



# AZ+A

## We are excited to introduce AZ+A Sibshops!

A Sibling Support Project program, AZ+A Sibshops, offers support to the siblings of children with developmental or intellectual differences.



Occupational Therapist Kasey Kotsiris facilitates AZ+A's Sibshops. Kasey's personal experience growing up with a sister with developmental differences inspires her intense focus on nurturing all relationships within the families with whom she works. She is passionate about Sibshops because it recognizes siblings as unique individuals who have so much to offer their family and the world beyond.

### Does your child:

- Tend to be a perfectionist, in part, not to add anything else to your already full plate?
- Have friends who understand the experiences of having a sibling with developmental or intellectual differences?
- Have they taken on caregiving and household management roles very young to help out?
- Think about their siblings' future more often than you may realize?
- Feel as though they receive less attention and that their interests take a backseat?
- Experience high levels of anxiety and depression? (Studies show they do.)

AZ+A's therapeutic Sibshops celebrates siblings in complex circumstances. Our Sibshops create a safe space for siblings to explore their emotions and discover their best selves.

We also provide parents with opportunities to learn more about the concerns frequently experienced by brothers and sisters of people with health or developmental needs.

Sibshops is open to ages 8-13 (Inquire about younger or older ages if interested)

AZ+A is offering Sibshops via Zoom for now. We meet on the second Friday of every month from 6-7:30pm for 6-months beginning on January 15th. The cost per session is \$35.00.

Register at [www.amyzier.com/Sibshops](http://www.amyzier.com/Sibshops).

Questions? Please contact Kasey at (773) 755-7791 or email her at [kasey@amyzier.com](mailto:kasey@amyzier.com).

AZ+A's holistic family approach makes our Sibshops genuinely unique and able to help with extra support.