

May Institute *presents*

My Time to Shine

Groups run for four weeks and meet for one hour per week. The cost is \$180 for all four sessions. Payment is due at the time of registration.

FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT:

Angela Hornsby
280 Interstate North Circle
Suite 430
Atlanta, GA 30339
Tel: 770.956.8511, ext. 221
Email: ahornsby@mayinstitute.org

May Institute is a nonprofit organization that provides educational, rehabilitative, and behavioral healthcare services to individuals with autism and other developmental disabilities, brain injury, mental illness, and behavioral healthcare needs.

866.219.6935
www.mayinstitute.org

MayInstitute
Shaping Futures. Changing Lives.

Workshops for Siblings of Children with Special Needs

Our sibling workshops are designed to help children of different ages understand and support their brothers and sisters with autism and other developmental disabilities. We highlight the strengths of all children and encourage them to explore their ability to be positive role models. My Time to Shine also helps siblings learn to interact with and enjoy one another.

My Time to Shine workshops will benefit your typically developing child, your child with special needs, and your entire family. Siblings with special needs will be invited to join the group in the third or fourth session, once their siblings have had the opportunity to work on skills building.

The workshops focus on:

- celebrating each child's unique qualities and contributions to the family
- increasing support and peer socialization opportunities for siblings
- concentrating on the positive aspects and challenges faced by siblings
- helping children find common ground and form lasting relationships with their brothers or sisters with special needs
- assisting siblings in developing a sense of self-esteem through expression of shared experiences
- educating children on the characteristics of their sibling's disability
- providing children with useful strategies for increasing appropriate and positive interactions with their siblings

