Supporting an individual can be challenging and draining. Participating in support groups is a great tool to learn, share and connect with other families in the same situation.

**WA State Sibling Connection**

Washington State Sibling Connection (WSSC) strives to connect siblings of individuals with disabilities, creating a community of sibs who can support each other and share information and resources to address issues important to them and their families.

WSSC currently has bi-monthly meetups for adult siblings to connect and share. To ask questions or to get on the mailing list to receive ongoing information contact Kendall Appell Kendall@arcsno.org | 425-258-2459 x105

**Sibling Leadership Network**

Sign up using your email to receive monthly e-mails offering the latest news relevant to siblings.

siblingleadership.org

**Facebook Groups**

- Washington State Sibling Connection- for local sibs
  facebook.com/groups/washingtonstatesiblingconnection

- SibNet- very active and large group for all sibs
  facebook.com/groups/SibNet

- Sib20- geared toward sibs 18-30
  facebook.com/groups/118970768514797