

Adult Sibling Support Group

Extend-A-Family is hosting an Adult Sibling Support Group for people 18 and older who want to get together with other adults who have a sibling with special needs.

Come together to connect, share, explore, support each other, and meet new people.

Where: **Zoom or in person**

When: **Thursday Evenings, one evening a month**

Time: **6-7:30 pm**

2025 Dates: **September 18, October 16, November 13, December 11**

2026 Dates: **January 15, February 12, March 12, April 9, May 7, June 4**



Please RSVP

For more information please contact:

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Take care of yourself and each other