



SIBLING & CAREGIVER SUPPORT GROUP

A safe and welcoming place for any caregiver and their youth who have a sibling with exceptionalities that may include a mental health diagnosis and/or any developmental challenges.

This monthly group offers any youth 8 years or older and caregivers an opportunity to increase self-awareness, personal well-being, advocacy skills, and empathy in a fun environment.



**SECOND TUESDAY
OF EVERY MONTH**



**6:30PM -
7:30PM**



**TO BE
DETERMINED**

JOIN US FOR UPCOMING GROUPS:

- March 12th - Build a self care kit for the family**
- April 9th - Methods of communication / scavenger hunt**
- May 14th - " Our family" scrapbooking and snacks**
- June 11th - Managing expectations " nature and nurture"**



Register today at cayprograms@gpfes.com or call (780)-830-0920