

Questions?  
Email us:  
hhhsepta@gmail.com

Half Hollow Hills



Special Education Parent  
Teacher Association

Zoom link will be  
sent to all members!

PRESENTS:

# Lived Experiences with Disability Workshop – Siblings

## Join us on Zoom

### Tuesday, November 9th @ 7:00PM

Jessica Kruger and her brother, Nicholas Kruger, will be presenting together on their lived experience with disability.

Nicholas is a 24-year old Autistic, Self-Advocate. His older sister, Jessica, runs a Sibling Support Program, Sibshops, at Breakthrough Intensive Physical Therapy.



- Sibs demonstrate significantly higher rates of depression and mental health concerns later in life.
- 75% of siblings as primary caregivers of their sibling with special needs say they don't receive support - emotional, physical, or financial help.
- Sibs perceive a need to excel to compensate for the lack of achievement in siblings with disabilities.

APPROVED FOR DISTRIBUTION

OCT 27 2021

DR. PATRICK HARRIGAN  
SUPERINTENDENT OF SCHOOLS

Breakthrough Intensive Physical Therapy's vision is to help children and adults with neurological diagnoses become as independent as possible by improving their mobility and building their confidence, for a better quality of life! Breakthrough Intensive PT offers Physical Therapy, Fitness Programs, and Support Services.

IF YOU'D LIKE MORE INFORMATION ABOUT BREAKTHROUGH PLEASE VISIT [WWW.BREAKTHROUGHPTLL.COM](http://WWW.BREAKTHROUGHPTLL.COM)

OR  
CALL: 631-348-0959

EMAIL: [INFO@BREAKTHROUGHPTLL.COM](mailto:INFO@BREAKTHROUGHPTLL.COM)

*Handwritten signature and date:*  
10/27/2021