



SURVIVE

To Thrive

SIBLING

SUPPORT GROUP

Start Date: Thursday, October 1, 2020 | 6-7:30pm

The Survive to Thrive Sibling Support Group is offered for youth who have siblings with mental health and behavioral health challenges living in the home. Ben Speaks' knows the wide-ranging impact that mental health issues can have on families, and looks to serve as a resource to youth that are impacted by the stigma, volatility, and demands placed on families. Siblings of family members with mental health needs may experience challenges and disruptions in their own emotional growth and development. This group will provide these youth with a nurturing environment to share their unique experiences of having a sibling with mental health needs, engage in empowering and fun expressive activities, and develop their own skills and resources, so that they may thrive in face of the challenges that they and their families encounter.

WHAT IS THE SIBLING SUPPORT GROUP?

- Group is open to youth ages 9-13 years old, living in Massachusetts, who have siblings that struggle with mental health and behavioral health issues living in the home.
- Group sessions will include opportunities for both open and themed discussions, expressive art activities, age appropriate learning about mental health challenges and their impacts on families, and empowerment skills to enhance emotion regulation and effective communication.
- Group sessions to be held via ZOOM.
- Parents are invited to an introductory ZOOM meeting to learn about the program and ask questions on one of the two dates. Please visit benspeaks.org to register.
 - Tuesday, September 10th or Tuesday, September 17th from 7-7:30pm
- 10 weeks - 1.5 hours each week
(Parents/guardians are invited to participate in an introduction and closing session)
- Facilitated by Bretton Torkelson, Psy.D. | Judy Giovangelo | Michael Giovangelo
Penny Young; Members of the Ben Speaks' Board of Directors.
- Cost: FREE



CLICK HERE to make a referral for your child to participate in the next available group. For further inquiries, please email SurviveToThrive@benspeaks.org