

Ever wonder how having a **sibling with a disability**
has shaped who you are?
Curious to get to know other **adult siblings** of people
with disabilities?
Interested in using the **arts** to explore your relationship to
your sib?

Take the leap and come meet a group of people who can relate to your stories!

Sibling Jam

A new series of workshops every Thursday

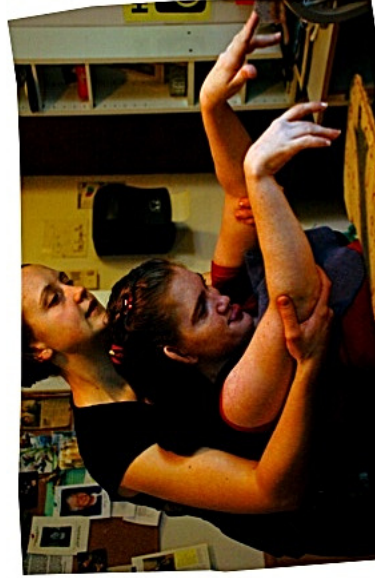
Information evening: May 5th

Workshops: May 12- June 9th 2011

Cat and Sylvie met in a sib group for children at the Centre for Ability when they were young and just by chance re-met years later. Talking to each other as adults about their sibs they realized how similar their experiences were despite the vast differences in their sibling's disabilities.

They also found it extremely beneficial to share their stories with someone who understands the challenges and joys that come with that experience. So beneficial they felt they couldn't keep it to themselves! Thus the idea for a series of workshops with adult siblings came to be.

Through various writing, storytelling, visual art and drama based exercises we will begin to explore our relationships to our siblings individually and as a group. No art experience is necessary.
Sense of humour is an asset.



To RSVP or for more
information contact

us at:

604.346.1890

sylvie.rousseau@gmail.com

main_cat@hotmail.com

RSVP by May 11th
When:
Workshop Series every
Thursday from May
12th to June 9th.

Time: 6:30 to 8:30pm

Place: PLAN office
#260-3665
Kingsway

Cost: \$50 for 5
sessions

* If cost is a barrier please contact us

Facilitated by sibs
Cat Main & Sylvie
Rousseau

Cat Main is a graduate of the Studio 58 Theatre Program and has worked professionally as a theatre, film and voice actor. She has also created & produced her own work most recently the play *Other Side Through You* a piece exploring her relationship with her sister who has Cerebral Palsy. Cat is also an experienced workshop leader, drama instructor and yoga teacher. She is will be beginning her MA in Expressive Arts Therapy this Sept.

Sylvie Rousseau has a BA in Sociology and will be starting an MA in Occupational Therapy this fall. She has also held many positions working with people with varying abilities and needs. She has been a Youth Mentor, a Peer Counselor, a Learning Assistant at a Disability Services Centre, and a Horticulture Therapy Assistant at VGH. She currently works as a Community Connector for PLAN and a Facilitator for Vela Society. Both these positions are focused on what she loves most: assisting people to overcome barriers that prevent them from living a fully supported and active life!

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