

**LAFORA
DISEASE**

SIBLING SUPPORT GROUP

Building community between siblings of those with Lafora Disease.

PURPOSE

The Chelsea's Hope Sibling Support Group was created with the intention to provide emotional support and resources for siblings of Lafora Disease patients.

HOW IT WORKS

All members will be added to an international group chat that will auto-translate messages so that Lafora siblings from across the world can connect with one another! This chat will include bi-weekly topics for siblings to share their feelings and experiences.

There will also be bi-monthly zoom meetings for siblings to reflect on the bi-weekly topics and work through an anticipatory grief journal. The sessions will be conducted in English, but everyone is welcome!

HOW TO JOIN

1. Fill out the interest form

Fill out the interest form using the QR code or link in this flyer.

2. Join the group chat

You will then be added to the international sibling support group chat. Mariah will welcome you to the group and will reach out personally to set up a time to meet.

3. Meet with Mariah

Mariah will meet you via Zoom call to learn more about your story and what you hope to get out of the support group. This is low stress and informal, you can only share what you are comfortable with!

4. Join bi-monthly Zoom meetings

During bi-monthly meetings we will reflect on the bi-weekly topics and work through an anticipatory grief journal together. The Zoom link will be sent out a week prior to the meeting and reminders will be sent in the group chat.



**FILL OUT THE
INTEREST
FORM
TODAY!**



*Scan
me!*



LINK:

<https://chelseashope.org/sibling-support-group-interest-form/>



MARIAH MERRIAM

Leader and founder of the Sibling Support Group

As the sister of two Lafora Disease patients, I understand how isolating grieving a sibling can be. That's why I founded the sibling support group with Chelsea's Hope! I hope you will join us in this journey to support one another in our unique experience as siblings.