Dear families,

As we come to the end of a most atypical school year, it's time to look ahead to some summer fun and relaxation! Whether it be taking to the water or airways, we've gathered water safety and air-travel tips to help you stay safe and sane through your adventures. Check out the resources below and more on our website.

Cheers to all the dads this Father's day!

Pam Chueh

Celebrating Dads with winners from our Family photo contest!
Parent Support Group  
**Wednesday, June 2, 2021, 4:00 - 5:30 pm**
Please join WarmLine to virtually chat with other parents, offer support and understanding to each other. This is a monthly parent group. 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.

La Música y el Movimiento – Español  
**Sabado, 5 de Junio 2021, 10:00 - 11:00 am**
Ven y acompáñanos! Canta y juega con tu hijo y conecten sus corazones a un ritmo. Aprende tradicionales rondas y ritmos. Descubre nuevas actividades para estimular el desarrollo de tus hijos. La música y el movimiento crean nuevas conexiones neuronales.

Webinar: Achieving Independence and Meaningful Employment:  
**A conversation with California Department of Rehabilitation Director Joe Xavier**  
**Tuesday, June 8, 2021, 6:30 - 7:30 pm**
WarmLine Family Resource Center & Parents Helping Parents invite you to a webinar for transition youth, young adults, parents, and professionals serving individuals with disabilities to learn about the Department of Rehabilitation (DOR), a statewide resource for people with a broad range of disabilities.

Turning 3 Years Old  
**Wednesday, June 9, 2021, 6:00 - 8:30 pm**
Parents of children with developmental delays who are turning 3 years old have questions about upcoming changes in services. WarmLine has created this training just for YOU! Please join us to talk about special education services in preschool and more.

Music to Grow On Play Date  
**Friday, June 11, 2021, 11:30 AM - 12:00 pm**
Music To Grow On, Music Therapy Services presents an immersive 30 minute virtual music group for kids 0-5 and parents to play, sing, move, and grow. Music Therapy encourages engagement, social and language skills and is motivating for kids and families alike.

"Paint with Me" Class  
**Thursday, June 17, 2021, 6:00 - 7:00 pm**
Come paint with me! We will create a watercolor mandela with clean lines and a choice of shapes in the middle to be the focus. By choosing your colors, your painting can represent a beautiful sunset or the waves of the ocean.

Kids Yoga & Mindfulness  
**Wednesday, June 23, 2021, 10:00 – 11:00 am**
Once a month we meet to explore how to cultivate happiness, love, joy & kindness of both the self and others. We invoke curiosity within these themes while practicing yoga, breathing and guided meditation in a fun and engaging way using games and storytelling. Please have a mat or towel available and wear comfortable clothes.
Water Safety For Summer

Water Safety with the American Red Cross: [Red Cross Water Safety Tips](https://www.redcross.org/safety/)

American Paddler: Kayaking with Kids: "Starting young is the best way to introduce your child to a lifelong love of paddling. But like any new adventure, preparation can make all the difference." Read more: [https://www.americanpaddler.com/kayaking-with-kids/#respond](https://www.americanpaddler.com/kayaking-with-kids/#respond)

10 Open Water Safety Tips, from the NDPA: "Lakes, beaches and rivers are popular destinations for families during the summer season. It’s a great way to have some fun family time and remain cool as soon as temperatures rise but it’s not without risk." Read more: [https://ndpa.org/10-open-water-safety-tips/](https://ndpa.org/10-open-water-safety-tips/)

Travel Tips When Flying

Transportation Security Administration: Special procedures for people with disabilities and medical conditions. [https://www.tsa.gov/travel/special-procedures](https://www.tsa.gov/travel/special-procedures)

Going On an Airplane Social Story [AbilityPath.org](https://www.abilitypath.org)

Airport Social Stories [allenisd.org](https://www.allenisd.org)


Click for more resources

Achieve Tahoe

ACHIEVE TAHOE is dedicated to building health, confidence, and independence in people with disabilities through outdoor recreation. We can serve just about anyone with any disability through our teaching techniques and specialized equipment. Read more: [Achieve Tahoe](https://www.achievetahoe.org)
FeedingMatters.org

Information on Pediatric Eating Disorders

"If you have concerns about your child’s feeding, please know that you are not alone. Early detection and treatment of pediatric feeding disorder is critical to the long-term health and well-being of affected children." feedingmatters.org.

Visit feedingmatters.org

HOPE: Healthy Outcomes from Positive Experiences

Are you concerned about increased stress for your children and family, especially during COVID-19? Using HOPE as a guide, here are 10 ways you can promote positive Childhood Experiences now...

Read more

Help WarmLine help families in your community

Your tax-deductible donation allows us to continue providing families with 1:1 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!

Donate to WarmLine

Movement to De-Stress

This new video will help you and your family relax and de-stress after a long day!
Follow us on social media for resources & updates for you and your family

WarmLine Family Resource Center

FOLLOW US

MOVEMENT FOR DE-STRESS

BY MELISSA REVELEZ