



WarmLine Family Resource Center Events & Trainings September 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 3-8 years <i>only</i>	Mindful Me: Kids Yoga Ages 3-8 Years Old ~ Children are taught to stretch and breathe, 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, Sept. 7 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 breathe, 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, September 7 11 a.m. to 12 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Adults <i>only</i>	Relax & Recharge ~ Do you need more energy and calm to handle the demands of family life? This class will leave you relaxed and recharged with subtle stretches and relaxing poses to release tension and build up energy. Please wear comfortable clothing. Feel free to arrive early or stay late to connect with other parents or just relax. CLICK HERE TO REGISTER	Wednesday, September 11 6 p.m. to 7:15 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Adults & youth ages 14-18 <i>only</i>	Understanding Special Education ~ We can answer your questions about special education and help you prepare for your child's special education meetings in a positive, proactive way so you can attend meetings confidently. For parents with children ages 3 years or older. Participants receive a gas card and tote bag (one per family). No childcare available. CLICK HERE TO REGISTER	Tuesday, Sept. 12 6 p.m. to 8:30 p.m.	Arthur F. Turner Library Community Meeting Room 1212 Merkley Avenue West Sacramento
Adults & youth ages 14-18 <i>only</i>	Teen Talk & Parent Café ~ Teens will be provided with strategies to advocate for themselves at home, at school and in the community. In a separate session, held concurrently, parents will talk about how to support their teen's self-advocacy. If you have questions, please call WarmLine at 916-455-9500. This event is for teens and their parents. CLICK HERE TO REGISTER	Saturday, Sept. 14 11:30 a.m. to 1:30 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento



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Ages 14-18 years only	Sibling Workshop Ages 14-18 Years ~ 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, Sept. 21 11 a.m. to 3 p.m.	Martin Luther King Library Community Meeting Room 7340 24th Street Bypass Sacramento
Adults only	Relax & Recharge ~ Do you need more energy and calm to handle the demands of family life? This class will leave you relaxed and recharged with subtle stretches and relaxing poses to release tension and build up energy. Please wear comfortable clothing. Feel free to arrive early or stay late to connect with other parents or just relax. CLICK HERE TO REGISTER	Friday, Sept. 27 10 a.m. to 11:15 a.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Ages 0-5 only	7th Annual Family Funderland Event ~ WarmLine Family Resource Center invites your family to join us for a summer evening at Funderland. Funderland will be closed to the public that evening and be open only to WarmLine families. **Family must have a child or children with special needs birth to 5 years old.** WarmLine will pay admission for the child (or children) 0-5 with special needs plus three additional children. We will also pay for two adults per family. (Sorry, we are unable to accommodate more than two adults per family and cannot process fees for additional adults or children) Bring a picnic and enjoy dinner in the park. CLICK TO REGISTER	Friday, Sept. 27 5 p.m. to 8 p.m.	Funderland 1350 17th Avenue 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, Sept. 28 11 a.m. to 12:30 p.m.	Madelyn Helling Library-Gene Albaugh Community Room 980 Helling Way Nevada City



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Adults <i>only</i>	<p>Turning 3 Years Old: Transition to Preschool ~ Parents of children with developmental delays who are turning 3 years old have questions and about upcoming changes in services. Please join us to talk about special education services in preschool and more. Each family will receive a gas card and tote bag. Adults <i>only</i> please; childcare not provided. No professionals please.</p> <p>CLICK HERE TO REGISTER</p>	Tuesday, Oct. 1 6 p.m. to 8:30 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Ages 3-8 years <i>only</i>	<p>Mindful Me: Kids Yoga Ages 3-8 Years Old ~ Children are taught to stretch and breathe, 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</p>	Saturday, Oct. 5 10 a.m. to 10:45 a.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Ages 8+ years	<p>Mindful Me: Kids Yoga Over 8 Years Old ~ Children are taught to stretch and breathe, 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</p>	Saturday, Oct. 5 11 a.m. to 12 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Ages 0-3 <i>only</i>	<p>Keema's Pumpkin Farm ~ Come enjoy a day at the pumpkin patch with your family. There will be a hay ride, farm animals and corn maze. WarmLine will supply one small pumpkin per child ticket. WarmLine will pay admission for the child (or children) 0-3 with special needs plus three additional children. We will also pay for two adults per family. One pumpkin patch event per family, please.</p> <p>CLICK HERE TO REGISTER</p>	Saturday, Oct. 5 10 a.m. to 12 p.m.	Keema's Pumpkin Farm 6532 Point Pleasant Road Elk Grove



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Adults <i>only</i>	Relax & Recharge ~ Do you need more energy and calm to handle the demands of family life? This class will leave you relaxed and recharged with subtle stretches and relaxing poses to release tension and build up energy. Please wear comfortable clothing. Feel free to arrive early or stay late to connect with other parents or just relax. CLICK HERE TO REGISTER	Wednesday, Oct. 9 6 p.m. to 7:15 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Adults <i>only</i>	Strategies for Families: Promoting Social & Emotional Development Workshops ~ Learn how to make parenting more enjoyable and reduce challenging behaviors by supporting your child in identifying, expressing and managing their emotions. This is a series, each session builds on the previous one, attendance at all sessions is encouraged. Each family will receive a gas card and a light snack will be provided. These workshops are best suited for parents of children who are developmentally birth to 5 years old. Questions? Please call WarmLine at 916-455-9500. CLICK HERE TO REGISTER	Wednesdays, Oct. 11, 18, 25 and Nov. 1, 8 & 15 10 a.m. to 12 p.m.	Sierra 2 Community Center Garden Room 2791 24th Street Sacramento
Ages 7-10 years <i>only</i>	Sibling Workshop Ages 7-10 Years ~ 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, Oct. 12 1:30 p.m. to 4:30 p.m.	South Natomas Library Meeting Room 2901 Truxel Road Sacramento



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Ages 0-3 only	<p>Bobby Dazzler's Pumpkin Patch ~ WarmLine will supply one pumpkin for each family along with a train ride for your child with special needs who is 0-3 years old and one adult. WarmLine will pay admission for the child (or children) 0-3 with special needs plus three additional children. We will also pay for two adults per family. One pumpkin patch event per family please.</p> <p>CLICK HERE TO REGISTER</p>	Saturday, October 12 10 a.m. to 12 p.m.	Bobby Dazzler's Pumpkin Patch 23300 Country Road 99D Davis
Adults only	<p>Let's Get Organized ~ Organization is the first step to advocating confidently for your child! Bring assessments, IEPs, medical info, etc. We'll help organize everything so you can find information quickly. One binder, dividers, gas card and WarmLine tote bag will be provided per family. Note: This is workshop will be presented in English and Spanish. This is <i>not</i> an IEP training.</p> <p>CLICK HERE TO REGISTER</p>	Friday, Oct. 18 3 p.m. to 5 p.m.	SELPA office/ED School 6945 Old Hwy. 53 Clearlake
All ages	<p>Hearts of Glass Movie Screening ~ <i>Hearts of Glass</i> follows the tumultuous first 15 months of operation of Vertical Harvest, a multi-story, state-of-the-art hydroponic greenhouse that grows crops while providing meaningful, competitively-paid jobs for people with disabilities. The documentary weaves the story of the company's launch with the personal journeys of several employees who have intellectual and developmental disabilities. Innovation and inclusion create a fertile environment for people and plants to grow. The film will be followed by panel discussing competitive integrated employment for people with disabilities. CLICK HERE TO REGISTER</p>	Saturday, Oct. 19 3 p.m. to 5 p.m.	Sierra 2 Community Center Theater 2791 24th Street Sacramento



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Adults & youth ages 14-18 <i>only</i>	<p>Preparing for the IEP Meeting ~ Parent participation is vital to the development of a child's IEP, but how do you prepare to participate? In this training we'll help you with: understanding what is in your child's IEP, knowing if the IEP is "working" for your child and getting ready for the upcoming IEP meeting. Participants receive a gas card and tote bag (one per family). No childcare available. CLICK HERE TO REGISTER</p>	Tuesday, Oct. 29 6 p.m. to 8:30 p.m.	Nevada County Library Gene Albaugh Room 908 Hellig Way Nevada City
Adults & youth ages 14-18 <i>only</i>	<p>Understanding Special Education ~ We can answer your questions about special education and help you prepare for your child's special education meetings in a positive, proactive way so you can attend meetings confidently. For parents with children ages 3 years or older. Participants receive a gas card and tote bag (one per family). No childcare; no professionals. CLICK HERE TO REGISTER</p>	Wednesday, Oct. 30 11 a.m. to 1:30 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento