

Sibling Tree

Colorado Chapter of the National Sibling Leadership Network

Overview of Programs

Sibs in the City

Our Sibs in the City program is for our 18+ siblings of individuals with intellectual and developmental disabilities. We rotate through a casual dinner, a Q&A style speaker and an outing such as a hike or Rockies game each month. Adult siblings take on the caregiver role but it can sometimes be more difficult to get the same resources as a parent. We want to make sure that they are given the information and support they need in order to take care of themselves and their family.

"I can finally say, after 31 years of my existence, I am no longer alone."

TeenTalk

TeenTalk is a brand new program where teenage siblings will be able to keep a monthly vlog, create panels for professionals and parents to come hear their unique perspective, as well as create campaigns to encourage change in our community.

Sibling Groups (K-8th)

At Sibling Tree, we know from personal experience that every sibling goes through different events at different times. We create each program to be flexible based on what each sibling is looking for during that group and time. *None of our programs are therapy groups.* Each program is designed to be hands on, active and fun in order to build trust and relationships with other siblings.

For our K-8th grade groups, we offer our programs August - May. We have one volunteer for every two siblings so that every sibling is feeling heard and can do different activities, if they wish.

Another feature for our programs is respite care provided by Megan's Place. Please let us know a week before our group so that we can ensure there are enough staff.

Who we are



Sibling Tree was established in 2013 as a 501(c)(3) organization by siblings of individuals with intellectual and developmental disabilities (I/DD), who were interested in providing support and resources for other siblings of individuals with disabilities in order to empower them to become advocates along with their brother/sister. In 2015, Sibling Tree became the Colorado chapter of the National Sibling Leadership Network (SLN). The SLN represents over 5,000 siblings across the lifespan and sibling supporters with chapters in 21 states. The SLN's mission is to provide siblings of individuals with I/DD the information, support and tools to advocate with their brother and sisters and to promote the issues important to them and their entire families.



Why is sibling support important?

According to Sibs UK, the benefits of attending sibling groups are:

- Improved wellbeing
- Improved relationships with their I/DD brothers & sisters
- Improved behavior at home and school
- Increased communication with their parents about worries and about disability
- Improved concentration and performance at school
- Using skills to help themselves and other siblings at difficult times
- Increased attendance at mainstream clubs and groups
- Being able to speak up about bullying
- Increased understanding about disability
- Increased social time with peer group

How do I sign up?

To register for one of our programs, please email us at sandra@siblingtree.org.

There is a \$5 fee for each group to cover the cost of supplies and snacks. If you decide to become a member, the yearly fee for your entire family is \$50 which gives you free support group access for all ages in Denver, Boulder and Arvada, free or discounted workshops, monthly newsletter, special events, National Sibling Leadership Network Membership and eligibility to participate in the Sib2Sib Mentoring Program for adult siblings as they navigate supports and services. We do offer scholarships.

Sibling Tree's mission is to support and empower siblings of individuals with intellectual and developmental disabilities and provide them with the resources necessary to become effective self-advocates.

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