

## Supporting Siblings During COVID-19

**We encourage caregivers AND siblings to join us!**

**Why is it important?** This is a stressful time for families. Siblings might be subjected to physical and verbal aggression from brothers/sisters with mental health or behavioral needs. Siblings can be deeply affected and may be at risk for developing depression & anxiety.

**What's it like?** Over Zoom, siblings meet other children and teens who know what it's like to have a brother or sister with mental health issues. Siblings have a chance to talk and feel better. The Zoom session is facilitated by doctors in the psychiatry dept at UMass Medical School.

**What about parents?** First time participants join a Zoom session led by our trained parent mentor. They learn about the sibling experience, the importance of supporting siblings, and strategies to support siblings. Returning participants join a different Zoom session led by the program social worker, to address ongoing family challenges that impact siblings.

**Registration is required. We meet on the first Thursday night of each month from 5:30pm-7:00pm.**

### DETAILS...

1. Do siblings and parents have separate Zoom sessions? **Yes**
2. Can parents/caregivers attend even if siblings do not attend? **Yes**
3. Who is eligible to attend? **All caregivers are eligible if the affected child has siblings. Siblings are eligible if they are 6 to 18 years old and do not have behavioral issues**
4. Is there a cost? **This is a free program**
5. How do I register? **To reserve your spot, call (857) 523-1145 or email [emily.rubin@umassmed.edu](mailto:emily.rubin@umassmed.edu). After signing an online consent form, you will receive an email with instructions to log into Zoom**