

The ASD Lifeline Program

Neuro-Sibs Support Groups

What about the typical brothers and sisters?

**Wednesdays & Thursdays:
(ages 7-10 & ages 11-14)**

**Location: 101 Church St, Suite 2
Los Gatos, CA 95030**



**Facilitators: AnaMaria Guevara, ASD Parent/Licensed Clinical Social Worker
Leina Ramos, Licensed Clinical Social Worker**

Siblings of children with special needs, especially siblings of children with Autism Spectrum Disorders, are impacted in many ways. Along with their parents, they spend the most time with their siblings. They may feel anxious and worried about their sibling and their own future. Sibs often feel lonely, resentful, angry, sad, confused and frustrated. They may not share their feelings because they don't want to burden their already stressed parents. They may also experience academic decline, social isolation, low self-esteem, issues of depression and/or anxiety.

This group will provide the following to your child:

- Safe and confidential therapeutic environment to share his/her experience with other peers
- Opportunity to explore his /her feelings
- Normalize his/her experience and create a sense of community
- Information about diagnosis to help him/her better understand his/her sibling and to build empathy
- Tools for interaction with his/her sibling to build a sense of competence in their interactions
- Guided exercises to explore alternatives to problematic situations at home (role plays, journaling/narratives, matching with peer for peer support, etc)

For availability, fees and other inquiries about this program, please contact AnaMaria Guevara, LCSW, at (408) 399-5128 or anamaria.guevara@comcast.net or www.asdlifelineprogram.com