



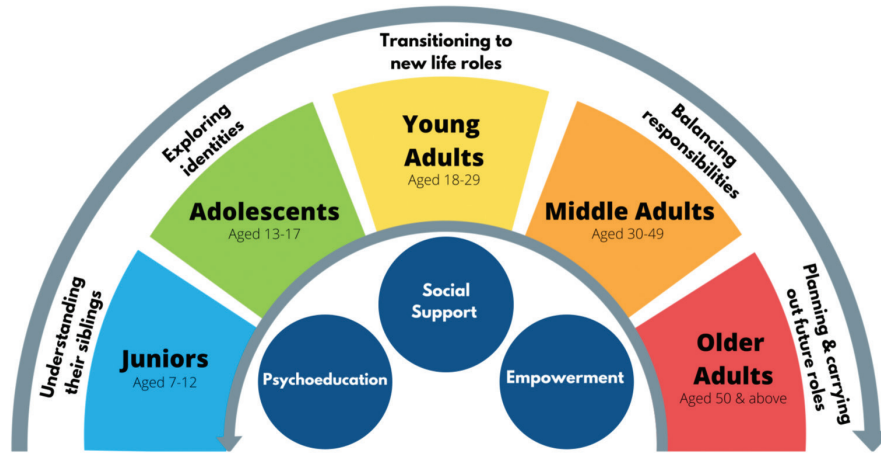
A support programme for siblings of persons with special needs





# Siblings of persons with special needs are important too!

Siblings of persons with special needs are unsung heroes. They play crucial roles in their siblings' lives as supporters, caregivers and friends, while facing unique challenges.



MINDSibs aims to support siblings aged 7 and above by organising programmes with the objectives of:

- **Psychoeducation:** Sharing skills, strategies, resources, and knowledge that would help in their journey;
- **Social support:** Creating networks of siblings with similar strengths and challenges who can be there for one another;
- **Empowerment:** Supporting siblings in reaching out to and uplifting one another.



We've organised outings, day camps and workshops to bring siblings together in a safe, supportive space.



**“This programme opened up my mind... I thought I was the only one who was experiencing all these. During sharing sessions, we got to share our problems, doubts, receive opinions, and give opinions to others.”**

**- Hadi, MINDSibs Member since 2013**

**“Apart from meeting people I could share anything and everything with, I got to appreciate my brother more. Not only did I build up my self-confidence and self-esteem, I stopped bottling up my emotions, and it felt good.”**

**- Yogi, MINDSibs Member since 2011**

## Let's Stay in Touch!



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Email us at  
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MINDSibs is a sibling support programme by

**minds**