

Ben Speaks Presents

SURVIVE to Thrive

The Survive to Thrive Sibling Support Group is offered for youth who have siblings with mental health and behavioral health challenges. Ben Speaks' knows the wide-ranging impact that mental health issues can have on families, and looks to serve as a resource to youth that are impacted by the stigma, volatilities, and demands placed on families. This group will provide children a nurturing environment to share their unique experiences of having a sibling with mental health issues, engage in empowering and fun expressive activities; and develop their own skills and resources.

- Group is open to youth ages 9-13 years old, living in Metro West Massachusetts, who have siblings that struggle with mental health and behavioral health issues and/or are suffering with the loss of a sibling to mental health challenges.
- Group sessions will include opportunities for both open and themed discussions, expressive art activities, age appropriate learning about mental health challenges and their impacts on families, and skills to enhance emotion regulation and effective communication as they move through the emotions accompanied by complications of mental health, i.e. depression, anxiety, isolation, grief
- 10 weeks, 2 hours each week (with opportunity for parents/caregivers to participate in a welcome/introduction session and closing session).
- Facilitated by Bretton Torkelson, Psy.D. and Michael Giovangelo; members of the Ben Speaks' Board of Directors.
- This program is FREE!

