

TEEN SIBLING GROUP

WEDNESDAY EVENINGS



**ARE YOU A BROTHER OR SISTER
OF SOMEONE LIVING WITH A
DISABILITY?**

This is the group for you!

Do you want to meet other teens who understand how having a sibling with a disability is **UNIQUE**?

This is a program for teens, ages 15-17, who have a sibling who is living with a disability. We support teens around their common experiences, challenges, explore coping strategies, and to help teens to recognize and celebrate the gifts and strengths of siblings. This is all done in a safe space with meaningful, age-appropriate activities and support from a trained Facilitator.

Group runs virtually once per month from October to May.



**Wednesday from 6:00
to 8:00 pm**

October 7th

November 11th

December 16th

January 20th

February 17th

March 17th

April 14th

May 12th

ABLE2

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