



## **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 evening- once a month**

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

2023 Dates: **September 14, October 19, November 23, December 14**

2024 Dates: **January 18, February 15, March 21, April 18, May 16, June 20**



Please RSVP

For more information please contact:

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*Take care of yourself and each other*