



NETWORKER

"Serving Families and Professionals Involved with Children with Special Needs"

WarmLine Family Resource Center

1010 Hurley Way #290 * Sacramento, CA. 95822 * 916-922-9276 / 800-660-7995

www.warmlinefrc.org / email: warmline@warmlinefrc.org

Serving Alpine, El Dorado, Nevada, Placer, Sacramento, and Yolo Counties

Volume 13 No. 2

The WarmLine Networker Newsletter

2003*Fall*2003

Dear Parents, Grandparents, Brothers and Sisters, Teachers, Therapists, Nurses, Physicians and Many Valuable Friends,

For those of you joining us for the first time...the WarmLine Family Resource Center is a place for families to turn when they discover that their child has a special need or disability. We are parents who have "been there..." and our goal is to provide a link to whatever you may need on your journey - including parent to parent support and other important services.

Families and professionals are encouraged to call the WarmLine for assistance. We offer toll free telephone access to those outside the Sacramento area and can offer a full spectrum of information, referral, and support in our six county area. We also offer many other resources including books, videos, articles, workshops and opportunities for families and professionals to share and learn with each other regarding a wide variety of conditions, educational options and support. WarmLine Family Resource Center...A community of families, friends and professionals working together for children.

*Lori in Yolo County, Lisa in El Dorado County, Anne-Marie in Placer County,
Laurie in Nevada County, Nancy in South Lake Tahoe, Cid, Stephanie, Lori, Brenda and Al in Sacramento*

Our website at warmlinefrc.org includes useful information for all the counties we serve. The Events Calendar lists classes and workshops that you may find of interest. If you are not a web surfer, please call WarmLine and we will gladly provide any information, resources, and support that may be helpful for you.

*Save the Dates for: The 8th Annual Buddy Walk and Roll
Saturday October 11 from 11:00 -2:00 Join family and friends at the West Steps of
the State Capitol as we celebrate people of all abilities.*

*Also, the Holiday Toy Extravaganza is on Saturday, December 6 from 10:00 -
2:00 at the United Cerebral Palsy's Toy Lending
Library at 1803 Tribute Rd., Sacramento*

**You Can Make a Difference in Our Lives
(Thoughts to professionals from a parent)**

Excerpts from *It Matters: Lessons from My Son* (1997) by Janice Fialka

I believe that as professionals who work with children with disabilities... you can make a difference in our lives as parents of children with special needs. You cannot, however, make THE difference. Therein lies the challenge of our partnership. Highlighted here are ten ways in which you can make an important difference.

One: You have the opportunity not to be frightened by our anger...to embrace it, to welcome it, and even to invite it on a good day. You have the opportunity not to be intimidated when we blow off steam. You have the opportunity not to personalize these angry, negative feelings. The great challenge for you is to give us the opportunity to fall apart once in awhile. You may be surprised by how quickly we recover when we are given the opportunity to feel our feelings in the company of experienced and caring professionals.

Two: You have the opportunity to decrease our profound sense of loneliness. You have the opportunity to break that silence and gently lead us into the sounds of compassion and respectful curiosity. So often we want to talk about "it", but few people appear to want us to talk. You often will be the ONE person who will say, "Tell me more...and then what happened...and how did that feel?"

Three: You have the opportunity to anticipate and normalize our feelings. You can prepare us for the challenges of birthdays and holidays. You can let us know that we will have wild mood swings and uncomfortable thoughts about "those parents" with normal children. Never underestimate the significance of your anticipation and acceptance of your feelings. It will comfort us during those long sleepless nights.

Four: You have the opportunity to help us re-enter the "world of normal families". Parents with special needs children never feel the same once they learn about their children's differences, especially when the differences are cognitive. We don't know how to squeeze back into the world despite the fact that we are in it. Going to a birthday party can be a major mountain to climb. You, as the professional, can create bridges back to that world.

Five: You have the opportunity to help us know our child. In the beginning, most of us know very little about the disability or special needs. We often can't even spell this new reality of our lives. You

can model for us how to say the words, how to tell others. You can take us into our children's lives.

Six: You have the opportunity to share books, pamphlets, and other resources. Take those books and articles out of your file cabinets and off the shelves and share them with parents who have no idea where to find the stories and facts about their children. It is very challenging to walk to the "disability" section of a bookstore or library. You can bring it to us and even sit next to use as we tentatively open those pages.

Seven: You have the opportunity to recognize and celebrate our victories. They are often too small for the "normal" population to appreciate. You know that the strange sounding "grunt" made by our child is truly a miracle. Only you know that a new movement is significant and indicates a renewed sense of hope. You can point out these grand milestones to us.

Eight: You have the opportunity to remind us how far we have come and how much we have accomplished. You, often more than our closest friends, know the details of our successes. Over and over you can highlight those changes and celebrate the growth.

Nine: You have the opportunity to allow us those moments when our souls fall into deep despair. We will at times feel that we *cannot* continue for another moment. We will at times feel that we *don't want to* continue for another moment. You can give us space to be in that dark place. It is one of the greatest "interventions" that you can provide.

Ten: If at times you can do some of these nine suggested activities, you will then have the opportunity to help us feel hope. We must feel hope if we are going to get to our next appointment, or to face the next birthday party, or to use the words "special needs".

Effective partnerships between parents and professionals require collaboration. Plopped right in the middle of that word you will find the word "labor". Partnership is labor. It is hard work. You are the midwives helping us to give birth to a new relationship. Let us begin!



UPCOMING EVENTS AROUND OUR AREA

COUNTY	DATE	TIME	EVENT
Sacramento	Oct. 8	7:00 pm-9:00 pm	10 th Annual Inclusion Celebration! Dessert Social. Recognizing outstanding role models who make a difference for individuals striving to belong to inclusive communities. \$20 per person. Double Tree Hotel, 2001 Point West Way, Sacramento, 916-567-1974
Sacramento	Oct. 9	6:30-8:30 pm	"Brain Gym" Free workshop sponsored by the WarmLine. Learn ways to enhance learning strategies for people with and without special needs. Double Tree Hotel, 2001 Point West Way, Sacramento. Register w/ WarmLine @ 916-922-9276 / 800-660-7995 or event@warmlinefrc.org
Sacramento	Oct. 9-10		17 th Annual Supported Life Institute Conference: "Listening to the Voices of Inclusive Communities" Double Tree Hotel, 2001 Point West Way, Sacramento, 916-567-1974.
Sacramento	Oct. 11	9:00-4:30 pm	Free Special Education Seminar with Michael Rosenberg and Lynne Castellucci of Area Board III. Double Tree Hotel, 2001 Point West Way, Sacramento, 916-263-1150
Sacramento	Oct. 11	10:00 am-2:00 pm	Buddy Walk and Roll. Join us to celebrate people of all abilities as we walk around the State Capitol. There will be activities and refreshments.
Sacramento	Oct. 17-18		"Solving the Relationship Puzzle-Opening Doors to Friendship for People on the Autistic Spectrum". Hilton Hotel, 2200 Harvard St., Sacramento, 888-512-2695
Sacramento	Oct. 22	10:00 - 2:00 pm	En Espanol: Parent to Parent - Learning About Special Education. At the WarmLine Family Resource Center. Call Brenda at 916-922-9276 / 800-660-7995 to register.
Sacramento	Dec. 6	10:00 - 2:00 pm	<p>Toy Extravaganza. Sponsored by WarmLine and UCP. The whole family is invited to see and try the many toys and adaptive communication ideas for children of all abilities. There will be activities, refreshments and a visit from Santa! Register w/ WarmLine @ 916-922-9276/800-660-7995 or event@warmlinefrc.org</p> <p>Día De Fiesta Juguetes Extravaganza. Parálisis Cerebral Unidos "Caja de Juguetes" Librería de Juguetes Prestados @ 1803 Tribute Rd., Sacramento. Toda la familia esta invitada para ver (y usar) los muchos juguetes e ideas de comunicación adaptiva para niños de todas habilidades. Habrá actividades, refrescos, y una visita de Santa! Llamar a WarmLine para reservar su lugar al: 916-922-9276/800-660-7995</p>

Support Groups

Alpine

(Family) Alpine Kids: Fun, recreational. Call Edie @ 530-694-2934.

(Women) Alpine Public Health Dept. Maternal Child Health Prog.: Outreach & education for women of childbearing age. Call 530-964-2146 or 800-292-2156.

El Dorado

(ADD/ADHD) C.H.A.D.D. Call Michelle @ 530-672-2024

(Postpartum Depression) Postpartum Adjustment to Living: For mothers suffering from postpartum depression. WEE C.A.R.E., Placerville. Call 530-626-5164

(Special Education) Advocacy: Parents/guardians of students with special needs. 1st Thurs. of mo. @ 6:30. email: ourorhskids@yahoo.com for more information.

(Special Education) Community Advisory Committee: Monthly, 4-5 pm during the school year at the El Dorado Co. Office of Ed., 6767 Grn. Vly Rd., Room B2, Placerville. Call 530-622-7130 ext. 236.

(Special Education) Transition: Parents of children w/ special needs transitioning to different school levels; focuses on advocacy issues & resource sharing. Call Susan @ 530-621-0455

(Special Needs) El Dorado Cares: Support / resource network for families w/ children w/ special needs in El Dorado Co.. Call Lisa @ 530-677-7325.

(Special Needs) Fathers w/ children receiving special ed./504 services. 3rd Thursday in Placerville @ 6:30. 530-621-3096

(Special Needs) LEAD (Learning & education about disabilities): For students with ADHD, learning disabilities & other special needs. 1st Thurs. of mo. @ 6:30. email: ourorhskids@yahoo.com

(Special Needs) Learning Disabilities/ADHD: Assists in learning about and understanding those w/ special needs. email: ourorhskids@yahoo.com

(Special Needs) Pride & Joy Parent Grp: Parents of children 0-3 yrs. currently enrolled in Pride & Joy program. Call Christy @ 530-626-5164 ext. 33.

Nevada

(Autism): Monthly. Call Laurie @ 530-613-6556

(Autism) & Asperger's Syndrome: Monthly. Call Laurie @ 530-265-4154 or Amy @ 530-470-0980.

(Children's) Collaborative of Tahoe-Truckee: 1st Thurs. of mo. @ 9:30 am. Call 530-587-8322.

(Down Syndrome): 1st Mon. of mo., 3-5 pm @ 10875 Sunrise Hts, Grass Vly. Call Wendy @ 530-272-1009.

(Special Needs) FREED: Resources for people w/ disabilities in Grass Vly. Call 530-272-1732.

Placer

(Autism) Families affected by autism. Monthly. Call Anne-Marie @ 916-435-2060 or Susan @ 916-786-3690.

(Autism) Spectrum Kids: Families of children K-8 in Roseville City School District. 2nd Thurs. of mo., 6:30-

WarmLine Family Resource Center

8:30 @ Spanger Elem. School, 699 Shasta St.. Call Tasha @ 784-3859.

(Bipolar/Mood Disorder): Parents of children w/ bipolar/mood disorder. Call Tricia @ 916-774-9414.

(Christian) : Call Laurie @ 916-721-1743.

(Down Syndrome) 1st Fri. of mo., 7 pm. Call Kathy @ 530-885-0429.

(Grandparents): "Grand-Kin Connection" 1st & 3rd Thurs. of mo., 6:30-8:30 pm. Call Susan @ 916-797-1127.

(Special Needs) Placer Floor Time Group: 3rd Thurs. of mo., 7-9 pm. Call Richanne @ 530-823-2312.

(Special Needs) Special Kids/Special Families: Families of children w/ special needs. Call Melyssa @ 530-320-9592 or monkeymama@foothill.net.

Sacramento

(ADD/ADHD) C.H.A.D.D.: Parents, adolescents, adults, educators dealing w/ ADD/ADHD, 1st Tues. of mo., 7-9 pm. Call 916-552-1557. (www.chaddnorcal.org).

(Asperger's Syndrome) 2nd Tues. of mo. 7-9 pm @ Lawrence J. Ellison Ambulatory Care Ctr. (same building as M.I.N.D. clinic) 4860 Y St., Rm 3015B. Call Lynne @ 916-682-1740 or email LWeissmann@aol.com or Sue @ 530-666-0246 or email slowens@yolo.com

(Autism) Autistic Spectrum Disorder (Elk Grove): Call Connie @ 916-683-5652.

(Autism) FEAT (Families for Early Autism Treatment): 3rd Wed. of mo., 7 pm @ UCD Medical Center. Call Karlin @ 916-744-1040, Mabel @ 916-726-8883 or Kathleen @ 916-979-9700. (www.feat.org).

(Burn) Recovery 3rd Wed. of mo. @ Shriners Hospital, 2425 Stockton Blvd. Call 916-453-2098.

(Cystic Fibrosis) quarterly at UCD Medical Center. Call 916-734-3189.

(Deaf-Blind) COPE D-B (Coalition of Parents/Educators Deaf-Blind): Anyone close to people w/ both vision & hearing impairments. 800-822-7884 .

(Deaf/Hearing Loss): "Parent Links". Families of infants (0-3 yrs) who are deaf or have hearing loss. 916-921-1045

(Diabetes) PACED (Parents&Children Experiencing Diabetes): 3rd Thurs. of mo., 6:30-8 pm @ Sutter Memorial Hospital, 7th Floor. 916-733-8478

(Down Syndrome) 3rd Tues. of mo., 7-9 pm @ 1805 Venus Dr. Call Heather @ 482-3134.

(Epilepsy) Epilepsy Foundation of No. Ca. 3rd Tues. of mo., 7-9 pm @ Sutter Gen'l Hosp., 28th & L St. Call Stacey @ 916-282-6256.

(Fragile X) No. Ca. Fragile X Assn: Monthly meetings alternate between Sacramento and the Bay area. 800-994-FRAX for details.

(Grandparents) Grandparents raising grandchildren. Every Wed., 12:00-1:30. Lunch and childcare provided. Call Pearl @ 916-392-6466

(Grandparents) Grandparents raising grandchildren. s 1st. Monday of mo., 9:00-12:00 pm. Call Alma @ 916-263-0540

(Grief) Sharing Parents: For those whose babies have died from conception through early infancy. 424-5150

(Head Trauma) Information, education & support to families whose members have any type of brain injury. 916-485-6711.

(Heart) Children's Heart Fund Family Network: Families of children with heart defects. Every other month. Call Jana @ 916-791-6789.

(Hydrocephalus) Call Karen @ 530-759-6249.

(Klinefelter Syndrome) 916-773-2999.

(Learning Disabilities) Assn.: Information & support groups. 800-203-7542.

(Learning Disabilities) Families of those with non-verbal learning disabilities. Call Sandy @ 916-492-7240.

(Men) Trailblazers Fathers' Forum: Last Tues. of mo., 7-9 pm @ Borders Books, 2030 Douglas Blvd., Roseville. 916-922-9276 / 800-660-7995.

(Mental Illness) Nat'l Alliance for the Mentally Ill (NAMI): Families experiencing mental illness. 916-874-9416.

(Prader-Willi) Call Molly @ 916-682-6119.

(Pregnancy) Pre-Natal Decision: Parents facing difficult decisions. Call Annette @ 916-991-7760.

(Scoliosis) Foundation: 2nd Sat. of mo., 1-3 pm @ Sutter Cancer Ctr, 2800 L St., Rm #1. 916-684-6382.

(Spanish) Apoyo de Padres Para Padres: All Spanish speaking grp. - last Wed. of mo., 7 pm. Call Ivonne @ 916-685-1649.

(Spanish) Padres Apoyando Padres: All Spanish speaking grp. In Galt, 3rd Wed. of mo. 7-9 pm. Call Cande @ 209-745-2743

(NICU) Special Care Parents (SCP): Families w/ infants who have been admitted to an intensive care nursery (NICU). 916-658-8588.

(Special Education) Elk Grove Sch. Dist. Community Advisory Committee (CAC): 2nd Tues. of mo., 7 pm @ District Office, 9510 Elk Grove-Florin Rd., Elk Grove. 916-686-7780.

(Special Education) Sac. Co. Selpa Community Advisory Council (CAC): A committee of parents and educators. 916-228-2446.

(Special Needs) Communicative Handicapped: Parents/guardians of children w/ special needs in the San Juan School District. 2nd Mon. of mo., 6:30 pm @ Raley's Event Ctr, 8870 Madison Ave., Call Charlie @ 916-966-9075 or Sharon @ 916-989-0112.

(Spina Bifida) Assn. of Sac. Vly: Call 916-492-7914.

(Trisomy) S.O.F.T. (Support Org. for Trisomy 13, 18 & Related Disorders): 800-716-7638.

(Velo-Cardio-Facial Syndrome) 916-624-1711.

(Women) D'Vine Connection—Ladies' Night Out: (Faith based) Women affected by disabilities. 2nd Mon. of mo., 7-9 pm @ 1st Covenant Church, Rm. 202, 10933 Progress Ct., Rancho Cordova, 916-482-4574.

(Women) Our Time Out: Women involved in the lives of children w/ special needs. Sacramento grp. 3rd Thurs. of mo., 7 pm @ Baker's Square, Fair Oaks & Howe. Folsom grp. 2nd Wed. of mo. @ Mimi's Café, 2719 E. Bidwell St., Folsom. 916-989-9710.

Yolo

(ADD/ADHD) C.H.A.D.D. Parents of children w/ ADD/ADHD. 3rd Thurs. of mo., 530-750-3929.

(Asperger's Syndrome) 4th Wed. of mo. @ 7 pm @ Alt. Recreation Bldg., 1111 Anderson Rd., Davis. Contact Robin @ rdewey@uclink4.berkeley.edu

(Grandparents) Grandparents Raising Grandchildren. 2nd Tues. of mo., 7 pm @ Davis Sr. Ctr. Genealogy Library, 646 A St., Davis. Call 530-757-5696.

(Learning Disabilities) Learning Differences Parent Network: 3rd Wed. of mo. (Oct.-May), 7:30-8:30 pm @ Davis High School, Humanities 30. Call Courtenay @ 530-758-6162.

(Mental Illness) Parents & caregivers of transition—age youth (16-25) with psychiatric disabilities. 4th Tues. of mo., 6:30-8:00pm, 600 A St., Davis. Call Joan @ 530-666-8632 ext. 9183.

(Mental Illness) Parents & caregivers of emotionally disturbed children. In Woodland, West Sacramento & Davis. Call Joan @ 530-666-8632 ext. 9183.

(Siblings) Children w/ siblings w/ special needs. Call Jan @ 916-371-9561.

(Special Education) SEAC (Special Education Advisory Committee): 1st Wed. of mo., 7:30 pm @ Yolo Co. Office of Ed., 1240 Harter Ave., Woodland. 530-668-3786

(Special Education) Woodland Special Education Links: Parents of children in K-12 special ed. in Woodland Joint Unified Sch. Dist. @ 626 Cottonwood St., Woodland. Call Sue @ 530-666-0846

(Special Needs) Bridges: Parents of children w/ special needs. 3rd Wed. of mo., 7-9 pm @ the Learning Ctr. @ Davis High School, E. 14th St., Davis. Call Phyllis @ 530-723-0235.

(Special Needs) Parent support group. Call Bryte Elementary School 1st Steps Program @ 916-371-9561.

(Special Needs) Families of children w/ special needs. Every Mon. @ 6-7 pm @ Yolo Family Resource Ctr., 409 Lincoln Ave., Woodland. Call 530-406-7221.

Childcare provided.

(Twins) Parents of twins. Call Christine @ 530-757-2728 or Jeanine Hill @ 530-756-9698.

En Español: "Padres Para Padres - Educacion Especial"
Saturday, November 15, 10:00 -2:00 pm @ WarmLine.
Call Brenda @ 916-922-9276/ 800-660-7995 to register. Also, Brenda Garcia - Duane is at Yolo EPC in Woodland Mon -

Care for Medically Fragile Children

At My Friends, medically fragile children are cared for in a safe, cheerful and nurturing environment designed just for them. RNs or LVNs are available to administer medications or perform treatments. They are available to supplement your homecare, provide an alternative to homecare, provide respite care and after school care. Limited transportation is available. My Friends now has two locations! 8632 Greenback Lane in Orangevale, and 3151 Dwight Road in Elk Grove. Call 916-987-8632 for more information or visit their website at www.myfreindsonlin.org



Help with Services

Guiding Hands, Inc. is a non-profit organization that can help pay for services that may not be offered by the public school system, Alta Regional Center, or insurance, even though

professionals have recommended the service.

They offer financial assistance for services such as private schools, in-home early intervention programs, speech therapy, auditory integration and occupational therapy, counseling, eye glasses, hearing aides, music therapy, art and horseback riding programs.

To be eligible, families must reside in the Greater Sacramento area, provide proof of need, the child must be between the ages of 2 and 18 years, and families must be unable to receive funding from other sources.

For more information and application packets call 916-691-8292 or www.guidinghandsinc.org

Angelman Syndrome

Do you have a child with Angelman Syndrome? Are you interested in getting together with other parents of children with AS to share experiences and support? If so, call Stacie Vetterli at 916-682-8772 or email her at ssvetterli@yahoo.com

Yolo County Support

WarmLine will be part of the Yolo County Child Care Collaborative and more info will be available soon! Lori Custodio continues to work closely with First Steps Infant Program. Brenda Garcia-Dueñas is available at Yolo Family Resource Center in Woodland for information and support in Spanish and English on Mondays.

Family Fun Club

Ride to Walk is accepting applications for families to join the Family Fun Club. The FFC is an inclusive recreation program for families with small children and/or children with special needs. Activities are planned and directed by a recreation therapist in an outdoors setting in Lincoln. For a yearly fee of \$60, families gain access to the facilities, receive mailed notifications of events and discounted activity fees. For more information, call 916-791-2055 and leave a message for Tammy regarding the Family Fun Club.

Special Education Law

Parents of children with a disability are eligible to receive one complimentary copy of the California Special Education Programs: A Composite of Laws. Contact the WarmLine at 916-922-9276/800-660-7995 for an order form.



Free Audio Library

The Books Aloud, Inc. "Reading by Listening" program provides a wide variety of recorded reading material to eligible individuals. Blind, visually impaired, or physically disabled individuals who are unable to read conventional print, hold a book, or turn the pages are eligible. Learning disabled individuals also qualify. Books Aloud tapes can be mailed anywhere within the United States. There is no charge for the service. For more information, call 408-277-4878 or www.booksaloud.org

Friendship and Support for Families in Placer County

Anne-Marie Arrow, who is the WarmLine's Community Resource Parent, would like everyone to know about two support groups in Placer County: "Joey's Friends" offers autism resource services and information. There are monthly events and support for families of children of all ages with autism.

"Scrapbooking Saturdays" for mothers of children with special needs. The group meets monthly on Saturdays (and some week nights) for friendship and scrapbooking.

For more information on either group, please call Anne Marie at 916-435-2020

TOGETHER WE ARE BETTER...

We thank the many friends who have supported the WarmLine with their contributions: Lynne and Ronald Weissmann, Rodolfo and Sofia Valencia, Ronald and Adrienne Bibby, Mark and Sheila Tomassetti, Betty Kent, John Tomassetti, Child Action, Inc. and the Placer County Infant Development Program, Area Board 3, SCOE-IDP, Yolo FRC

Parents are the single most important resource that children have.

I am happy to support the WarmLine!

Please note my new address

I would like to be contacted by one of your staff

I would like to volunteer for office support

Please accept my donation to support the WarmLine

Please add my name to your mailing list

I would like to be trained as a Peer Parent Volunteer

I would like to volunteer for special events

I would like to volunteer for outreach activities

Please remove my name from your mailing list.

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

E-mail: _____

Please check all that apply:

Parent: Child's age: _____

Child's special need: _____ (Optional)

Professional: Position: _____

Other: _____

Please mail this form to:

WarmLine Family Resource Center

1010 Hurley Way #290

Sacramento, Ca. 95825

Or email to: warmline@warmlinefrc.org

Legislative Update

Changes to special education law affect all our children. Check out the "Legislative Update" page on our website. (www.warmlinefrc.org) It lists links for agencies that will give you a "well rounded" picture of what's happening so that you can be informed and participate in the process as you choose.

Events Directory

Also, don't forget to visit the "upcoming events" section. It is updated frequently and contains information on events sponsored not only by the WarmLine, but by other groups and agencies. If you have an event that you would like included, please email it to: warmline@warmlinefrc.com, fax it to: 916-922-9341 or mail it to

*the WarmLine at 1010 Hurley Way, #290,
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Fall 2003



WarmLine Mission Statement

"Our mission is to provide support, information and education to promote and strengthen the foundation of families and children with special needs so they can face the challenges of the present and create new dreams for the future."

Thanks to all parents and other professionals for the great information you provide. Editors: Al Millan and Cid Van Koersel. The WarmLine Networker is published 3-4 times per year. Articles and suggestions are most welcome. However, the WLFRC reserves the right to determine the final content of the publication. Mail, fax or email information and articles for publication to: WarmLine Family Resource Center, 1010 Hurley way #290, Sacramento, Ca. 95825; Fax: 916-922-9341; email: warmline@warmlinefrc.org. Opinions expressed in this newsletter do not necessarily reflect the opinions or the endorsement of the California Department of Developmental Services, or any other state or private agency. We do not promote or recommend any treatment, therapy, institution or professional system, etc. Information on treatment, medications, etc. in articles is not intended to be a guide for self-treatment. Follow your physician's instructions and consult your doctor on any questions you may have. This newsletter is funded through private donations and a grant from the California Department of Developmental Services and The California Endowment.



The WarmLine Family Resource Center
Presents the 8th Annual
Buddy Walk and Roll-

For people of all abilities – To celebrate and support families and friendships

Saturday, October 11, 2003 from 11:00 am – 2:00 pm

We'll meet at the West Steps and walk around the California State Capitol Building
@ 10th and L Streets

Following the walk, we'll have:

- ☆ Refreshments, ☆ Children's Arts and Crafts, ☆ Music, ☆ Speakers,
- ☆ Community Resource Tables.

“Mini Workshops”

Learn about Early Intervention Programs, Introduction to Special Education, Transition to Preschool (for children in early intervention programs who are turning 3 years old.) , Parent to Parent Support, Peer Parent Training.

“Introduction to Special Education”: Learn more about special education or come to discuss your child's specific special education needs. (10:00 -12:00) September 2, 16, 23; October 7, 14, 28; November 4, 18; December 2, 16. (At the WarmLine.)

“Moving on to Preschool”: What happens when a child transitions from Early Intervention to Special Education services? Or come to discuss you child's specific needs. (10:00 -12:00) September 9, 30; October 21; November 11; December 9. (At the WarmLine.)

“Getting An Early Start”: An orientation for families of children 0-3 years old who are new to Early Start. Learn about the services, agencies, and procedures involved in Early Intervention, including understanding and participating in the IFSP. 10:00 – 12:00 on the last Thursday of each month. Refreshments served and children are welcome. (At the WarmLine)

“Parent to Parent – Sharing Resources in Special Education”: Learn more about how the special education process works and how you can more effectively advocate for your child. At **My Friends Pediatric Day Healthcare Center**-8632 Greenback Lane, Suite A, Orangevale. 3rd Thursday of the month from 6:30 -8:30 pm. Refreshments will be served. Childcare will be provided by nursing assistants; however, parents will be responsible for providing any needed medical equipment and administering medications.

“Peer Parent Training”: for empowering the parents of children with special needs to support other parents. 1st Thursday of the month from 10:00 -1:00 at the **Ralph Richardson Center** – 4848 Cottage Way, Carmichael. Childcare is provided!

Call the WarmLine or email: event@warmlinefrc.org to register for any or all of these informative workshops.

Parent-to-Parent Support in El Dorado County From Lisa Matteo- WarmLine's Community Resource Parent in El Dorado County:

P.R.I.D.E. & Joy's Parent to Parent Group is a great way to meet other parents and share thoughts and experiences. This group is open to all families currently enrolled at P&J and meets Monday nights from 6:30-8:30 pm. Sometimes there are guest speakers, sometimes, it's just a night of fun (like going out to dinner). Come and see what it is all about. The meetings are usually six week sessions and prior registration is required. Free on-site child care is provided. For more information or to register, call Christy at 530-626-5164 ext. 33.

Down Syndrome Support Group

My name is Heather Prieto and I recently took over the Down syndrome support group after being involved for the past 20 months with my daughter, who has Down syndrome. I am also a Parent Leader for the Sacramento County Office of Education's Infant Development Program, which means that I work with staff, teachers and therapists to coordinate our Family Connections activities. I've also attended the WarmLine's Peer Parent Training and hope to be able to support new families. I have found that all of these activities are a great way to meet other families and to have fun. The Down syndrome support group meets the 3rd Tuesday of every month at 7 pm to encourage each other, ask questions and raise awareness of issues facing families of children with Down syndrome. We also meet with our children for play dates! Please feel free to call me at 916-284-5308 or email me at heatherprieto@msn.com if you would like more information or just to talk.

New Nevada County Community Resource Parent

I'd like to introduce myself to the WarmLine community. My name is Laurie Des Jardins and I am the new community resource

parent for Nevada County. I come to this position with the heartfelt desire to help our community of parents advocate for their children, find friendships, support and practical solutions for our unique situations. I welcome your calls and your ideas about how the WarmLine can meet our needs. We are planning future workshops this fall in Nevada County about a variety of subject, including the special education system.

I also co-lead an active support group for parents of children with autism spectrum disorders. We meet once a month for information sharing. We welcome both parents and professionals at our meetings. You can reach me through the WarmLine at 800-660-7995, locally at 530-613-6556 or email at lauriej@pacbell.net

The Annual Toy Extravaganza is Coming



Please join us for the Holiday Toy Extravaganza Saturday, December 6 from 10:00 - 2:00 at the United Cerebral Palsy's "Toy Box" Toy Lending

Library, 1803 Tribute Rd., Sacramento. The whole family is invited to see and try the many toys and adaptive communication ideas for children of all abilities. You can even "check out" toys to take home! There will be activities, refreshments, and a visit from Santa. This is always a popular event, so you won't want to miss it. RSVP with the WarmLine at 916-922-9276/800-660-7995 or event@warmlinefrc.org

