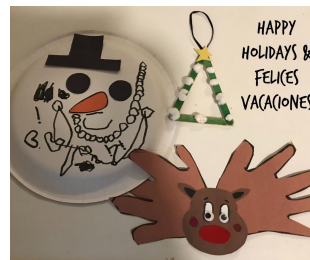




WarmLine Family Resource Center is a non-profit organization serving families of children with disabilities from birth to 26 years old.

Dear Families,

We've made it through this tumultuous year! The past year impacted families with disabled children in an unrecognized and profound way. 2021 offers us the hope and opportunity for reopening and safe return to pre-pandemic routines. That transition may be challenging and scary. WarmLine is here as a partner to help you and your family navigate through this uncertain time and beyond. You are not alone - WarmLine and our community stand behind you. Wishing peace and joy for your family in the new year!



Pam Chueh, Executive Director

### **Bullying and How to Help Your Child**

Your child telling you that he/she has been bullied at school may be one of a parent's worst nightmares.

There is good information out there and here is what we found for you.

What do you do first??

#### [Reporting & Record Keeping](#)

- [Parent Action Plan](#)
- [Tip Sheet - Signs Your Child is Being Bullied](#)
- [10 Bully-Proofing Strategies to Help Children with Special Needs](#)
- [Self-Advocacy](#)
- [California Anti-Bullying Laws & Policies](#)

### **Stay Connected with Us & Each Other**

WarmLine hosts **TWO** Facebook groups where families of children with delays and disabilities can connect with each other, share information and ideas in [English](#) & [Spanish](#). We also post information on [Facebook](#) & [Instagram](#). *We update posts several times weekly!*



[Visit Our Website](#)

[Subscribe to Our Newsletter](#)

[Donate Today](#)

### **WarmLine FRC Activities/Workshops**

Click the links for details & to register

#### [Caregiver Care](#)

Learn about "caregiver fatigue" and strategies to cope with it.  
Tuesday, 1/5/2021 from 3:00-4:30 pm

#### **SPECIAL EDUCATION**

#### [Turning Three Years Old](#)

Saturday, 1/9/2021 from 10:00-11:30 am

#### [Music to Grow On PLUS Story & Craft](#)

Featuring *The Mitten* by Jan Brett  
Saturday, 1/16/21 @ 10:00-11:00 am

#### [Navegando conductas desafiantes](#)

jueves, 1/21/2021 de 11:00-12:00 pm

[Strategies to Navigate](#)

### Community Partner Activities/Workshops

Click the links for details & to register

**Nevada Co.:** [Virtual Nurturing Parent Trng](#)

**Placer Co.:** [Lighthouse Counseling & Family Resource Center](#) offers services & classes to families in English and Spanish.

[State Compliance Complaints](#)

Wed., 1/13/21 @ 9:00 - 11:30 am

Family Activity Time: Mindfulness for Kids

Thurs, 1/14/21 @ 6:00-6:30 pm [Register](#)

UCD MIND Institute- Early Signs and Early Treatment for ASD

Friday, 1/22/21 1:00-1:45 pm [Register](#)

Medical Visits Made Easier

Wed., 1/27/21 5:30-6:00 pm [Register](#)

### Early Intervention/Child Development/Preschool/Elementary School

- [Help Us Calm Down: Strategies for Children](#)
- [What is Speech? What is Language?](#)
- [Social Communication](#)

### Mental Health

- [How to Talk to Your Anxious Child or Teen about Corona Virus](#)
- [5 Tips for Supporting Students Socially and Emotionally During Distance Learning](#)
- [Teen Mental Health Guide](#)

### Special Education

- [IEP Accommodations During Distance Learning](#)
- [The Difference Between Accommodations & Modifications](#)
- [Back to School: Compensatory ed., procedural safeguards, waiver of rights, keeping the "I" in IEP](#)

### Youth/Transition/Young Adults

- [IEP Transition Planning: Preparing for Young Adulthood](#)
- [Student-Led IEPs & Youth Engagement as a Dispute Resolution Option](#)

*Thank you to the George and Lena Valente Foundation for their ongoing support of WarmLine and our families!*

**Donate Today**

**WarmLine Family Resource Center ~ 2424 Castro Way, Sacramento CA 95818 ~ (916) 455-9500 ~ Spanish: 916-922-1490**

WarmLine Family Resource Center | 2424 Castro Way, Sacramento, CA 95818

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