



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

**Dear Families,**

WarmLine staff are still working remotely to answer your questions about child development, special education services, activities...and more. Call us at 916-455-9500 or 916-922-1490 (Spanish), leave a message and staff will call you back within three business days. *Please note that calls from us will not have "WarmLine" caller ID. When we call you, you'll see a phone number and city, i.e., 916-555-1212, Lincoln, CA*

You may also reach out to us by email: [warmline@warmlinefrc.org](mailto:warmline@warmlinefrc.org)

**Subscribe to Our  
Newsletter**

**Visit Our  
Website**

**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!***



**Instagram Challenge**

In early June, WarmLine posed an Instagram Challenge for families to share photos of fun, their family and favorite recipes. A drawing was held for an Amazon gift card for the winner.

We're pleased to announce our winner, Angela Ramirez and her family.

Angela wrote:

"My family is blended family with two teens, one with autism and a 5-year-old boy whose autistic speech delayed. We all love time at grandpa's house swimming in the pool. I always am trying to get the kids to try new foods. With two kids with food adversities it's always a challenge but we've come a long way. COVID Shelter in Place order has been a little challenging. Getting off routine through us for a loop. I'm sure it will again once things return. But overall, we are happy family that loves each other very much. "

**Congratulations to the Ramirez Family!**

**FREE - MIND Summer Institute on  
Neurodevelopmental Disabilities -  
Virtual**

**August 7, 2020 9:00 am - 12:45 pm**  
[Schedule & Registration](#)

[Drowning is Silent - Drowning  
Prevention Poster](#)

[Handling Your Child's Challenging  
Behaviors at Every Age](#)

## Survey

**Parents:** Has your child turned 3 recently? Did your child transition from Early Start to special education preschool services? Share your experience with the Part C to B for CA Kids Workgroup to help shape recommendations for how to improve the transition process for children and families throughout California.

Click below to take the survey

<https://www.surveymonkey.com/r/TransitionSurveyEnglish>

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## Looking for Virtual Events?

Try using your search engine (Google, Firefox, etc.) and typing in what you're looking for. You can insert a short description to the search line, but for best success, avoid narrowing the search too much. For example "Virtual activities for teens with disabilities" or "virtual social skills activities for preschooler with autism". You can also add a geographic area, i.e., "in Sacramento". Remember, though, that because the activity is virtual, it may not matter where it originates.

For more ideas, please call 916-455-9500 or email [warmline@warmlinefrc.org](mailto:warmline@warmlinefrc.org).

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## WarmLine Activities

### **FAMILY Relaxation with Melissa.**

*"Just listening to Melissa's voice relaxes me." K, mother of L.*

Do you need a little help managing family life during shelter-in-place? Join WarmLine staff's favorite relax and reset teacher, Melissa, as she leads you some relaxing stretches to release tension and build your energy! *This class is open to the whole family.*

Monday, July 6 from 1-2 pm via Zoom [REGISTER](#)

Monday, July 27 from 1-2 pm via Zoom. [REGISTER](#)

Two days before the class you'll receive a link to join the group.

### **Music with Miss Emma on Zoom**

Join us for a 1/2 hour webinar of music play that will be part performance and part exploration of musical instruments, singing, and dancing! During the event children will...

- Discover how to make music with their mouth, hands, feet, and various instruments
- Investigate cause and effect relationships with instruments through touch and sound
- Practice self control and self-regulation
- Develop fine motor skills through instrument exploration
- Develop gross motor skills through dancing

*This event is for families with children ages birth to 5 years old.*

Tuesday, July 7 from 1:30-2:00 pm [REGISTER](#)

Thursday, July 23 from 9:40-10:10 am [REGISTER](#)

Two days before the class you'll receive a link to join the group

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**Free, Virtual Child & Family Group Fun** are now being offered by Children's Therapy Center/Help Me Grow Yolo County every day. **Parents must register** their children one time for each type of group...they will then be registered for all future sessions for that group. After registration, they will get an email with the link to the group...the link will be the same for that group every week. It is recommended that they download the free Zoom Cloud Meetings app before the start of the group.

**Links to group registration (must be completed once for each group type):**

- **Monday Music @ 9:30** [REGISTER](#)
- **Tuesday Sensory @ 9:30** [REGISTER](#)
- **Wednesday Family Dance @10:30** [REGISTER](#)

- **Thursday Movement @ 9:30 REGISTER**
- **Friday Music @ 9:30 REGISTER**

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### **Puppy Camp with Canine Companions for Independence (CCI)**

Are your kids missing camp this year? Sign up for virtual puppy camp!

Join us from Mon., 7/13 - Fri., 7/17, 10:30 -11 a.m. daily for virtual puppy camp!

At this educational and entertaining week-long puppy camp, children (ages 7-10) will learn about service dogs and how they're raised, make homemade dog toys, master basic dog commands and more! For more information, including cost and to register, visit

[cci.org/puppycamp](http://cci.org/puppycamp)

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### **[Future for Our Kids - Transition Age Youth](#)**

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