





SUPPORT GROUP FOR TEENAGE SIBLINGS OF THOSE WITH SPINA BIFIDA

*Held virtually over June 2022
1 hour sessions/week for 4 weeks*

**ATTEND OUR VIRTUAL
INFORMATION SESSION TO
LEARN MORE**



Growing up with a sibling with a spina bifida means that you experience incredible joys, stressful challenges, and everything in between. We want to provide a safe space for siblings to meet other high schoolers and connect over shared experiences. You will meet around ten other high schoolers who also have a sibling with SB. We are conducting an accompanying research study that will evaluate how well the support group works in providing healthy coping skills to participants.



MAKING SPACE FOR SIBLINGS

**Learn healthy coping
skills, meet new people, &
discuss shared
experiences**

Join the support group to take care of your mental health now - participate in the research study to help future siblings. Receive monetary compensation as you shape the field of sibling research with your participation. You will be helping future siblings like yourself as you get support now!

Email co-investigators at sbsiblinggroup@gmail.com or text (312) 788-7843 to get the link for the virtual information session held on May 21st!

