



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

Today and every day we stand together with our Black families and community. We stand as a united front with our friends to speak out against racism, to promote understanding, justice, reform and change. [Please read the entire statement from the WLFRC Board and Staff.](#)

[Racism and Violence: Using Your Power as a Parent to Support Children Ages Two to Five](#)

[Beyond the Golden Rule: A Parent's Guide to Preventing and Responding to Prejudice](#)

Visit Our Website



Stay Connected - Now More Than Ever!

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! Watch for posts about our virtual community "chats".**



WarmLine Upcoming Activities/Workshop

RELAXATION with Melissa.

"I attended Melissa's class at WarmLine & felt amazing afterward!" ~ C, parent of A.
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.*

Tuesday June 16 ([Register](#)) and June 30 ([Register](#)) from 10 - 11 am via Zoom. 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.

Friday, June 12 from 3:30-4:00 pm ([Register](#))

Wednesday, June 24 from 10:00-10:30 am ([Register](#))

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

Turning Three Years Old

Parents of children with developmental delays have questions about the changes in services when their child turns three years old. WarmLine has created this training just for YOU.

Please Zoom with us to learn about special education services in preschool.

- Thursday, June 25, 2020 at 1:30 pm
- ([Register](#)). A link will be sent to you two days prior to the workshop.

Special Olympics Northern California Provides Virtual Opportunities for Young Athletes!

All Ages: [2020 Summer Games @ Home](#)

Children 2-10 years [Young Athletes @ Home](#)

Stage Your Own Olympic Games!

Plan a day or even an entire weekend of friendly competition. You might already have everything you need in your game cabinet, or you can expand the playing field to your local bowling alley, miniature golf course and laser tag arena.

Buy some cheap medals to award at the end of individual competitions, then give out bigger prizes in the end for the best overall performance — and don't forget best sportsmanship!

Child Development Resources & "Just for Fun"

All Ages: ["Staycation" Ideas](#)

All Ages: [How to Support Your Unique, Quirky Child](#)

0- 5 Years: [5 Ways to Play with a Laundry Basket.](#)

0-5 Years: [Brain Building Basics](#)

3-5 Years: [Build Speech and Language with Everyday Interactions & Activities](#)

Elementary School: [Ice Cream in a Bag](#)

K-8 Grade: [Camp Kinda](#)

Struggling Readers: [5 Reasons Graphic Novels Can Help Kids with Reading](#)

California "Reopening" Guidance for Child Care



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