



***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.

**Sibshops** are "pedal-to-the-medal" celebrations of the many contributions made by brothers and sisters of kids with special needs. Sibshops acknowledge that being a 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. Sibshops are a spirited mix of new games, new friends and discussion activities.

***STAR is inviting parents, siblings and professionals to workshops to learn about sibling relationships and how to run a Sibshop.***



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STAR, Inc., Lighting the Way is a not-for-profit organization serving individuals of all ages with developmental disabilities, as well as providing support services to their families. We create opportunities for individuals to live full lives with independence, freedom of choice and personal growth by providing support, services and advocacy. We inform and encourage the community to recognize and appreciate the value of all individuals.



[www.siblingsupport.org](http://www.siblingsupport.org)

Don Meyer is the nations leading trainer and educator on sibling support. His humor, warmth, and vast experience make him a favorite with audiences around the country. He is the director of The Sibling Support Project and a founder 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.



Presents



with Don Meyer  
of the Sibling Support Project

Friday, February 5, 2010  
Saturday, February 6, 2010

Chatham Manor  
493 Connecticut Avenue  
Norwalk, CT

Sponsored by  
STAR Inc., Lighting the Way  
through the generosity of  
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Deloitte Leadership  
Training Grant



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

Friday, February 5, 9 a.m. - noon.

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.

**A Panel of Brothers and Sisters**  
Friday, February 5, 1 -2:30 p.m.

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.

**Starting Your Own Sibshop**  
Friday, February 5, 2:45 -4 p.m.

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: defining the population you wish to serve, identifying financial resources, characteristics of good Sibshop facilitators, how frequently to conduct your Sibshop, and getting the word out to parents and providers. We'll also discuss Sibshop goals and the recreational and educational activities these goals suggest. Finally, we'll sample an activity or two!

**Demonstration Sibshop-With the Kids**  
Saturday, February 6, 10 a.m.-2 p.m.

*STAR Center, 182 Wolfpit Avenue, Norwalk, CT*  
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 by STAR in the mid Fairfield County community. If you would like your 8-to-13 year old child to attend this Sibshop, see the registration form.

Register Today!  
By Mail: STAR , PO Box 470, Norwalk, CT 06852  
By Phone: 203-846-9581 ext 360 Terriann  
By Fax: 203-847-0545  
Questions? 203-846-9581 ext 360, Terriann

(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:**  
*Friday, February 5, 9 a.m.-noon*
  - **A Panel of Brothers and Sisters.**  
*Friday, February 5, 1-2:30 p.m.*
  - **Lunch provided, 12-1 p.m.**
- Fee: \$35 STAR members, \$50 non members**
- Workshops on Starting Your Own Sibshop**  
Please note: registrants for this workshop must also plan on attending the previous workshop
  - **Sibshops: Getting Started.**  
*Friday, February 5, 2:45-4 p.m.*
  - **Demonstration Sibshop. No fee**  
*Saturday, February 6, 10 a.m.-2 p.m.*

I would like my 8-to-13 year-old child to attend the Demonstration Sibshop led by Don Meyer from 10 a.m. until 2 p.m. at STAR Center, 182 Wolfpit Avenue, Norwalk, CT-846-9581. Child's Name and Age: \_\_\_\_\_

Please print or type:  
Name: \_\_\_\_\_  
Title (if appropriate): \_\_\_\_\_  
Agency (if appropriate): \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_  
Zip: \_\_\_\_\_ I have enclosed a check for \$ \_\_\_\_\_  
Email: \_\_\_\_\_

