

2026

In-Person Sibling Sessions

UC Davis MIND Institute

**Location**

UC Davis MIND Institute
2825 50th Street
Sacramento, CA 95817

This is a drop-off program; parents and caregivers of participants do not attend the sessions.

For more information, please visit our website.
Child Life Program
916-703-0222

Sibling Session Dates:

Feb. 4 • Mar. 4 • Apr. 1
May 6 • June 3 • Aug. 5
Sep. 2 • Oct. 7 • Nov. 4

Registration QR Code

Each date will require individual registration via Eventbrite.

These events are made possible thanks to the generosity of donors. Donations are welcome.
give.ucdavis.edu/MIND/CHILDLF

This program is for kids and teens (ages 7-17) who have siblings with autism, attention deficit hyperactivity disorder (ADHD), Down syndrome, Fragile X Syndrome, or other neurodevelopmental conditions.

Led by Certified Child Life Specialists (CCLS), these sessions are guided by experts in child development, coping, trauma, and family dynamics. They are joined by a diverse team of staff and students with various educational backgrounds and personal experiences.

These sessions provide a supportive and welcoming space where siblings can be themselves, feel valued, and openly discuss the joys and challenges of having a sibling with different needs.

Sessions Include:

- Therapeutic activities and group discussions
- Topics such as shared experiences, stress, coping strategies, mental wellness, and self-care
- Special guests and unique experiences
- A focus on expression, empowerment, and building connections

Sessions are offered at no cost to participants, and dinner is included for participants at each session.