

2025

Virtual Sibling Group

UC Davis MIND Institute

**Location:**

Sibling Groups are held on zoom once a week for 8 weeks. Link will be sent out for every session.

For more information, please visit our website.**[Child Life Program](#)**

916-703-0222

Virtual Sibling Group Dates:

- Spring 2025
- Summer 2025
- Fall 2025

Registration:

Please email HS-mindchildlife@ucdavis.edu to be placed in a group session.

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!

Our virtual sibling groups are for children (ages 7-13) who have a sibling with autism, ADHD, fragile X syndrome, down syndrome or other neurodevelopmental conditions.

Led by Child Life Specialists, these groups 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 groups 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, group games, and group discussions
- Topics such as shared experiences, stress, coping strategies, mental wellness, and self-care
- Group games and
- A focus on expression, empowerment, and building connections

Sessions are offered at no cost to participants.