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??

- 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

Music to Grow On PLUS Story & Craft
Featuring The Mitten by Jan Brett
Saturday, 1/16/21 @ 10:00-11:00 am

SPECIAL EDUCATION
Turning Three Years Old
Saturday, 1/9/2021 from 10:00-11:30 am

Navigando 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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