



Resources for Siblings

Some local agencies and services periodically offer workshops and focus groups for siblings. Examples include Continuity Care (in Winnipeg), PLAN, and the New Brunswick Association for Community Living.

Below are only a few resources for siblings of people with disabilities.

Life Landscapes: Siblings share their experience of living with brothers and sisters with disabilities

<http://www.qualitymall.org/products/prod5.asp?prodid=2555>

This book, published by the Saskatchewan Association for Community Living and edited by Karin Melberg Schwier provides a variety of stories from siblings of people with disabilities.

Sibling Support Project

<https://www.siblingsupport.org/about-sibshops>

This American organization has developed resources for “Sibshops” – workshops for siblings of people with disabilities. Some Canadian organizations and agencies offer Sibshops as well.

For an article about one Sibshop, visit: <http://www.sun-sentinel.com/features/sfl-lisiblingsjan02,0,6975742.story>

Thicker Than Water: Essays by Adult Siblings of People with Disabilities

<https://www.siblingsupport.org/publications/our-books/for-adult-sibs>

This book, by Don Meyer and the Sibling Support Project and published by Woodbine House, provides a collection of essays giving a glimpse into the diverse experiences of siblings of people with disabilities.

**If you know of any particularly helpful resources for siblings, please feel free to share them in our Community Forum.*

