



## WarmLine Family Resource Center Events & Trainings April / May 2019

WarmLine events are funded by the California Department of Developmental Services, U.S. Department of Education-Special Education Programs, Sacramento County Office of Education Infant Development Program, and donations.

Registration is required for all events and closes three days before the event. Space is limited and events may be cancelled if minimum number of registrants is not reached. If you need assistance registering online, please call the WarmLine office at 916-455-9500.

Who	What	When	Where
Ages 0-5 only	<b>WarmLine Easter Egg Hunt</b> ~ Come join WarmLine for a fun family Easter egg hunt. We will have crafts, a photo booth and much more! This event is for children ages 0-5 with special needs and their families. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, April 6 10 a.m. to 12 p.m.	Curtis Hall Sierra 2 Community Center 2791 24th Street Sacramento
Adults only	<b>Understanding Special Education</b> ~ We know that parents of children in special education have unique questions and concerns. That is why WarmLine created a training just for YOU! Knowing more will help you attend meetings confidently. We will help you understand: the special education process, your child's IEP, and how to prepare for IEP meetings in a positive, proactive way. Dinner and refreshments will be provided. Participants receive a gift card (one per family). <a href="#">CLICK HERE TO REGISTER</a>	Saturday, April 6 2 p.m. to 4:30 p.m.	El Dorado Hills Library Community Meeting Room 7455 Silva Valley Parkway El Dorado Hills
Ages 14-18 years only	<b>Teen Talk &amp; Parent Café</b> ~ Teens will be provided with strategies to advocate for themselves at home and at school. Separate session: For parents on how to support a child's self-advocacy. In this session: Teens will explore what it means to them to have a disability. Parents will have the opportunity to share what they have told their teens about having a disability. If you have questions, please call WarmLine at 916-455-9500. This event is for teens and their parents. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, April 13 11:30 a.m. to 1:30 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Ages 7-10 years only	<b>Sibling Workshop</b> ~ A special gathering of brothers and sisters of someone who has disabilities or other special needs. Hangout and talk with other siblings while playing games, making crafts and even cooking. The workshops are facilitated by adult siblings who understand what it's like to have a brother or sister with disabilities or other special needs, but they are not therapists. Lunch is included. Please plan to sign your child in when you drop him or her off. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, April 13 12 p.m. to 3 p.m.	Rocklin Library Community Meeting Room 4890 Granite Drive Rocklin



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Who	What	When	Where
Adults <i>only</i>	<b>Preparing for Your IEP Meeting</b> ~ Parent participation is vital to the development of a child's IEP, but where do you begin? In this training we'll help you with that! You'll learn to participate by: understanding what is in the IEP, knowing if the IEP is "working," preparing for the upcoming IEP meeting. Participants receive a gift card (one per family). <a href="#">CLICK HERE TO REGISTER</a>	Tuesday, April 23 6 p.m. to 8:30 p.m.	Mary L. Stephens Library Blanchard Meeting Room 315 E. 14th Street Davis
Ages 0-5 <i>only</i>	<b>Music Play Playdate</b> ~ Come enjoy Music therapy with Music to Grow on. Music Therapy provides a unique variety of music experiences to effect changes in a child's behavior and facilitate development of his/her communication, social/emotional, sensory-motor, and /or cognitive skills. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, April 27 10 a.m. to 11:30 a.m.	Maidu Library Community Meeting Room 1530 Maidu Drive Roseville
Adults <i>only</i>	<b>Understanding Special Education</b> ~ We know that parents of children in special education have unique questions and concerns. That is why WarmLine created a training just for YOU! Knowing more will help you attend meetings confidently. We will help you understand: the special education process, your child's IEP, and how to prepare for IEP meetings in a positive, proactive way. Dinner and refreshments will be provided. Participants receive a gift card (one per family). <a href="#">CLICK HERE TO REGISTER</a>	Wednesday, May 1 10 a.m. to 12:30 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Ages 11-13 <i>only</i>	<b>Sibling Workshop Ages 11-13</b> ~A special gathering of brothers and sisters of someone who has disabilities or other special needs. Hangout and talk with other siblings while playing games, making crafts and even cooking. The workshops are facilitated by adult siblings who understand what it's like to have a brother or sister with disabilities or other special needs, but they are not therapists. Lunch is included. Please plan to sign your child in when you drop him or her off. <a href="#">CLICK HERE TO REGISTER</a>	Saturday May 4 10 a.m. to 2 p.m.	Elk Grove Library Community Meeting Room 8900 Elk Grove Boulevard Elk Grove



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Who	What	When	Where
Adults <i>only</i>	<b>Recharge &amp; Restore Yoga</b> ~ In this class you will experience subtle yoga to release tension and build up energy. End with a relaxing meditation to clear your mind. No prior experience with yoga needed. Yoga mats will be provided but feel free to bring your own. Feel free to arrive early or stay late to connect with other parents or just relax. <a href="#">CLICK HERE TO REGISTER</a>	Wednesday, May 8 6:30 p.m. to 7:45 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Ages 14-18 <i>only</i>	<b>Teen Talk &amp; Parent Café</b> ~ Teens will be provided with strategies to advocate for themselves at home and at school. Separate session: For parents on how to support a child's self-advocacy. In this session: Teens will talk about how to find helpers at school and in the community. If you have questions, please call WarmLine at 916-455-9500. This event is for teens and their parents. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, May 11 11:30 a.m. to 1:30 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Adults <i>only</i>	<b>Recharge &amp; Restore Yoga</b> ~ In this class you will experience subtle yoga to release tension and build up energy. End with a relaxing meditation to clear your mind. No prior experience with yoga needed. Yoga mats will be provided but feel free to bring your own. Feel free to arrive early or stay late to connect with other parents or just relax. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, May 17 10 a.m. to 11:15 a.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Adults <i>only</i>	<b>Preparing for Your IEP Meeting</b> ~ Parent participation is vital to the development of a child's IEP, but where do you begin? In this training we'll help you with that! You'll learn to participate by: Understanding what is in the IEP, Knowing if the IEP is "working," Preparing for the upcoming IEP meeting. Each family will receive a gas card and WarmLine tote bag. This workshop is for adults <i>only</i> . <a href="#">CLICK HERE TO REGISTER</a>	Friday, May 17 10 a.m. to 12 p.m.	Lake County Office of Education Kesey Room 1152 S. Main Street Lakeport



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Who	What	When	Where
0-3 years only	<p><b>Baby Signs Playgroup</b> ~ Join us for a fun interactive 45-minute playgroup session which will introduce parents and children ages 0-3 to the world of baby signing. Learning simple baby signs will increase your child's language development and vocabulary, which will make it easier and faster for parents to understand your child needs and wants, which can decrease frustration and tantrums. This playgroup will involve signing, music and floor play. You will learn common sign and how to incorporate them in to your daily routines.</p> <p><a href="#">CLICK TO REGISTER FOR 1 p.m.</a>    <a href="#">CLICK TO REGISTER FOR 2:15 p.m.</a></p>	Saturday May 18 1 p.m. OR 2:15 p.m.	El Dorado Hills Library Community Meeting Room 7455 Silva Valley Parkway
All ages	<p><b>Sprayground Family Fun for All</b> ~ Come beat the heat with WarmLine. Join us for a fun family day at the park and mingle with some families in your community. No food or drinks will be provided so bring a sack lunch and have a picnic. Bubbles and chalk will be provided. <a href="#">CLICK HERE TO REGISTER</a></p>	May 25 10 a.m. to 12 p.m.	North Natomas Regional Park 4989 Natomas Blvd. Sacramento