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## **HARC TO OFFER SIBSHOP WORKSHOP FOR SIBLINGS**

HARC will host a Sibshop Workshop, a pedal-to-the-metal celebration of the many contributions made by brothers and sisters of kids with special needs, on Saturday, March 27.



The free workshop, open to brothers and sisters ages 8 to 13, of siblings with developmental disabilities, will be held at HARC's Recreation Activity Center at 320 North Prospect Street in Herkimer, NY, from 10 a.m. to 2 p.m. Lunch will be provided and transportation is available, if needed.

Sibshops recognize that children who have special needs siblings have needs of their own. The workshop provides brothers and sisters not only the opportunity to enjoy an exciting, fast-paced program which includes recreational activities in a relaxed setting, but also to meet other siblings.

The goals of Sibshops are to provide brothers and sisters opportunities to discuss common joys and concerns with other siblings; to provide opportunities to learn how to handle situations commonly experienced by siblings of children with special needs; and opportunities to learn more about the implications of their siblings' special needs with the assistance of certified providers.

For more information regarding the workshop, contact Jo Anna Keeler, Community Supports supervisor, at (315) 574-7846 or [jkeeler@herkimerarc.org](mailto:jkeeler@herkimerarc.org).

HARC enables individuals with disabilities, and others in our community, to achieve full potential and to live enriched lives. Respite services for infants, children and teens are available either one-on-one or in groups with age-appropriate recreation and activities. Programs include in-home or community respite, after school, weekends, and even includes school vacation and summer camp respite services.

For more information, contact Brian Heffron, HARC Outreach coordinator at (315) 574-7822 or [bheffron@herkimerarc.org](mailto:bheffron@herkimerarc.org). For more information regarding HARC and the agency's programs to empower people and enrich lives, visit [www.herkimerarc.org](http://www.herkimerarc.org).

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