Dear families,

As the days get warmer and longer, it's a great time to get outdoors! Our region offers an abundance of natural beauty and outdoor activities suitable for the entire family and all ability levels. Check out some of our favorites below and find a full list on our website. It's also time to pause and celebrate all the moms in our lives. Thank you for the love and care you give all year-long!

Happy Mother's Day from all of us at WarmLine!

Pam Chueh

A salute to moms with winners from our Family photo contest!
WarmLine Activities for May

All activities are virtual

**Parent Support Group**
**Wednesday, May 5, 2021, 4:00 pm – 5:30 pm**
Please join WarmLine parent and social worker, Jamie Sani-Flores, virtually to chat with other parents, offer support and understanding to each other.

**Música y Movimiento w/ Nora**
**Sábado, 8 de Mayo de 2021, 10:30 am – 11:30 am**
Ven y acompañanos! 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.

**Kids' Yoga & Mindfulness w/ Rose**
**Wednesday, May 12, 2021, 3:00 pm – 4:00 pm**
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 wear comfortable clothing and have a mat or towel available.

**Comprensión de la Educación Especial y su IEP/Cumpliendo 3 Años**
**Sábado, 15 de Mayo de 2021, 10:00 am – 12:30 pm**
Una descripción general del proceso de educación especial, incluido el contenido del IEP y consejos de preparación para reuniones.

**Understanding Special Education & Your IEP**
**Tuesday, May 18, 2021, 6:00 – 8:30 pm**
A general overview of the special education process, including walking through the contents of the IEP and meeting preparedness tips.

**Family Yoga**
**Monday, May 24, 2021, 4:00 pm – 5:00 pm**
Do you need more energy and calm to handle the demands of family life during the pandemic? Join us for an hour-long, relaxing yoga class! Please wear comfortable clothing. This class is available to the whole family.

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Register Today

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**Helpful Resources**

**Outdoor Activities**

*We've all been stuck inside for far too long. Spring is a great time of year to get out and enjoy the outdoors.*

**All Trails:** Calling all hikers. This is a great resource to find your next trail, including wheelchair friendly and bike trails. [AllTrails.com](https://www.alltrails.com)

**Cosumnes River Preserve:** Explore and Learn. The Preserve is centered along the Cosumnes River, with opportunities for paddling, hiking, and nature viewing. [Homepage – Cosumnes River Preserve](https://www.cosumnesriverpreserve.org)
Placer County Nature Center: The Center delivers environmental education programs to children, families, schools & community groups.  
https://placernaturecenter.org/

Yolo Bypass Wildlife Area: The perfect spot to escape urban life in nearby Sacramento and Davis, and experience wildlife up-close in nature.  
https://wildlife.ca.gov/lands/places-to-visit/yolo-bypass-wa

Geocaching While Trailing: Join the world's largest treasure hunt.  
https://www.geocaching.com/play

Little free Library: Find your neighborhood library and enjoy a fun walk outside.  https://littlefreelibrary.org/

Special Olympics Northern California: Virtual Spring training starts 5/11  
Special Olympics Northern California | (sonc.org)

TOPSoccer: is a modified version of soccer that gives special needs kids from 4 to 21 the opportunity to play soccer with their peers and high-school age “Buddies”.

TOPSoccer with Natomas FA: Meet and Greet on May 8, 11:30 a.m.– 12:30 p.m. at Burberry Park, Natomas CA 95835. For further information, info@natomasfa.com or http://www.natomasFA.com

TOPSoccer in Sacramento: SacTOPS@gmail.com (916) 282-9104  
sactops.com

Click for more resources

Accessible Playgrounds

Our families have shared some of their favorite neighborhood parks that have accessible playgrounds. Is your favorite park listed?

Arroyo Park
2000 Shasta Drive, Davis

Central Park
5th St & B Street, Davis

Gibbons Community Park
4701 Gibbons Drive, Carmichael

Kloss Park
6501 Laguna Park Drive, Elk Grove

Mahany Park
1545 Pleasant Grove Blvd, Roseville

McKinley Park
601 Alhambra Blvd, Sacramento

Southside Park
2115 6th Street, Sacramento

South Natomas Community Park
82881 Truxel Road, Sacramento
Fore more accessible playgrounds in Sacramento: [Accessible Playgrounds – City of Sacramento](#)

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### Early Start

**Early Start Resource Guide**

WarmLine provides support services to families with infants and toddlers who are eligible for Early Start services in Sacramento, Placer, Yolo, El Dorado, Nevada and Alpine counties. Check out our Early Start Resource Guide for helpful tips and info!

[Visit Our Website to Learn More](#)

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### 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](#)

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### Movement for Sleep

This new 5 minute video will help you and your family get ready to sleep.

[Follow us on social media for resources & updates for you and your family](#)