

TEEN & ADULT SIBLINGS PROGRAM

This year we are excited to again offer our Teen and Adult Siblings Program (ages 12+) with Program Coordinator, Emma Charles. Program session topics and times, including a Friday afternoon off-site group activity are listed on the schedule below.



Emma (Richard) Charles, CPRP

Emma Charles was two years old when her brother Sam (Uncle Sam, the Rubiks Cube Man) was born and diagnosed with complete ACC (before the internet), and her life has never been the same. She has attended ten conferences since 1999 with her family, and has grown up in the NODCC community. Emma holds a Bachelor of Science degree in Psychology from Old Dominion University, and is a Certified Park and Recreation Professional (CPRP). She serves as the Customer Service Coordinator for Loudoun County Parks, Recreation and Community Services where her primary roles include the development and implementation of department-wide service standards, and training on Emotional Intelligence and Conflict Resolution. Emma has a deep understanding of the importance of empowering friends with special needs, but also has a special place in her heart for siblings and ensuring they are never forgotten. Emma currently lives in Berryville, Virginia with her husband Darby, their nine year old daughter Piper, and seven year old son River who are both bundles of energy and can be seen running around the halls of the conference.

PROGRAM SCHEDULE

NODCC reserves the right to change the schedule at any time. Revised 7/15/26

Thursday, July 23

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| 1:00 - 2:30 | Welcome - Introductions - Ice Breakers | Moderator: Emma Charles |
| | During this session participants will have the opportunity to introduce themselves, share about their life as a sibling, and get to know other siblings attending the conference. These introductions will be an opportunity to hear each others' shared family stories and experiences. The ice breakers give siblings the chance to have fun, break down barriers, and start to build relationships. | |
| 2:30 - 3:00 | Break | |
| 3:00 - 4:30 | Making Lasting Relationships with Siblings | Moderator: Emma Charles |
| | In this session participants will have the opportunity to continue to get to know one another, and learn about what it looks like to be connected to each other during the conference and afterwards. We will discuss what it means to share life together as siblings when dealing with relationships with our siblings living with a DCC, parents, extended family and friends. We will discuss how to better understand and advocate for our siblings and ourselves. | |
| 4:30 - 6:00 | Conference Families Meet & Greet - No Host Gathering | |
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Friday, July 24

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| 9:00 - 10:30 | Preparation for Siblings Panel Q&A Session | Moderator: Emma Charles |
| | Moderator will explain the content and logistics of participating in the Saturday morning (11:00 am–12:30 pm) <i>Ask Teen & Adult Siblings Panel Q&A</i> . All panelists are chosen in advance before Saturday. Those who prefer to not sit on the panel can participate in board games, and art projects in the during this session. | |

10:30 - 11:00	Break	
11:00 - 12:30	Understanding Siblings Diagnosed with a DCC	Moderators: Lynn K. Paul, PhD & Emma Charles
	An informal session in which siblings may ask medical and behavioral questions regarding their sibling's DCC diagnosis with answers and information from neuropsychologist and DCC research scientist, Dr. Lynn K. Paul.	
12:30 - 2:00	Lunch	
2:00 - 5:30	Off-Site Activity – Bowling!	Moderator: Emma Charles
6:30 – 8:00	Banquet Dinner	

Saturday, July 25

9:00 - 10:30	Attend Adults Living with a DCC Panel Q&A	Moderator: Emma Charles
	During this session all Siblings Program participants will attend this panel discussion in which conference attendees may ask the panel of adults diagnosed with a DCC questions related to what it is like for them living with a DCC.	
10:30 - 11:00	Break	
11:00 - 12:30	Ask Teen & Adult Siblings Panel Q&A	Moderator: Emma Charles
	This is an informal session in which conference attendees may ask the panel of teen and adult siblings questions related to what it is like for them to have a sibling diagnosed with a DCC. All Siblings Program participants will attend this session, but will not be required to sit on the panel. Note: This session will be video recorded and uploaded to the NODCC's YouTube Channel.	
12:30 - 2:00	Lunch	
2:00 - 3:30	Navigating the Future, Wisdom from Older Siblings	Moderator: Emma Charles
	In this session participants will have the chance to continue to ask the older siblings the questions they have always wondered about or wanted to ask someone to answer. It will be a unique opportunity to those who weren't ready for the panel to share their wisdom with a different generation of siblings.	
3:30 - 4:00	Break	
4:00 – 5:30	Going Home Together: NODCC Family	Moderator: Emma Charles
	Going back home is hard after spending the weekend with your NODCC family. During this session we will prepare each other on how to stay connected after the conference. We will share stories of encouragement about the next season of life; wisdom about advocating for yourself; and discuss how home may not change – but this conference has changed us.	
6:30 - 8:00	Dinner	
8:00 - 8:15	Conference Attendees Group Photo	
8:00 - 10:30	Dance Party	
10:30	Conference Concludes	