



## **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**

2024 Dates: **September 26, October 17, November 14, December 19**

2025 Dates: **January 16, February 20, March 20, April 10, May 15, June 12**



Please RSVP

For more information please contact:

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*Take care of yourself and each other*