

In-Person Sibling Sessions

UC Davis MIND Institute

2025

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.

For more information, please visit our website.

Child Life Program

916-703-0222

Sibling Session Dates:

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

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



Come share, learn, and have fun with us!

This program is for kids and teens (ages 7-17) who have a sibling with autism, ADHD, Down syndrome, fragile X syndrome, or other neurodevelopmental conditions.

Led by Child Life Specialists, 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 for each session.