

8-week Online Class

Sibling Coping Skills Class: ADAPting to PANS in the Family

For siblings ages 8-17 of children diagnosed with PANS



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Tuesdays 4:00-5:00 PM PST
via Zoom

August 25-October 13, 2026

For children (8-17) who have a sibling diagnosed with Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) and would benefit from support in understanding and coping with family-related stress. This skills-based class offers both peer connection and structured learning. Participants will:

- Learn about PANS and how it can impact families
- Identify different types of stress responses and how they show up in their own lives
- Develop skills to distinguish between controllable and uncontrollable stressors
- Build effective coping strategies for managing difficult emotions related to family experiences
- Strengthen emotional awareness and resilience in the context of ongoing family stress

The group includes interactive activities, discussion, and weekly practice assignments. This program is skills-focused and educational in nature and does not replace individual therapy.

\$350 per family

Scholarships available to support families not able to pay the full cost

Please email us to learn more: parentingcenter@stanford.edu



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