

Sibling Resources-Midwest Region

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

South Dakota:

*SD SIBS (Support and Inspire our Brothers and Sisters) Group meets in Sioux Falls four times a year. Also part of the Sibling Leadership Network.

*South Dakota Parent Connection hosts Sibshop group session for brothers and sisters (6-12 years old) of children with a disability. It is in partnership with Here4Youth, Lifescape, and USD Center for Disabilities and is held at various locations around Sioux Falls.

Minnesota:

*The Arc Minnesota: Sibsdays events are held in the Midstate Region office in St. Cloud. The West Central Region also offers a Sibshop session 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

Iowa:

*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



Source:
siblingleadership.org



Source:
The Arc of New Jersey
Family Institute



Source:
researchautism.org

North Dakota:

*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).



Source: wisconsibs.org

Nebraska:

*The Arc of Nebraska: Sibshop sessions are offered through the The Arc of Lincoln (Lincoln, Neb.) and at the Arc of Omaha at the Ollie Webb Center (Omaha, Neb.).

*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.



Source:
siblingleadership.org



Source: Tennessee Adult Brothers and Sisters (TABS)-Vanderbilt Kennedy Center; Nashville, TN.

Sibling Resources 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.



Connect with other siblings through three online support groups:

- SibTeen:** Teen brothers and sisters (14-17)
- Sib20:** Young Adult Siblings (18-Early 30's)
- SibNet:** Adult Brothers and Sisters

Online support groups can be found on the [Sibling Support Project](#) website.

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