



## Siblings Australia Workshops



Services for brothers and sisters  
of children with special needs.

### Interactive workshops about sibling issues for professionals and parents

Conducted by:  
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**&**

**Author of Siblings: Brothers and Sisters of  
Children with Disability (Revised 2014, Wakefield Press)**

### Professional Workshops

Length: 3-5 hours, depending on group needs

Suitable for workers from children's services,  
disability, health, education

Content:

- Issues for siblings of children with disability
- How concerns present themselves
- Factors affecting adjustment
- What siblings need – a 'settings' approach
- Role of service providers, others
- Networking/Where to from here?

Training in running the *Sibworks* peer support program for young siblings is also available.

These workshops are a wonderful opportunity for providers to improve their understanding of the concerns and needs of siblings of people with disability and to network with other providers who are delivering or planning to deliver sibling support programs.

*Inspiring and practical*, provider at Sydney workshop

*Wonderful opportunity to network with other providers and share information*, Perth workshop

### Parent Workshops

Length: Approx. 2 hours

Content:

- Issues for siblings of children with disability
- How concerns present themselves
- Factors affecting adjustment
- What siblings need
- The role of parents

Parents leave these workshops feeling empowered to support their children. They learn about the signs that might indicate stress and also about how they can improve communication in their family.

*The workshop was almost like water in a desert. It's hard to explain. I was just desperately looking for information, mother quoted in Early Learnings, Telstra Foundation Research Report Vol 1, 2004)*

*I had been looking for something like this for 10 years – thank you!* parent at Sydney workshop

### *Sibworks* – Sibling Workshops (Adelaide only)

These workshops are for young siblings (aged 8-12 years) and involve 6 sessions held over a 6 week period (2 hours after school) or 2 sessions of 5 hours each.

They are a fun way for siblings to connect with others, share experiences and learn ways of dealing with situations they find difficult.

These workshops are dependent on funding but parents or providers can register children to be included in the next workshop.

The *Sibworks* program is available for purchase by professionals who are wishing to run sibling peer support groups. The resources include a facilitator manual and booklets for the children themselves and can be ordered via the website or email below.

Please email (as below) for further information about the costs of different workshops, registration etc.