



WarmLine Connections / March 2022

Dear families,

With winter fading away and spring upon us, it's a great time for some spring cleaning and organization! In this edition, we offer tips and tools for time management and organization.

With a few months left of the school year, it's also a good time to brush up on your understanding of the special education process by attending our English or Spanish virtual IEP training this month. We also invite you to join us for our first workshop on mindfulness and acceptance practices as part of our work in addressing Adverse Childhood Experiences (ACEs).

We hope to see you there!

Pam Chueh

From the
Executive Director

En Español

Inside this Edition:

- WarmLine Events
- Let's Get Organized
- Milestone Moments
- Recreation & Family Activities
- Support WarmLine



WarmLine en Español

Our Spanish webpage has been updated to include a variety of community activities and trainings in Spanish. Please check back regularly for weekly updates!

En Español

Visit our website

WarmLine FRC Upcoming Events

Family Support Group

Thurs, March 3, 2022 4:00 - 5:30 PM

Please join WarmLine parent and clinical counselor, Catherine (Cassie) Morgan-Look, virtually to chat with other parents, offer support and understanding to each other. This is a monthly support 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.

Understanding Special Education & Your IEP

Tues, March 15, 2022 6:00 - 8:30 PM

Join us for an overview of the special education and IEP process. Learn contents of the IEP along with tips for preparing for your child's special education meeting. Get your questions answered and engage with your IEP team with confidence.

Mindfulness & Acceptance Practices

Thurs, March 24, 2022 6:00 - 8:00 PM

This two-hour workshop featuring Professor Melissa Holland of Sacramento State will focus on the current research and use of mindfulness and acceptance practices for both trauma-exposed youth and the adults caregivers who serve them. Participants will: 1) gain an understanding of the research supporting the use of mindfulness and acceptance practices with those who have had trauma exposure or secondary traumatic stress; 2) learn how to support caregivers' well-being and how this directly affects the well-being of the child's mental health, and; 3) learn practical mindfulness and acceptance techniques and interventions geared towards working with youth, with a special emphasis on self-care for the adult. Practical, hands-on tools will be offered.

Entendiendo la Educación Especial y su IEP

Martes, 22 de Marzo de 2022, 6:00 - 8:30 pm

Ven y únete con nosotros para obtener un resumen general de la educación especial y el proceso del IEP. Conozca los contenidos del IEP junto con consejos para prepararse para la reunión de educación especial de su hijo. Obtenga respuestas a sus preguntas e interactúe con su equipo de IEP con confianza.

[Register Today / Regístrate Hoy](#)

Let's Get Organized

How to Stay Organized When Raising a Special Needs Child

10 Ways to get yourself, you child, your family and your home organized

Care Plan Book – Reference guide for families, caregivers and medical professionals.

Time Management and Organization Apps for Students – Apps to help college students stay organized and improve time management.

Tidy Health PHR – App that's an actionable contacts book, tracking tool, file manager, reminder app, vaccination wallet, healthcare vault, personal diary, and information resource.

Scanning Feature in iPhone/Android – Use the scanning feature on your iPhone or Android without downloading additional apps.

Genius Scan – PDF Scanning App – Genius Scan is a document scanner app in your pocket. Quickly scan your paper documents on the go and export them as multi-page PDF files.

Milestone Moments

Your Child's Early Development is a Journey

Use this handy chart to help track your child's development. These are just a few of the many important developmental milestone to look for. For complete checklists for your child's age, visit www.cdc.gov/Milestones



En Espanol



Recreation & Family Activities

As the days get warmer, it's a great time to get active! Our Recreation & Family Activities page offers a variety of indoor and outdoor recreational options for the entire family!

Visit our Website

En Espanol

Help WarmLine Help Families in Your Community



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

En Espanol

Donar a Warmline

Donate to WarmLine

Follow us on social media for resources & updates for you and your family.

WarmLine Family Resource Center



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