

# Family Learning Solutions, LLC

## Donna Grosser, LMHC

65 Third Street NW, Ste 201

Winter Haven, FL 33881



**Ages:** 6-18

**Sessions:** One Saturday per month (Group size will determine if we have 2 groups or one bigger group)

(Groups will be offered in September, October, and November, then again in January, February, March, April- specific dates and times to be announced later)

**Group Size:** 6 minimum to 15 maximum

**Cost:** \$25 per day per child due before each session or \$65 for package of 3 sessions and/or \$99 for 5 sessions

**Mission:** To provide siblings of special needs children a fun, interactive opportunity to explore and share the experience of being a sibling of a child with a disability.

**Sibshop® Goals** (As listed in Sibshops®- Revised Edition)

\* Siblings refers to siblings of children with special needs

1. Providing siblings an opportunity to meet other siblings in a relaxed, recreational setting.
2. Providing siblings with opportunities to discuss common joys and concerns with others siblings.
3. Providing siblings with an opportunity to learn how others handle situations commonly experienced by siblings of children with special needs.
4. Providing siblings with an opportunity to learn more about the implications of their siblings' special needs.
5. Providing parents and other professionals with opportunities to learn more about the concerns and opportunities frequently experienced by siblings.

**Approximate format of Sessions:**

1. Ice-breaking activity- To relax and create/renew bonds of peers i.e. Human Bingo (finding out an interesting fact about another and adding it to a Bingo board)
2. Cooperative game- To build feelings of team-work; To have fun in a nonthreatening way i.e. Alphabet Volleyball (working together to hit a beach ball and keep it in the air; each hit the players call out a letter with the goal to get through the alphabet)
3. Discussion and sharing about our siblings- To provide support, share feelings and experiences, provide a new perspective or insight by hearing others' similar and different experiences i.e. Sound-Off (sharing one special thing that makes their sib special)
4. Snack time – A fun, relaxing time i.e. apples with peanut butter, no-bake cookies, instant pudding, simple things we can make together
5. Team-building/sharing activity – To conclude with an activity incorporating positive feelings, building a sense of belonging, and recognizing the unique, special qualities of each individual, regardless of being a sibling i.e. Graffiti Wall- sharing feelings about the group, about self, siblings on a piece of paper on the wall

### **Introduction/Purpose/Mission:**

I began my journey into working with special needs children many years ago when my younger brother was born. My brother has High Functioning Autism. He is now a 45 year old marvel, working and living independently and very successfully. He has achieved a quality of life that is admirable and he is quite happy in his day to day living and relationships. As his sibling, I grew up with many of the same feelings and experiences many of the families I work with have expressed. It has always been a desire of mine to provide a group for the siblings of the children and families I with whom I work. Many of these families have asked me frequently if I could provide this. Their children are in my office with their parents often, wishing they would get a turn too, playing and talking. I am experienced with facilitating groups as I offer many social skills groups every year as well as other groups such as study skills, divorce, and anger management. As stated earlier, my mission is to provide siblings a place to meet, share, be affirmed, and interact with others with this common experience.

I have completed my certification in Sibshops®. My overall goal is for this to be an ongoing group, open to new and old members each time it is offered, and to provide a community service we do not currently have available. I hope to obtain community funding so that the cost per family can be reduced and make it accessible to all families wishing to participate.