



SibsMinds

4 week programme

When you have a brother or sister with a mental health problem, it can feel like everything is focused on them and not as much on you. You may not understand what is happening, or you may feel guilty that you can do stuff your brother or sister can't enjoy.

At SibbsMinds sessions you will meet other siblings, learn about mental health, and how to help yourself feel better.

14th April: What is mental health?

21st April: MyTime Activities (optional)

28th April: What is in my coping toolbox?

5th May – MyTime Activities (optional)



**A 4 Week
programme for 8-
12-year olds
affected by the
mental health
problem of a
sibling**

Saturdays

10am-12pm

**Le Squez Youth
Centre**

We are Mind Jersey.

We understand mental
health and wellbeing.

We're here if you need us
for support and advice

To make a booking please
contact Liz Kendrick-Lodge

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In partnership with:

