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**HHH SEPTA GENERAL MEETING
MONDAY, APRIL 19TH AT 7PM
VIRTUAL ZOOM MEETING**

THE SIBLING EXPERIENCE

**Presented by
Jessica Kruger**

Jessica Kruger is an adult sibling to two Autistic brothers and facilitates the Sibshops program at Breakthrough Intensive

Did you know?

- ❖ Siblings demonstrate significantly higher rates of depression and mental health concerns later in life.
- ❖ Young siblings perceive a need to excel to compensate for the lack of perceived achievement in the sibling with disabilities.
- ❖ Siblings often have the longest-lasting familial relationships.
- ❖ There are several national organizations doing research into siblings' issues and focus on educating parents and service providers.
- ❖ There are sibling support groups, like Sibshops! Sibshops is a space where sibs with disabilities can meet other Sibs and participate in recreational and education activities.

Zoom Link:

<https://us02web.zoom.us/j/81979896346?pwd=VknKY0ZyRjl4TklocC84RGxLZk9XUT09>

Meeting ID: 819 7989 6346

Passcode: 167539

Questions: HHHSEPTA@gmail.com

APPROVED FOR
APR 09 2021
DR. PATRICK HARRIGAN
SUPERINTENDENT OF SCHOOLS

gmmc
4/9/2021