



**SIBLING  
SUPERSTARS**

A fun space, with activities, for siblings of children/young people with Autism, ADHD or Neurodiversity

Come together and share your experiences and stories!

4.00—5.00 pm

Thursday 11th May 2023

Thursday 8th June 2023

Thursday 22nd June 2023

Thursday 6th July 2023

Relax and have fun with us at:

Bullion Lane Family Centre,  
Grey Ave, Chester-le-Street, DH2 2EL

If you would like to attend these sessions, please get in touch:

03000 267004

or

[sendiass@durham.gov.uk](mailto:sendiass@durham.gov.uk)



## **Programme of Events:**

Each session will include a warm-up activity and a task that will be fun and enjoyable, tailored to your child's age.

### **Session 1: Getting to Know YOU:**

Come and share a bit about your sibling/s and what makes you, 'you'!

### **Session 2: Exploring Feelings and Emotions:**

We'll explore our feelings, and focus on skills to build resilience to look after our well-being

### **Session 3: You and Your Sibling/s:**

Understanding that we have special memories of our time shared but it's ok to have fun apart too!

### **Session 4: Celebrate!**

Letting our sibling/s know what we love about them and what our favourite times together are!