

Sibling Class

with Kris Ulstrup



A training for siblings of people with intellectual and developmental disabilities (IDD). Kris will focus on:

- Challenges & rewards of being a sibling of someone with IDD
- When parents count on you to be a SUPER sibling
- When you count on THEM for support
- Balancing being a SUPER sibling with being a REAL person
- Tips for sharing frustrations with your parents as a REAL person

Who can attend? The class was developed for elementary-aged siblings of children with IDD, but all ages are welcome (including parents)!



WHEN: Wednesday, May 29th

4:30–6:00 PM

WHERE: Foothills Gateway

Everitt Conference Room

301 W. Skyway Dr.

Fort Collins, CO

RSVP Online:

foothillsgateway.org/event/sibling-class-2/