Dear families,

Happy New Year to you and your family! We hope the holidays offered a restful time with loved ones after another hectic year of changes.

We closed out 2021 with our first ever holiday drive-thru with stations decorated in the theme of our favorite holiday movies. It was wonderful seeing the smiling faces of WarmLine families as we greeted them with treats and goody bags! Thanks to Santa and our partners for joining us as well! To kick off the new year, we're offering a range of workshops from strategies for meal times to improving sleep. Please also consider stopping by our monthly Parent Support Group (via Zoom) to meet the terrific community of parents and new facilitator, Cassie.

Wishing you a happy and healthy 2022!

Pam Chueh
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Parent Support Group
Meet Our New Facilitator

Sadly, we said goodbye to our long-time group facilitator, Jamie Sani-Flores, who is leaving to pursue the next step in her career as a social worker. We thank Jamie for launching the group, and for all her guidance and support! We will miss her, but wish her the best in her new endeavors.

Warmline proudly announces a new group facilitator, Catherine (Cassie) Morgan Look. Cassie has been a Community Parent for Warmline for two years, and has supported the group along with Jamie. She has worked with both children and adults with disabilities throughout her career, and is very excited to be able to connect with Warmline families through the Parent Support Group!
Upcoming Trainings

Parent Support Group
Thursday, Jan. 6, 2022 4:00 - 5:30 PM
Please join WarmLine parent and Social Worker, Catherine (Cassie) Morgan-Look, virtually to chat with other parents, offer support and understanding to each other. This is a monthly parent group, with a new topic each session. There’s no commitment to attend each session, but here you will find a warm, safe fellowship of parents and families who are on the same journey.

Cuidado Personal y Salud Mental
Miércoles, 12 de enero, 2022 6:00 - 8:00 PM
Sabías que es esencial que dediquemos tiempo para consentirnos, para hacer actividad física, para tener una adecuada alimentación y conocernos. Ven y acompañámonos en esta breve plática y conoce más de ti misma y de cómo debes cuidarte.

Understanding Special Education & Your IEP
Tuesday, Jan. 18, 2022, 6:00 - 8:30 PM
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 with confidence.

Como Hacer la Hora de Comida Mas Divertida
Miércoles, 19 de enero, 2022 6:00 - 7:00 PM
La hora de la comida puede ser estresante para cualquier persona con niños pequeños. Las dificultades con la selectividad alimentaria y otros desafíos a la hora de comer son aún más comunes entre las personas con autismo. Esto puede provocar déficits nutricionales y dificultades para participar en las rutinas sociales. En este seminario web, se compartirán consejos para facilitar la rutina de la comida, así como estrategias para aumentar la aceptación de los alimentos y las interacciones sociales.

Making Meal Times More Enjoyable
Wednesday, Jan. 19, 2022 7:00 - 8:00 PM
Meal time can be stressful for anyone with young children. Difficulties with food selectivity and other meal-time challenges are even more common amongst people with autism. This can lead to nutritional deficits as well as difficulties participating in social routines. In this webinar, tips will be shared for facilitating peaceful meals as well as strategies to increase food acceptance and social interactions.

Estrategias para Dormir Mejor
Miércoles, 26 de enero, 2022, 6:00 - 7:00 PM
Los problemas del sueño suelen afectar a los niños, especialmente a los diagnosticados con discapacidades del desarrollo. En esta presentación, aprenderá a desarrollar e implementar estrategias para mejorar el sueño de su hijo.

Strategies for a Better Night’s Sleep
Wednesday, Jan. 26, 2022 7:00 - 8:00 PM
Sleep issues commonly affect children, especially those diagnosed with developmental disabilities. In this presentation, you will learn to develop and implement strategies for improving your child’s sleep.

Register Today / Regístrese Hoy
Indoor Games & Activities

Here are some fun ways to keep your kids active during the cold days when it’s tough to go outside and play.

Creating an Infographic About Your Child
Creating an 'All About Me' Infographic can help you advocate for your child and make it easier to explain their needs. Infographics use images and small amounts of text to share information in a way that is meaningful and easy to understand. A series of learning modules and resources has been created to help you and/or your child create your infographic. Find workshop modules [here](#). Find a [free template](#) online.

Action for Happiness
Action for Happiness is a movement of people committed to building a happier and more caring society. The calendar is available in more than 10 languages. [https://www.actionforhappiness.org/january](https://www.actionforhappiness.org/january)

Understanding ACEs

ACEs (Adverse Childhood Experiences) are serious childhood traumas that can result in toxic stress. Prolonged exposure to ACEs can create toxic stress, which can damage the developing brain and body of children and affect overall health. Toxic stress may prevent a child from learning or playing in a healthy way with other children, and can cause long-term health problems.

New Year’s Resolutions

13 New Year’s Resolutions Every Special Needs Parent Should Make.

Go to the gym, eat healthier, turn off the smartphone at dinner, spend more time with family…It’s that time of year when we take the opportunity to wipe our slate clean by making (and hopefully keeping) New Year’s resolutions.
13 New Year’s Resolutions Every Special Needs Parent Should Make

Help WarmLine help families in your community

Donar a Warmline

Your tax-deductible donation allows us to continue providing families with phone consultations, parent support groups, trainings, and fun activities for the kids. No donation is too small. Thank you for making a difference for WarmLine families!

En Español

Donate to WarmLine

WarmLine Family Resource Center

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