

## Siblings' Group Course Outline

Being a sibling can have its pros and cons for all of us! Young people have told us that when their sibling is autistic, it can sometimes be helpful to have a bit of extra support outside of the family and connect with other siblings who share similar experiences. They can also find it helpful to meet with other siblings to learn about autism, share their strengths, skills and hopes; as well as things that are harder and most of all have some fun!

**What's on offer:** Come and join the EASA online siblings' group, which offers a space to meet and think with others who share some similar experiences. It will involve having time to talk and think in a safe space about....

- Your values and what is important to you in life
- Your skills and strengths and those who guide you in life
- What autism means to you.
- Your hopes and dreams for the future
- Harder aspects of life and ways of coping
- and finally, celebrating your successes & making links to networks of ongoing support



**Who:** This training is aimed at children aged 7+, with a maximum of 10 people per group (depending on interest further groups can be offered). It will be led by Claire Collins & Kathryn Gibb (Educational Psychologists in EASA).

**When:** Join 7 online sessions which run **every Tuesday between 4.30-5.30 pm from November 2<sup>nd</sup> to December 14<sup>th</sup>** on zoom (a link will be provided to you).

### Session dates:

- Tuesday 2<sup>nd</sup> November
- Tuesday 9<sup>th</sup> November
- Tuesday 16<sup>th</sup> November
- Tuesday 23<sup>rd</sup> November
- Tuesday 30<sup>th</sup> November
- Tuesday 7<sup>th</sup> December
- Tuesday 14<sup>th</sup> December



**What you'll need:** Access to a quiet space and a device connected to the internet - If you don't have access to a device contact us and we can try to set up alternative arrangements.

**IMPORTANT:** To sign up please complete the consent. This can be sent back via **post** to Bell Lane, Enfield, Middlesex EN3 5PA or **email** to [admin@enfieldasa.org.uk](mailto:admin@enfieldasa.org.uk). The deadline for applications is 20<sup>th</sup> October 2021. We will then write to confirm details and next steps. (Any queries please contact EASA admin on **0208 3534186**).

**What other siblings have said:** These groups have been helpful, fun, friendly, a place to let feelings out, make friends and learn ways to cope and enhance your knowledge.

We hope to see you at one of our groups soon 😊