

# Midwest Sibling Resources

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Being a sibling of a person with a disability can be challenging and overwhelming. You don't have to go through it alone. There are national organizations and support groups that can help you along the way. Here is a list of resources that are available to siblings and families across the Midwest:

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## South Dakota



Source: [siblingleadership.org](http://siblingleadership.org)

- \* SD SIBS (Support and Inspire our Brothers and Sisters)
  - Group meets in Sioux Falls four times a year
- \* South Dakota Parent Connection
  - Hosts Sibshop group session for siblings (6-12 years old) of children with a disability
  - It is in partnership with Here4Youth, Lifescape and USD Center for Disabilities

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## North Dakota



Source: Tennessee Adult Brothers and Sisters (TABS)

- \* The Anne Carlsen Center and Family Voices of North Dakota host Sibshop sessions quarterly on Saturday mornings in the Fargo, Grand Forks, and Jamestown offices as well as in Belcourt (Devils Lake Region).

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## Iowa



Source: The Arc of New Jersey Family Institute

- \* The Arc of Iowa: Sibshops are offered with the Southeast Iowa chapter in Iowa City and in the East Central Iowa chapter in Cedar Rapids.
  - \* Other Sibshop Groups in Iowa:
    - Respite Connection-Urbandale
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Source: wisconsibs.org

## Nebraska

- \* The Arc of Nebraska: Sibshop sessions are offered at chapters in Lincoln and Omaha at the Ollie Webb Center.
- \* The Munroe-Meyer Institute at the University of Nebraska Medical Center in Omaha offers an Advanced Interdisciplinary Leadership program for parents or siblings of a person with a disability.

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## Minnesota



Source: researchautism.org

- \* The Arc Minnesota: Sibsdays events are held in the Midstate Region in St. Cloud and the West Central Region offers an event in the Moorhead area.
- \* Other Sibshop Groups in Minnesota:
  - Mayo Clinic-Rochester
  - Children's Minnesota-Minneapolis
  - University of Minnesota Masonic Children's Hospital-Minneapolis
  - Ronald McDonald House: Upper Midwest Region-Minneapolis
  - Charting the C's-Clearwater

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## Sibling Resource Summary

- \* To promote and protect the rights of people with intellectual and developmental disabilities while supporting full inclusion and participation in their local communities.
- \* Providing information, support and tools to siblings of a person with a disability on how to advocate and support the issues that matter to them.
- \* A program that helped local communities start Sibshops- peer support groups for children ages 6 to 12 who are a sibling of a person with a disability in their family.



Center for Disabilities



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