

# Supporting Involved Brothers and Sisters (SIBS)

## SUPPORT GROUP FOR ADULT SIBLINGS OF INDIVIDUALS WITH DOWN SYNDROME

SIBS is a group that aims to support and give resources to adult siblings of people with Down syndrome. We hope to create a safe space for siblings to share their experiences, concerns, and feelings regarding their role as a sibling of an individual with Down syndrome.



DSA | Los Angeles

**Jan 9th meeting: Self-care/ Stress Management**

**2nd Saturday monthly at 10 AM**

**next Feb 13th, March 13th, April 10th**

**To register & for Zoom info visit [www.dsala.org](http://www.dsala.org)  
for inquiries contact: [dsalasibs@gmail.com](mailto:dsalasibs@gmail.com)**