



## Supports for Siblings

*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*

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### 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](mailto: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](http://siblingleadership.org)**

### Facebook Groups

- Washington State Sibling Connection- for local sibs  
**[facebook.com/groups/washingtonstatesiblingconnection](https://facebook.com/groups/washingtonstatesiblingconnection)**
- SibNet- very active and large group for all sibs  
**[facebook.com/groups/SibNet](https://facebook.com/groups/SibNet)**
- Sib20- geared toward sibs 18-30  
**[facebook.com/groups/118970768514797](https://facebook.com/groups/118970768514797)**