

**Virtual Group Therapy
Specifically for Siblings (ages 12–16)
of individuals with disabilities.**

Starting February 2026

SIBLINGS

TALK IT OUT

- Connect with others who “get it”**
- Learn skills to handle stress and emotions**
- Build confidence and self-awareness**

Scan QR Code Or Click Link

<https://forms.office.com/r/Ds36QEQwNd>



**Reach out to Naydine Johney with any questions:
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