



SOURCE: The Family Resource Network
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For Immediate Release

New Program Dedicated to Life's Longest-Lasting Relationship *Sibshops: A Program Just for Siblings of Kids with Special Needs*

Brick, NJ – Sibshops are an exciting new support, information and recreation opportunity for siblings ages 8-12 years old. The Family Support Center of New Jersey will be sponsoring monthly Sibshops in the central region of the state.

Brothers and sisters will have the longest-lasting relationship with a sibling who has a disability – one that can easily exceed 65 years. During their lives, they will experience most of the unique concerns and joys their parents do, though until now, there were no programs available to help them cope with the sometimes difficult responsibilities that comes with having a sibling with a disability.

Now, New Jersey has a program that was created just for them, called Sibshops.

At Sibshops, they'll have a chance to meet other kids whose brothers and sisters have special needs and talk about the good, and not-so-good, parts of having a sibling with a disability. In addition to receiving peer support, Sibshop participants will play games, learn about their siblings' disabilities and the services they receive. Participants will take part in cooking and craft activities, while meeting new friends who have similar experiences at home.

Many brothers and sisters have feelings that are difficult to express, even to a friend: sadness that sister can't learn things that others take for granted; anger when a brother's behavior prevents the family from doing things other families do; or the special pride when a sibling with a disability learns a basic but important life skill after months or years of practice. At Sibshops, they'll share these feeling with other young kids who truly understand.

The first meeting will be held on Saturday, August 21 from 10am until 2pm. The workshops will take place at The Family Resource Network's Shore Area Office, Lions Head Office Park, 35 Beaverson Blvd., Bldg. 11, Brick, NJ 08723. Additional meeting dates are September 25, October 16, November 20, and December 18.

For more information about the program or to register your child(ren) contact Laura Kay, Assistant Director of The Family Support Center of New Jersey at 732-528-8080.

The Family Support Center of NJ (FSCNJ) is a clearinghouse of up-to-date information and services to families caring for someone with a disability, chronic health condition or other special needs. Call 800-FSC-NJ10 or visit www.fscnj.org for more information. FSCNJ is an affiliate of The Family Resource Network.

The Family Resource Network (FRN) is a comprehensive, family-focused, organization designed to meet the growing need for community based programs and services to this rising population. FRN's affiliated organizations are Autism Family Services of NJ, Caregivers of NJ, Epilepsy Foundation of NJ and the Family Support Center of NJ. Please visit www.familyresourcenetwork.org for more information.

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