider

Great clarity, terrific humor. Passion for topic and compassion for people. Respectful handling of audience's questions. Great anecdotes interspersed with heaps of valuable information. And the sibling panel was excellent and their stories quite moving.
~ Father

What a great workshop. Don you have a great gift with children and as a speaker. It is exciting that you put so much energy into siblings. You have inspired me to set up something for our sibs.
~ Teacher

I didn't realize I was in for such a "rich" day!
~ Sibling

Register Today!

Brothers and Sisters of People with Special Needs: Too Important to Ignore

August 27 & 28
Hilton Garden Inn
35 Arnot Road
Horseheads, NY 14845
(607) 795-1111

By Mail: 711 Sullivan Street, Elmira, NY 14901
By Phone: (607) 734-6151
By Fax: (607) 734-2943
Questions? (607) 734-6151

(Check one or both workshops you wish to attend)

- Workshops on the Life-Long Issues Faced by Brothers and Sisters...**
- **Brothers and Sisters of People with Special Needs: Unusual Concerns, Unusual Opportunities** Friday, August 27, 9am-noon
 - **A Panel of Brothers and Sisters.** Friday, August 27, 1-2:30pm
- Fee: U.S. \$50.00***
- Workshops on Starting Your Own Sibshop...**Please note: registrants for this workshop should also plan on attending the previous workshop
- **Sibshops: Getting Started.** Friday, August 27, 2:45-4pm
 - **Demonstration Sibshop.** Saturday, August 28, 9am-3pm
- Fee: U.S. \$50.00***
- I would like my 8-to-13 year-old child to attend the Demonstration Sibshop led by Don Meyer, founder of the Sibshop curriculum. I understand that children attend the Demonstration Sibshop from 10am until 2pm

Child's Name and Age:

_____ Age _____

Please print or type:

Name: _____

Title (if appropriate): _____

Agency (if appropriate): _____

Address: _____

City: _____ State: _____

Zip: _____ I have enclosed a check for \$ _____

Checks made payable to "Chemung ARC"

* Parents/Caregivers: This training is eligible for reimbursement through Family Reimbursement funding. Contact your local provider for application. FET (NYS HCBS Waiver Family Education Training): This training may be approved as an allowable FET. Application is pending.