

The Family Center for Children and Youth
with Special Health Care Needs
is sponsoring a

Sibshop Facilitator Training Workshop

About the Sibshop Facilitator Training

The two-day Sibshop training is one event with two goals and two audiences.

The primary goal is to train new Sibshop facilitators and administrators—that is, adult sibs, service providers, parents and others want to learn how to run a local Sibshop.

During the two days of the Sibshop training, they'll learn about sibs' life-long concerns, find out how to organize a local Sibshop, and experience what a Sibshop is all about as they join us and local young brothers and sisters for a four-hour Demonstration Sibshop. *These trainees must attend both days of the Sibshop training.*

Upon completion of the two-day training, they are considered “first-generation” Sibshop trainees and may (upon registration) start their own local Sibshop.

The secondary goal is to educate parents, service providers, and others about sibs' ever-changing issues across the lifespan. This is an audience interested in sibling issues, but not necessarily interested in how to run a Sibshop. *This audience attends just the first day of the two-day training.*

What are Sibshops?

When a child becomes ill, the entire family is affected. Sibshops provide support and guidance to siblings of children with special medical or developmental needs. Siblings are encouraged to share the challenges and celebrate the joys with brothers and sisters in similar situations.

Sibshops are pedal-to-the-metal celebrations of the many contributions made by brothers and sisters of kids with special needs. Sibshops acknowledge that being the brother or sister of a person with special needs is for some a good thing, others a not-so-good thing, and for many, somewhere in-between. They reflect a belief that brothers and sisters have much to offer one another—if they are given a chance. Sibshops are a spirited mix of new games (designed to be unique, off-beat, and appealing to a wide ability range), new friends, and discussion activities. There are now over 200 Sibshops in 45 states.

Sibshop Facilitator Training



Friday, May 1, 2015

9:00 a.m. to 3:30 p.m.

Lansing Community College

West Campus,

Rooms M119-121

5708 Cornerstone Drive

Lansing, MI 48917

and

Saturday, May 2, 2015

9:00 a.m. to 2:30 p.m.

Lansing Community College

West Campus,

Rooms M119-120

5708 Cornerstone Drive

Lansing, MI 48917

For more information or for parents who need assistance with travel, lodging, or childcare please contact:

Amanda Larraga
(517) 373-2239



Day 1—May 1, 2015
Workshops on Life-Long Issues
Faced by Brothers and Sisters...



Brothers and Sisters of People with Special Needs: Unique Concerns, Unique Opportunities.

This core workshop uses a lively large-group discussion format to help participants learn about the concerns and opportunities frequently experienced by brothers and sisters of people with special needs. During this workshop, participants share what they have observed in their families or the families they serve. Participants also learn what researchers, clinicians, and siblings themselves say about growing up with siblings who have special needs. Implications for parents and service providers will be discussed throughout the workshop.

A Panel of Brothers and Sisters.

One of the best ways to learn about sibling issues is to listen to the “the real experts.” During this workshop, Don Meyer will moderate a panel of brothers and sisters who will discuss life with siblings who have special needs. We’ll cover it all: the good parts, the not-so-good parts, and everything in-between. Along the way, panelists will offer suggestions to parents and providers.

Sibshops: Getting Started

Sibshops are kid-friendly workshops as rewarding to run as they are to attend. During this workshop, participants will learn the logistics of planning and implementing a local Sibshop for school-age brothers and sisters. We’ll review considerations including: collaborating with other agencies, defining the population you wish to serve, identifying financial resources, characteristics of good Sibshop facilitators, finding a place to hold your Sibshop, how frequently to conduct your Sibshop, and getting the word out to parents and providers. We’ll also discuss Sibshop goals and the recreational, discussion, and educational activities these goals suggest. Finally, we’ll sample an activity or two!

Who Should Attend?

Parents and other adult family members, and service providers from educational, mental health, social services, and public health fields won't want to miss these workshops.

Read What Past Participants Say About These Workshops:

“A wonderful job. I've been to many disability workshops--this was clearly one of the best!”

“I loved it all--the group participation and discussion. Don's facilitation was excellent!”

“The workshop was great for people from all types of backgrounds.”

“I learned specific examples of how we can minimize our 'other' children's concerns and maximize their opportunities.”

“I really felt connected...hearing other adult sibs talk about the same things I experienced...it was better than going to Disneyland!”

The Sibling Support Project

Most of the over four million US citizens with developmental disabilities and chronic health impairments have brothers and sisters. Throughout their lives, their brothers and sisters will share many--if not most--of the concerns experienced by their parents. They will also experience concerns unique to siblings.

Despite a clear need for services and considerations, many brothers and sisters grow up without resources--such as access to support programs and sources of information--that would help them in their roles.

Since 1990, the Sibling Support Project has been the United States' only national resource dedicated to the well-being of brothers and sisters of people with special needs. From the beginning, the Sibling Support Project has sought to make programs and services for brothers and sisters as readily available as Parent-to-Parent Programs are for parents.

Day 2—May 2, 2015 Demonstration Sibshop



Demonstration Sibshop

Participating in this workshop is the very best way to learn about what Sibshops are all about. During the Demonstration Sibshop, participants will put on their jeans, T-shirts, and sneakers to join Don Meyer as he conducts a Sibshop for 12 to 20 local brothers and sisters. This workshop provides participants with the materials and know-how they will need to start, plan, and conduct the activities for their own first Sibshop. This Sibshop will also be the "kick-off" for an on-going program in the host community. Following the Sibshop, trainees will debrief and finalize plans for creating Sibshops in their own communities.

We are recruiting 20 siblings of children with special needs for the Demonstration Sibshop on the second day. If you would like your 8-to-13 year old typically developing child to attend this Sibshop, please indicate this on your registration form.

Who Should Attend?

These workshops are open to family members, teachers, psychologists, social workers, and other service providers from across your state or region who want to start a local Sibshop. Please note: individuals wishing to attend Day 2 of the workshop should also plan on attending Day 1 of the workshop.

Here's What You'll Take Back

This workshop gives you the materials and know-how you need to start, plan, and conduct the activities for your first Sibshop.



Read What Past Participants Say About These Workshops:

"An excellent workshop--I learned how to plan a Sibshop, see one in action, and learned that they're not all that hard to do."

"Actually experiencing a Sibshop is a great way to learn."

"The materials had excellent, concrete activities and information."

"The Sibshop activities were great! You should have Sibshops for 20-50 year olds as well as children!"



Here's What People Say About Sibshops:

"I don't know exactly what helps my daughters, or what they like the best, but they always come home from a Sibshop smiling and calm. They seem to find camaraderie in experience and in spirit, even if the other kids don't have siblings with the same exact problems as our daughter with severe disabilities. I don't know what they (or I) would do without Sibshops!"

"Sibshops are fun! You get to play games and do lots of fun stuff. It's a good way to share feelings about what's going on with your sibling. It's not hard to share feelings because they're going through some of the same stuff you are."

"I thought I was the only one who loves my sister and hates her all at the same time!"



Presenter & Trainer: Don Meyer
Director of the Sibling Support Project

Don Meyer is the nation's leading trainer and educator on sibling support. His humor, warmth, and vast experience make him a favorite with audiences around the country.

As the director of the Sibling Support Project. Don is probably best known for creating Sibshops, lively programs just for young brothers and sisters of kids with special needs. Currently, there are over 200 Sibshops in eight countries. Don also created SibKids and SibNet, no-cost listservs for young and adult brothers and sisters which allow hundreds of siblings from around the world to connect with their peers.

Don was a founder of the Supporting Extended Family Members (SEFAM) program at the University of Washington, which pioneered services for fathers, siblings, and grandparents of children with special needs.

As a sought-after speaker, Don has conducted hundreds of workshops on siblings, fathers, and grandparents of children with special needs and trainings on the Sibshop model throughout the United States, Canada, Ireland, England, Italy, New Zealand, and Japan.

Don is the senior author or editor of five books: the Sibshop curriculum, [Sibshops: Workshops for brothers and sisters of children with special needs](#); a collection of essays by fathers of children with special needs, [Uncommon Fathers](#); and three books for young readers, [Living with a Brother or Sister with Special Needs](#), [Views from our Shoes](#), and [the Sibling Slam Book](#).

Read What Others Say About Don Meyer

“Hearing about siblings’ experiences was extremely useful, but Don’s enthusiasm rekindled and touched the part of me that wanted to make things possible. An amazing weekend, so thought provoking, great company, such honesty from all ages—it took you to all sorts of places emotionally. Don is a truly amazing guy, so motivating, easy to listen too—the time just flew.” Service provider

“Great clarity, terrific humor. Passion for topic and compassion for people. Respectful handling of audience’s questions. Great anecdotes interspersed with heaps of valuable information. And the sibling panel was excellent and their stories quite moving.” Father

“What a great workshop. Don you have a great gift with children and as a speaker. It is exciting that you put so much energy into siblings. You have inspired me to set up something for our sibs.” Teacher

Sibshop Facilitator Training Registration Form



Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail: _____

Telephone: _____



- Friday, May 1, 2015**
Registration begins at 8:30 a.m.
9:00 a.m. to 3:30 p.m.
Rooms M119-121

and/or

- Saturday, May 2, 2015**
Registration begins at 8:30 a.m.
9:00 a.m. to 2:30 p.m.
Rooms M119-120

For siblings who are attending the Demonstration Sibshop:

- Saturday, May 2, 2015-Siblings** I would like my 8-to-13 year-old typically developing child to attend the Demonstration Sibshop led by Don Meyer, founder of the Sibshop curriculum. I understand that children attend the Demonstration Sibshop from **10:00 a.m. until 1:30 p.m.**

*Child's Name and Age:

1. _____

2. _____

*Childcare will be available onsite between the hours of 8:30 a.m.-10:00 a.m. and 1:00 p.m.-2:30 p.m. for siblings attending the Demonstration Sibshop.

Workshop location:
Lansing Community College
West Campus,
Rooms M119-120
5708 Cornerstone Drive
Lansing, MI 48917

Space is LIMITED so please register early!

Please mail or email Registration to:

Family Center for Children and Youth
with Special Health Care Needs
Lewis Cass Building/6th Floor
Attn: Amanda Larraga
320 S. Walnut Street
Lansing, MI 48913

Email: LarragaA@michigan.gov

Please register by **April 17, 2015**

A continental breakfast and boxed lunch will be provided both days.

For more information or for parents who need assistance with travel, lodging, or childcare please contact:

Amanda Larraga
(517) 373-2239