



## **What is SibStrong?**

SibStrong is a "by siblings, for siblings" organization for siblings of people with Autism and other intellectual and developmental disabilities and their families.

SibStrong works to provide communities, both in-person and digitally, where siblings can connect, share experiences, and access information and resources. Every sibling is at a different place on their sibling path, and we believe there is value in bringing siblings together from across the spectrum of age and circumstances.

## **SibStrong for Young Adults**

Young adults represent one of the key junctures on the sibling spectrum, and SibStrong is working to deliver opportunities for them connect and also support younger siblings:

### ***Sibling Mentors***

The youth program involves gatherings (*on Zoom during COVID*) where younger siblings can get together with other brothers and sisters around their age to connect over shared experiences, discuss issues unique to siblings, ask questions and take part in fun activities.

What makes these gatherings unique to other sibling support programs is that the youth sessions are facilitated by older siblings. It's rare that siblings get the chance to talk with someone who has shared their unique experience. In these gatherings, we have found that the younger siblings are extremely interested to ask questions and get the older sibling perspective.

*Would you like the opportunity to be there for your younger self?* SibStrong is looking for young adults who would be interested in serving as mentors for younger siblings. If you are interested, please email [wksuskind@gmail.com](mailto:wksuskind@gmail.com)

### ***Young Adult Virtual Meetups***

In addition to Sibling Mentor opportunities, SibStrong is currently holding Zoom gatherings where young adults can connect, talk, and ask questions to older adult siblings and access information.

## **Why Take Part in SibStrong?**

For many siblings, opportunities to connect have been few and far between. While most of us recognize the importance of the role we play in our family and sibling's lives, we rarely have the opportunity to access support and talk about what it means to be a sibling. In our view, there is no "right way" to be a sibling. What's important is creating a space where siblings can connect to whatever degree is best for them.

## **Program Information**

Please visit [SibStrong.org](http://SibStrong.org) to learn more and sign-up to receive future updates. If you have any questions please reach out to Walter Suskind, the founder of SibStrong at [wksuskind@gmail.com](mailto:wksuskind@gmail.com).