



WarmLine Family Resource Center Events & Trainings May / June 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 |
|------------------------------|--|---|--|
| Adults <i>only</i> | Understanding Special Education ~ 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). WORKSHOP FULL—REGISTRATION CLOSED | Wednesday, May 1 10 a.m. to 12:30 p.m. | WarmLine Clubhouse 2424 Castro Way Sacramento |
| Ages 11-13 <i>only</i> | Sibling Workshop Ages 11-13 ~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. CLICK HERE TO REGISTER | Saturday May 4 10 a.m. to 2 p.m. | Elk Grove Library Community Meeting Room 8900 Elk Grove Boulevard Elk Grove |
| Adults <i>only</i> | Recharge & Restore Yoga ~ 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. CLICK HERE TO REGISTER | Wednesday, May 8 6:30 p.m. to 7:45 p.m. | WarmLine Clubhouse 2424 Castro Way Sacramento |
| Ages 14-18 <i>only</i> | Teen Talk & Parent Café ~ 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. CLICK HERE TO REGISTER | Saturday, May 11 11:30 a.m. to 1:30 p.m. | WarmLine Clubhouse 2424 Castro Way Sacramento |



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| Adults only | Preparing for Your IEP Meeting ~ 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 only. CLICK HERE TO REGISTER | Friday, May 17 10 a.m. to 12 p.m. | Lake County Office of Education Kesey Room 1152 S. Main Street Lakeport |
| 0-3 years only | Baby Signs Playgroup ~ 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. CLICK TO REGISTER FOR 1 p.m. CLICK TO REGISTER FOR 2:15 p.m. | Saturday, May 18 1 p.m. OR 2:15 p.m. | El Dorado Hills Library Community Meeting Room 7455 Silva Valley Parkway |
| Ages 14+ | Transition Resources Fair ~ As youth (14-22 years old) move into adulthood, they and their families have many choices regarding services. This transition fair provides the opportunity to learn about what options are available. Resource fair will include: living options, day programs, employment and college, supporting self-determination/ self-advocacy and more! There will also be a Dept. of Rehabilitation presentation in English at 6:30 p.m. and in Spanish at 7:15 p.m. CLICK HERE TO REGISTER | Thursday, May 23 6 p.m. to 8:30 p.m. | Davis Sr High School All Student Center 315 W 14th Street Davis |



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| All ages | Sprayground Family Fun for All ~ 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. CLICK HERE TO REGISTER | Saturday, May 25 10 a.m. to 12 p.m. | North Natomas Regional Park 4989 Natomas Blvd. Sacramento |
| Ages 3-8 years only | Mindful Me: Kids Yoga Ages 3-8 Years Old ~ Children are taught to stretch and breath, meditate and relax all through music, art, games, stories and playful movement. Class will cover breathing techniques, yoga poses and relaxation techniques. Parents must be present; no drop offs. CLICK HERE TO REGISTER | Saturday, June 1 10 a.m. to 10:45 a.m. | WarmLine Clubhouse 2424 Castro Way Sacramento |
| Ages 8+ years | Mindful Me: Kids Yoga Over 8 Years Old ~ Children are taught to stretch and breath, meditate and relax all through music, art, games, stories and playful movement. Class will cover breathing techniques, yoga poses and relaxation techniques. Parents must be present; no drop offs. CLICK HERE TO REGISTER | Saturday, June 1 11 a.m. to 12 p.m. | WarmLine Clubhouse 2424 Castro Way Sacramento |
| All ages | 2019 Special Kids Picnic ~ The Active 20-30 Club #q of Sacramento invites children who have special healthcare and developmental needs to join us with their families for a FREE day of food, face painting and more! Registration is required. CLICK HERE TO REGISTER | Saturday, June 8 3 p.m. to 7 p.m. | Fairytale Town 3901 Land Park Drive Sacramento |
| Adults only | Recharge & Restore Yoga ~ 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. CLICK HERE TO REGISTER | Wednesday, June 12 6:30 p.m. to 7:45 p.m. | WarmLine Clubhouse 2424 Castro Way Sacramento |



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| All ages | Sprayground Family Fun for All ~ Come and cool off at Jack Slaven Park Spraygrounds in Woodland with WarmLine. This is a great gathering for families to connect and for their children to play. Bring a sack lunch and picnic to make a day of it. CLICK HERE TO REGISTER | Saturday, June 15 10:30 a.m. to 12:30 p.m. | Jack Slaven Park Sprayground 1701 Camacho Way Woodland |
| Adults only | Let's Get Organized ~ Organizing your records is the first step to advocating effectively for your child. Together we'll bring everything together so that you can find it quickly when you need it. Bring your child's: Assessments/evaluations; IEPs/IFSPs; IPPs (if applicable); and medical information. One 1" binder and one set of dividers will be provided per family. Each family will receive a gas card and WarmLine tote bag. CLICK HERE TO REGISTER | Friday, June 21 10 a.m. to 12 p.m. | WarmLine Clubhouse 2424 Castro Way Sacramento |
| Ages 0-5 only | Music Play Playdate ~ 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. CLICK HERE TO REGISTER | Saturday, June 22 10:30 a.m. to 12:30 p.m. | Rancho Cordova Library—Community Meeting Room 9845 Folsom Boulevard Sacramento |
| Ages 14+ | Ability Tools ~ Ability Tools is funded by the Department of Rehabilitation to help Californian's gain access to Assistive Technology. During this presentation we will discuss: How the Ability Tools program assists individuals with disabilities, options for daily living, and more! CLICK HERE TO REGISTER | Wednesday, June 26 6 p.m. to 8 p.m. | North Highlands- Antelope Library Community Mtg Room 4235 Antelope Road Antelope |



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