



HAND to HOLD

# HAND to HOLD Discussion Series

## What about Healthy Siblings?

- Does your child with special health/developmental needs have healthy siblings?
- Are you trying to achieve balance while meeting their needs? Experiencing guilt?
- If so, do not miss this FREE EVENT! Please RSVP to [laura@handtohold.org](mailto:laura@handtohold.org)



Dinner by Buster's BBQ Dessert by Rise and Shine Bakery

Panelists will discuss the unique issues that siblings in families of children with special or chronic health and developmental needs face and how we as parents can support the needs of all of our children.

Parents can expect to walk away with a better understanding of the struggles siblings in families of children with special health and developmental needs face and receive practical suggestions on how to effectively support siblings. Panelists will also share suggestions about how to carve out special sibling time and how parents can work at finding balance, while freeing themselves from the guilt associated with parenting children with different needs.

#### PANELISTS:

*Khris Ford- LPC and Founder of My Healing Place*

*Anne Claire Hickman- Child Life Specialist,*

*Dell Children's Medical Center*

*Vanessa O'Dell- Social Worker, Dell Children's Medical Center*

*Emily McElmurry- Trained children's art therapist and teacher*

*Joan Richburg- Adult sibling and PT in Leander ISD*

Covenant Presbyterian Church  
3003 Northland Drive  
Austin, TX 78757

**Sunday, May 15, 2011**

**6:30 - 8:30 pm**

**Hand to Hold's mission** is to provide comprehensive navigation resources and support programs to parents of preemies, babies born with special health care needs and those who have experienced a loss due to these or other complications.

For more information, contact Laura Romero at **(512) 924-8655**, [laura@handtohold.org](mailto:laura@handtohold.org) or visit [www.handtohold.org](http://www.handtohold.org)



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