

Seen & Heard

A Support Group for Siblings of Children with Special Needs



Who is it for?

Children who experience conflict with a sibling with special needs, neurodivergence, chronic illness, or significant emotional or behavioral challenges.

When does it start?

Group begins mid-July on Thursdays from 5:00-6:30pm!

1

**MINDFULNESS/
DISTRESS
TOLERANCE**

2

**EMOTION
REGULATION**

3

**HEALTHY
COMMUNICATION**

CONNECT

with peers who understand

LEARN

DBT coping skills

BUILD/EXPLORE

Resilience, communication, confidence using sandtray and creative activities

CONTACT

Megan Yale, LPC-S,
LMFT-S, LCDC,
CCST-AC-T, DBT
Intensively Trained

PHONE

512.553.1523

FEE

For 6 sessions
lasting 90 minutes

\$500 for
established clients

\$600 for new clients

LOCATION

North Austin, just
south of Pflugerville