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# Please Join Us:

## HHH SEPTA General Meeting

Monday, March 28, 2022 at 7:00PM  
via Zoom

### Sibling Support & Sib Shops

Presented by Jessica Kruger

Jess is an adult sibling to two Autistic brothers. she facilitates the Sibshops program at Breakthrough Intensive

#### Some interesting facts:



- 75% of siblings as primary caregivers say they don't receive support - emotional, physical or financial
- Sibs demonstrate higher rates of depression and mental health concerns later in life
- Several National organizations are researching sibling issues to educate parents and service providers

Sibling Support Groups, Like Sibshops is a space where sibs with disabilities can meet other sibs and participate in activities together!

#### Zoom Link:

[https://us02web.zoom.us/j/87300297075?](https://us02web.zoom.us/j/87300297075?pwd=azhXVDZwdXJ3eWJzUGgyTTQxZEpuQT09)  
[pwd=azhXVDZwdXJ3eWJzUGgyTTQxZEpuQT09](https://us02web.zoom.us/j/87300297075?pwd=azhXVDZwdXJ3eWJzUGgyTTQxZEpuQT09)

Meeting ID: 873 0029 7075  
Passcode: 359239

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FEB 16 2022  
DR. PATRICK HARRIGAN  
SUPERINTENDENT OF SCHOOLS

*JKM*  
*2/16/2022*