



NETWORKER

WarmLine Family Resource Center

Sacramento: 2035 Hurley Way Ste. 250 * Sacramento, CA, 95825 * 916-922-9276 * 800-660-7995

email: warmline@warmlinefrc.org www.warmlinefrc.org

Roseville: 420 Folsom Rd., Ste. D, Roseville, CA, 95678 * 916-782-7147 email: placerrwl@warmlinefrc.org www.warmlinefrc.org
Serving Sacramento, Placer, Nevada, Yolo, El Dorado, and Alpine Counties

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"The WarmLine Networker Newsletter"

Fall 2006

The Importance of Parent to Parent Support



The WarmLine was started by two moms who were trying to make sense of their new lives as parents of children with special needs. They were looking for ways in which they could assist and support other families who might be going through the same thing and they knew that often parents get the most support from other parents who are going through a similar situation—to gather information or to talk with someone who will "just listen" and who understands something of what they are feeling.

Parent to Parent Support:

- ★ Offers a unique form of help to parents of children with special needs and is an essential part of family support,
- ★ Increases parents' acceptance of having a child with special health care or developmental needs and increases their ability to cope,
- ★ Helps parents to identify and meet their needs.

WarmLine has long had a program for matching parents to other parents in order to provide support—we call them "Parent Match Volunteers" (PMV). Sometimes parents call us and specifically request a match with another parent who has a child with a similar diagnosis, of a similar age, or who lives in the same area. That's where our PMVs come in. We try to match one of our volunteers as closely as possible to the needs that the call has identified. Then, our PMV contacts that parent.

Our PMVs are given training and support in how to provide a "listening ear" and help direct the caller to available resources.

One of the bonuses of being a PMV, is that many of those we have trained report that helping other parents has helped *them* cope better with their own situations.

If you are interested learning to help support other parents with whom you might have things in common, please call Tracey at 916-922-9276/800-660-7995 or Tracey@warmlinefrc.org.

Toy Extravaganza!

It's time again to mark your calendars for the Annual Holiday Celebration & Toy Extravaganza. Join the WarmLine and UCP staffs and our families on Saturday, December 2, 2006 from 10:00- 2:00 pm at United Cerebral Palsy's "Toy Box" Toy Lending Library located at 201 Lathrop Way, Suite I.



The Toy Extravaganza is a *free* event that gives the whole family the opportunity to see (and try) the many toys and adaptive communication ideas for children of all abilities that the Toy Lending Library features. There will be activities, refreshments, gifts...and a visit from Santa! The Toy Extravaganza also gives families the opportunity to reconnect with those we've met and see too infrequently and the opportunity to meet new friends.

Please join us for a very special day. For more information, to RSVP (or to volunteer!), please call the WarmLine's Sacramento office.

Michael Rosenberg Workshops

Michael Rosenberg, of Area Board 3 will present a series of special education workshops. Michael will address questions that families have about the special education process in general and some of the challenges to obtaining services that families face at times. The workshops are for parents of children of all ages who are currently receiving special education services or who think their children might qualify. All workshops will be on Wednesdays from 6:30-8:30 pm and will alternate between the WarmLine offices in Sacramento and Roseville. Michael's workshops are always popular and space is limited, so please register early! Sacramento: 916-922-9276/800-660-7995 or warmline@warmlinefrc.org; Roseville : 916-782-7147 or placerrwl@warmlinefrc.org

Workshop schedule:

Sacramento:	Roseville:
January 17, 2007	November 15, 2006
March 21, 2007	February 21, 2007
May 16, 2007	April 18, 2007

In this issue: Toy Extravaganza, Golf Tournament Registration, IEP Trainings, Upcoming Trainings and Workshops and more!

Dear Parents, Grandparents, Brothers & Sisters, Teachers, Therapists, Nurses, Physicians & Many Valuable Friends,

For those of you joining us for the first time...the WarmLine Family Resource Center is a place for families to turn when they discover that their child has a special health care or developmental need. We are parents who have "been there..." and our goal is to provide a link to whatever you may need on your journey- including parent to parent support and other important services.

Families and professionals are encouraged to contact the WarmLine for assistance. For those outside the Sacramento area, we have a toll free phone number, or you can access our services at the phone numbers and email addresses listed on page one.

We offer a full spectrum of information, referral and support in our six county area. We also have many other resources including books, videos, articles, workshops and opportunities for families and professionals to share and learn with each other regarding a wide variety of conditions, educational options and support. WarmLine Family Resource Center...A community of families, friends and professionals working together for each other and for our children.

Diane at YCCC: 530-757-5695 x 7358 & Lori in Yolo County: Anne-Marie, Alison, Candace, Jessi, Laura & Kelly in Placer County: 916-782-7147; Mary in El Dorado County; Laurie in Nevada County ; Nancy in South Lake Tahoe; Laura, Cid, Tracey, Raymond and Al in Sacramento County WarmLine Board Members: Cindy Arstein-Kerslake, Cathy Mikitka, Teresa Androvich, Michael Rosenberg, Ron Mainini, Anker Christensen, Shirley Skadan-Smith

*DAD S*P*E*A*K...By Raymond Hampson*

Remember your wife? You know, the woman you asked to be with you "for better or worse..."? When was the last time the two of you had time alone together?



Parenting is a full time job that requires input and energy from both parents. Parenting a typical child is very hard work - parenting a child with special needs can be the hardest and loneliest task either one of you will ever do. It is a 24/7 Herculean effort that may not leave much time for the kind of work that it takes to keep a marriage together. So what is the answer?

Respite care! Respite care can give you the

opportunity to get away together, even if it is "just" for dinner and a movie. Your child may qualify for respite services if he or she is a client of the Alta California Regional Center. Call your Alta Service Coordinator to ask if your child qualifies for respite services.

But what if Alta is not an option for your family? Perhaps you can recruit fellow church members, family (don't forget your teenagers!), or friends (you might be surprised at how eager people are to help). Another good source of help with respite is the people who work with your child on a regular basis, such as instructional aids at school, child care providers or recreational program staff. (The advantage to the last three is that these are probably people who not only have been trained to work with children with special needs, but who probably know your child very well.)

Take it from a dad who has been married for over 26 years and who has a 16 year old child with special needs. The time away together is vital for keeping the marriage alive and fresh. An extra benefit is that your child gets to be around different people and experience different routines. (Your child might need a break from mom and dad, too!) We all need a break from each other on a regular basis.

Come talk with other dads about respite care (and creating a network of support), IEP's or anything that is on your mind at our TrailBlazers Dads Forum on the last Tuesday of the month at 7pm at the Round Table Pizza (NEW LOCATION) 8755 Sierra College Blvd, in Granite Bay. For more information call Al or Raymond at 916/922-9276 or 800/660-7995.

Reasons for Concern That a Child Might Need Special Help

Children develop at different rates and in different ways. Differences in development may have many different causes.

There is a new brochure that is available from the California Department of Developmental Services titled "Reasons for Concern That A Child Might Need Special Help". The brochure lists risk factors for developmental delay and warning signs to watch for that might indicate that a child has a developmental delay. To obtain the brochure, please call 800-515-2229 or go to www.dds.ca.gov/earlystart. The brochure is also available in Spanish.

If you have concerns about your child's development, discuss them with your child's doctor. You may also contact the Alta California Regional Center at



916-978-6400 for information on developmental assessments for a child who is less than three years old. If the child is over three years old, please call the WarmLine for information about how to request assessment through your school district.

Library Volunteer Needed



The WarmLine is looking for volunteers for both the Roseville and Sacramento offices to help keep our resource libraries organized. We purchase books regularly that have to be entered into a database and we need help making sure the resources that have been borrowed are returned. We also need help with organizing the vast amounts of articles, brochures, flyers, catalogs and newsletters that we regularly receive. Basic knowledge of Microsoft Excel® is required. If this sounds like fun to you, please call Tracey at the WarmLine or email tracey@warmlinefrc.org

...And Speaking of Resources

Are you looking for a newsletter? The WarmLine receives newsletters from many organizations from around the country. We have current and past newsletters from groups such as United Cerebral Palsy, Support for Families of Children with Disabilities, Learning Disability Association, Mothers United for Moral Support, Family Voices, Families for Early Autism Treatment and American Association of Retired Persons, to name just a few. If you would like more information please call the WarmLine or visit our resource libraries in our Roseville or Sacramento Offices.

...And MORE Resources

The 2006 update of the WarmLine's *Local Directory* is available. The *Local Directory* is a "mini-phonebook" that covers resources for families and professionals in our six county area—plus phone numbers and website information for national and international special needs resources. (The updated Local Directory information is also available on the WarmLine website.)

Exceptional Parent / Exceptional Child - Parent Education Series 2006-2007

The Sacramento County Office of Education (SCOE) Infant Development Program and the WarmLine are offering a series of workshops to help you parent your young child with special needs.

The individual workshops will be offered at both the WarmLine's Sacramento office and Prairie Elementary School (5251 Valley Hi Drive, Sacramento) and will be open to families of children in the Early Start Program (children birth to 3 years old) and families of children who have "graduated" from Early Start (3 to 5 years old). *Families of children with special needs birth to 5 years old who are not served by the SCOE Infant Development Program are also welcome and child care is provided.* Space is limited - please call the WarmLine to register.



Workshop	WarmLine Sacramento Office	Prairie Elementary School
"The Challenge of Managing Difficult Behavior in Young Children" Information for parents and professionals presented by a behavioral specialist.	Tuesday January 9, 2007 6:30-8:30 pm	Tuesday January 16, 2007 5:30-7:30 pm
"Family Outings" How to answer sometimes difficult questions from family and strangers, react to comments and get through an outing with confidence.	Tuesday February 13, 2007 6:30-8:30 pm	Tuesday February 20, 2007 5:30-7:30 pm
"Feeding, Sleeping, Toileting, Oh My" A panel of parents and professionals will share tips and ideas for tackling these sometimes difficult issues.	Tuesday March 13, 2007 6:30-8:30 pm	Tuesday March 20, 2007 5:30-7:30 pm
Turning Three...Moving on to Preschool" There are changes as your child moves from services for infants and toddlers to preschool services. Get prepared for the changes by getting answers to your questions!	Tuesday April 10, 2007 6:30-8:30 pm	Tuesday April 17, 2007 5:30-7:30 pm
"Complementary Therapies" - Learn therapies that might "complement" what your child is already receiving such as Sensory Integration Therapy, Infant Massage and Craniosacral Therapy. Presented by SCOE staff.	Tuesday May 8, 2007 6:30-8:30 pm	Tuesday May 15, 2007 5:30-7:30 pm
"Heartache to Hope" - Moving beyond the grief and loss we sometimes feel when parenting a child with special needs.	TBA	TBA



The Power of Support...By Laura Soto

As parents of a child with special needs, we sometimes think we are here in this world by ourselves. Sometimes it is hard for us to believe someone else is

going through the same issues and challenges we are. But NO, we are not here alone, there are other people out there going through the same things, and thinking the same things you are doing now. Sometimes we don't know how much support is available for us.

When I gave birth to my daughter, and found out about her condition, all I could think was "Now what am I going to do? Who can teach me how to have faith, how to handle things? Who is going to understand me, who is going to be my friend now?" A few days later I realized that what I needed was a lot of support, not only from my relatives, but from my friends. Those people close to me stayed at my side, helping me go through all my crying, sadness, emotions, happiness - my life was very confused during the first weeks! Also, thanks to the support I received from the Family Resource Center, I was connected me with other parents and support groups, and when I saw that I wasn't the only one with a child with special needs, I stopped feeling alone.

I have now been working at the WarmLine Family Resource Center for three years and I am here for you, if you need information about services, support groups...or if you just need to talk. (And, if you know somebody who speaks Spanish only, I speak Spanish, too!) You can reach me at the WarmLine Sacramento office or by email at laura@warmlinefrc.org

Sleep in Young Children

If you have a child between the ages of 2 and 5.5 years old, you can learn how your child's sleep patterns might affect behavior during the day by enrolling in a sleep study for young children. The study is open to children with developmental delay, down syndrome, cerebral palsy, fragile x syndrome, autism...and typically developing!

The study will require:

- Three visits to the MIND Institute over a 6 month period,
- Your child to wear a small, wristwatch-size activity monitor for one week each month for three months,
- You to complete questionnaires and a "sleep journal".

You and your child will receive:

El Poder del Apoyo....Por Laura Soto

Como padres de un niño con necesidades especiales, muchas veces pensamos que nosotros estamos solos en este mundo. Algunas veces es difícil para nosotros creer que alguien más está pasando por las

mismas preocupaciones y desafíos que nosotros estamos pasando. Pero NO, no estamos solos, hay otras personas allá fuera pasando por las mismas cosas, y pensando lo mismo que usted esta pensando hoy. Muchas veces no sabemos cuanto apoyo hay disponible para nosotros.

Cuando mi hija nació, y supe sobre su condición, todo lo que pude pensar fue "¿Ahora que voy a hacer? ¿Quién me puede enseñar a tener fe, a como manejar las cosas? ¿Quién va a entenderme, Quienes serán mis amigos ahora?" Pocos días mas tarde, me di cuenta que lo que yo necesitaba era mucho apoyo, no solamente de parte de mis familiares, pero de mis amigos también. Esas personas cercanas a mi se quedaron conmigo, ayudándome a pasar por mi llanto, tristeza, emociones, alegrías - mi vida fue bastante confusa las primeras semanas. También, gracias al apoyo que recibí por parte del Centro de Recurso Familiar, me conecte con otros padres y grupos de apoyo, y cuando mire que yo no era la única con una niña con necesidades especiales, Pare de sentirme sola.

Ahora yo he estado trabajando con el Centro de Recurso Familiar WarmLine por tres años y estoy aquí para usted, si usted necesita información sobre servicios, grupos de apoyo...o si usted solamente necesita platicar (y si usted conoce a alguien que habla español solamente, Yo también hablo español!!) Usted puede contactarme en la oficina de WarmLine en Sacramento o por correo electrónico en laura@warmlinefrc.org

- A prize from the treasure chest at the MIND Institute at every visit,
- A summary of all of the study findings,
- Reimbursement for travel to the MIND Institute plus \$50 compensation upon completion of the study.

For more information, call Karen Tang at 916-703-0206 or kartang@ucdavis.edu

*"No (person) can possibly know what life means, what the world means, what anything means, until he or she has a child...And then the whole universe changes and nothing will ever again seem exactly as it seemed before."
Lafcadio Hearn
Chicken Soup for the Parent's Soul*

Moving on to Preschool...

Transition to Preschool



If your child is approaching three years old he or she will soon be leaving the early intervention program and transitioning to a preschool program. Transition is a time that can be very exciting - knowing that your child is growing and changing and that you have helped him or her get off to a good start by participating in an Early Start program. It can also be stressful for you and your family as you leave the familiar service providers who may have become a part of your family by coming into your home, sometimes since your child's birth.

Knowing Can Ease Uncertainty...

Whether you are transitioning to a community preschool, a special education preschool class, a Head Start program or another program, it will help to relieve your stress if you understand how the process works and the differences between infant and preschool programs.

Transition is a Step-By-Step Process...

When your child is 30 months of age your service coordinator will notify you and your school district that transition planning is beginning. By 33 months of age you, your service coordinator and someone from the school district will hold an IFSP meeting to plan the transition. This is your opportunity to share information about your child and to share your concerns about his or her current and future needs. You should also think about short range and long range goals for your child.

As a Parent, Your Input is Very Important...

When thinking about your goals for your child, make a list of your child's interests and strengths. Write your own "parent assessment" (WarmLine can help with this.) This information will help the school staff know more about your child and can help to make the preschool experience more enjoyable and successful for everyone!

There is a Timeline...

By the age of 36 months the law requires that an IEP (Individual Education Plan) meeting be held to determine if your child qualifies for special education services and if so, develop long range (1 year) and short range (3-6 months) objectives in the areas where your child has identified needs.

Unlike infant programs that are based on developmental and therapeutic goals and are delivered in the home, preschool programs are based on an educational model and take place out of the home. Children

generally go to a class room and instruction is primarily in groups. As your child grows older, more emphasis will be placed on helping your child to be more independent in the least restrictive school setting. There will be less emphasis on individual, intensive therapy and skill development than in the infant program. Designated Instructional Services (DIS) or Related Services may also be provided to your child. Related Services are determined by the IEP team and may include deaf and hard of hearing services, speech/language therapy, counseling services, transportation, vision and orientation/mobility services, occupational/physical therapy services and extended school year (summer school). They may be provided in addition to a preschool program. You may, however choose to have your child participate only in DIS programs.

There Are Choices...Look at Your Options...

There are several options for preschool programs. They include parent participation preschool classes, Head Start, school district state funded preschool programs, private preschool, combination programs and special education preschools. Some of these programs have income requirements and, in the case of private preschools your child may have to be transported to a public school site in order to receive special education services. You should discuss what services your child needs and what options are available with your service coordinator and/or the school district representative and you should be able to visit any placement program(s) recommended before you agree that your child can attend.

Finally, remember that no IEP goals are "written in stone". Keep in mind that many toddlers need time to get used to the drastic change to their routine that is caused by going to preschool and allow your child time to feel comfortable in his or her placement. If, however, after a few weeks you think that your child's program(s) and/or services need to be revised, you may call an IEP meeting and discuss any changes that are needed with the team.

The WarmLine provides a booklet in both English and Spanish entitled "Turning Three Years Old" which is full of helpful suggestions to help you plan your child's successful transition into preschool. We also offer trainings on the process and, as always, we are available to talk with you by phone and answer questions you have about the new and exciting journey that you and your child are about to take.

Transition is a time that can be very exciting...





Support Groups

Most groups do not have residence requirements. Groups are listed by county for your convenience.



Alpine

(Family) Alpine Kids: Fun, recreational. Call Edie @ 530-694-2934.

(Women) Alpine Public Health Dept. Maternal Child Health Prog.: Outreach & education for women of child-bearing age. Call 530-964-2146 or 800-292-2156.

El Dorado

(ADD/ADHD) C.H.A.D.D. Call Michelle @ 530-672-2024
(Postpartum Depression) For mothers suffering from postpartum depression. WEE C.A.R.E., Placerville. Call 530-626-5164

(Adoption) Lilliput Children's Svcs. Mts. monthly in Placerville. Call Karen at 530-295-2383

(Autism) SPACES for All. 2nd Sat., 3:00-5:00. @ 344 Placerville Dr. Childcare available w/ reservation. Call Allison-530-647-0926 or peek-a-boobaby@myway.com

(Special Education) Parents/guardians of students w/ special needs. 1st Thurs. @ 6:30. email: ourorhskids@yahoo.com .

(Special Education) Community Advisory Committee: Monthly during school year at El Dorado Co. Office of Ed., 6767 Grn. Vly Rd., Placerville. Call 530-622-7130 ext. 236.

(Special Needs) El Dorado Cares: Families w/ children w/ special needs in El Dorado Co.. Call Lisa @ 916-801-4184

(Special Needs) Fathers w/ children w/ special ed./504 services. 3rd Thurs. in Placerville @ 6:30. 530-621-3096

(Special Needs) LEAD: For students with ADHD, learning disabilities & other special needs. 1st Thurs. @ 6:30. email: ourorhskids@yahoo.com

(Special Needs) Learning Disabilities/ADHD: Assists in learning about & understanding those w/ special needs. email: ourorhskids@yahoo.com

Nevada

(Autism): Monthly. Call Laurie @ 530-613-6556

(Autism) & Asperger's Syndrome: Monthly. Call Laurie @ 530-265-4154 or Amy @ 530-470-0980.

(Children's) Collaborative of Tahoe-Truckee: 1st Thurs. of mo. @ 9:30 am. Call 530-587-8322.

(Down Syndrome): 1st Mon. of mo., 3-5 pm @ 10875 Sunrise Hts, Grass Vly. Call Wendy @ 530-272-1009.

(Heart) Children's Heart Fund Family Network: Families of children with heart defects. Call Karen @ 530-273-7084 or Jana @ 916-390-3730

(Special Needs) : Families of children w/ special needs. @ Sierra Nevada Children's Ctr. Call Laurie @ 530-613-6556.

(Special Needs) FREED: Resources for people w/ disabilities. Call 530-272-1732.

Placer

(Aperger's Syndrome): Mts. 2nd Tues. of mo. Contact Karen Clay at claynco@inreach.com

(Autism) Families affected by autism. Monthly. Placer WarmLine @ 916-782-7147

(Autism) Spectrum Kids: Families of children K-8 in Roseville City Sch. Dist. 2nd Thurs., 6:30-8:30. Call 784-3859.

(Autism & Learning Disabilities) Meets 2nd Wed. of month in Auburn from 6:30-8:30. Call Karen at 530-887-8592 or Karen@auburnasdd.org

(Bipolar/Mood Disorder): Parents of children w/ bipolar/mood disorder. Call Tricia @ 916-774-9414.

(Christian): Call Laurie @ 916-788-1463

(Deaf / Hearing Loss): Placer WarmLine @ 916-782-7147

(Down Syndrome): Call Kathy @ 530-885-0429.

(Down Syndrome): Meets monthly. Call Nancy at 916-955-9813 or disneybabe@sbcglobal.net

(Grandparents): Grand-Kin Connection 1st & 3rd Thurs. of mo., 6:30-8:30 pm. Call Susan @ 916-797-1127.

(Multiples) Gold Country Mothers of Multiples. Call Sue at 916-315-0297

(Special Education) Eureka Union School Dist. Special Ed. Parent Advisory Committee. Mts. quarterly. Call 916-797-0568 for details.

(Special Needs) Placer Floor Time Group. 3rd Thurs. of mo., 7-9 pm. Call Richanne @ 530-823-2312.

(Special Needs) Special Kids/Special Families. Families of children w/ special needs. 530-320-9592 or monkey-mama@foothill.net.

(Special Needs): Placer WarmLine 916-782-7147

(Special Needs): SEAMS. Families of children w/ special needs. In Lincoln, meets 2nd Fri of mo. @ 7:00. Call

Marcie at 916-645-9835 or www.myseams.org

(Special Needs) (Men) Trailblazers Fathers' Forum: Last Tues. of mo., 7-9 pm @ Round Table Pizza, 8755 Sierra College Blvd, Granite Bay 916-782-7147/916-922-9276.

(Special Needs) (Women) Mom's Night Out: Meets 1st Thurs. of mo. Call 916-782-7147

Sacramento

(ADD/ADHD) C.H.A.D.D.: 1st Tues. of mo., 7-9 pm. Call 916-552-1557. (www.chaddnorcal.org).

(Adoption/Special Needs) S.P.A.A.R.K. Meets monthly. 916-941-8180 or pears4@pacbell.net

(Asthma) A.I.M.: Learn about asthma & how to control it. Monthly from 5:30-8:00. 916-733-1782 or

callasc@sutterhealth.org

(Asperger's Syndrome) 2nd Tues. of mo. 7-9 pm. Call Lynne @ 916-682-1740 or email LWeissmann@aol.com

(Autism) FEAT Family Empowerment Forum

(Elk Grove): Mts. 3rd Sun. of mo. call Connie @ 916-683-5652.

(Autism) FEAT (Families for Early Autism Treatment): 3rd Wed., 7 pm. Call Karlin @ 916-744-1040, Mabel @ 916-726-8883 or Kathleen @ 916-979-9700.

(www.feat.org).

(Burn) Recovery 3rd Wed. of mo. Call 916-453-2098.

(Cystic Fibrosis) quarterly at UCD Medical Ctr. 916-734-3189.

(Deaf / Hearing Loss) Placer WarmLine @ 916-782-7147

(Deaf-Blind) COPE D-B Anyone close to people w/ both vision & hearing impairments. 800-822-7884 .

(Deaf-Blind) Parent contact: Sandra Suito at 916-423-2256 or sandrasuito@comcast.net

(Diabetes) PACED (Parents & Children Experiencing Diabetes): 3rd Thurs. of mo., 6:30-8 pm. 916-733-8478

(Down Syndrome) Down Syndrome Information Alliance. 3rd Tues. of mo. 916-658-1686 or email dscoalition@yahoo.com.

(Epilepsy) Epilepsy Foundation of No. Ca. 3rd Tues. of mo., 7-9 pm. Call Stacey @ 916-595-9867

(Feeding) Feeding Issues Support Grp: 4th Thurs. of mo. 6:30-8:00 @ WarmLine. Call Debbie at 916-441-7031

(Fragile X) No. Ca. Fragile X Assn: Monthly meetings alternate between Sacramento and the Bay area. 800-994-FRAX.

(Grandparents) Grandparents raising grandchildren. Every Wed., 12:00-1:30. Lunch and childcare provided. Call Pearl @ 916-392-6466

(Grandparents) Grandparents raising grandchildren. 1st Monday of mo., 9:00-12:00 pm. Call Alma @ 916-263-0540

(Grief) Sharing Parents: For those whose babies have died from conception through early infancy. 424-5150

(Head Trauma) Information, education & support to families whose members have any type of brain injury. 916-485-6711.

(Heart) Children's Heart Fund Family Network: Families of children with heart defects. Every other month. Call Jana @ 916-390-3730

(Learning Disabilities) Assn: Information & support groups. 800-203-7542.

(Klinefelter Syndrome) 916-773-2999

(Learning Disabilities) Families of those with non-verbal learning disabilities. Call Sandy @ 916-492-7240.

(Mental Health) Nat'l Alliance for the Mentally Ill (NAMI): Families experiencing mental illness. 916-874-9416.

(Mental Health)—Families/ Children involved with the Sac. Co. Mental Health System. Call 875-4182

(NICU) Special Care Parents (SCP): Families w/ infants who have been admitted to an intensive care nursery (NICU). 916-658-8588.

(NICU) Families w/ infants in UCD's NICU. Every Mon. @ 4:00 pm. Call Roberta or Jeanette @ 734-2660

(Prader-Willi) Call Molly @ 916-682-6119.

(Pregnancy) Pre-Natal Decision: Parents facing difficult decisions. Call Annette @ 916-991-7760.

(Scoliosis) Foundation: 2nd Sat. of mo., 1-3 pm @ Sutter Cancer Ctr, 2800 L St., Rm #1. 916-684-6382.

(Sensory Integration) Grp for children 5 & under. Tuesdays 9-11 am. Call Kara at 916-332-6401

(Spanish) Apoyo de Padres Para Padres del Area del Norte: All Spanish speaking grp. Call Soraya @ 916-332-4718

(Spanish) Apoyo de Padres Para Padres: All Spanish speaking grp. - last Wed. of mo., 7 pm. Call Ivonne @ 916-685-1649.

(Spanish) Padres Apoyando Padres: All Spanish speaking grp. In Galt, 3rd Wed. of mo. 7-9 pm. Call Cande @ 209-745-2743

(Special Education) Elk Grove Sch. Dist. Community Advisory Committee (CAC): Committee of parents and educators. 2nd Tues. of mo., 7 pm. 916-686-7780.

(Special Education) Sac. City Unified Sch. Dist. Community Advisory Council (CAC): Committee of parents and educators. Meets monthly. 916-643-2111.

(Special Education) Sac. Co. Selpa Community Advisory Council (CAC): A committee of parents and educators. 916-228-2446.

(Special Needs) (Faith Based). Meets 3rd Tues. of mo. Call Stephanie at 916-771-5517 or Sactyler@yahoo.com

(Special Needs) (Men) Trailblazers Fathers' Forum: Last Tues. of mo., 7-9 pm @ Round Table Pizza, 8755 Sierra College Blvd, Granite Bay. 916-922-9276 / 800-660-7995.

(Special Needs) (Women) D'Vine Connection—Ladies' Night Out: (Faith based) Women affected by disabilities. 2nd Mon., 7-9 pm. 916-482-4574.

(Special Needs) (Women) Our Time Out: Women w/ children w/ special needs. Sac. grp. 3rd Thurs. of mo., Folsom grp. 2nd Wed. of mo. 916-989-9710.

(Special Needs) (Women) Time 4 Me!: Fun evenings for women w/children w/ special needs. Meets monthly. Call Tracey at 995-6812 or traceyb_averyh@yahoo.com

(Spina Bifida) Assn. of Sac. Vly: Call 916-492-7914.

(Trisomy) S.O.F.T. (Support Org. for Trisomy 13, 18 & Related Disorders): 800-716-7638.

(Velo-Cardio-Facial Syndrome) 916-624-1711 or vcfsparent@aol.com

Yolo

(ADD/ADHD) C.H.A.D.D. Parents of children w/ ADD/ADHD. Meets in Sacramento. 916-552-1557

(Asperger's Syndrome) 4th Wed. of mo. @ 7 pm. Contact DeDe at 530-759-8817 or dededouglass@yahoo.com

(Grandparents) Grandparents Raising Grandchildren. Thurs. 9-10:30 am @ Yolo Family Svc. Agency, Woodland. Call Edie @ 530-662-2211 ext. 33

(Heart) Children's Heart Fund Family Network: Families of children with heart defects. Every other month. Call Jana @ 916-390-3730.

(Hydrocephalous) Support is available by phone from a parent who is bilingual English/Spanish. Call Karen at 530-753-6245

(Mental Illness) Parents & caregivers of 16-25 yr olds with psychiatric disabilities. 4th Tues. of mo., 6:30-8:00pm. Call Joan @ 530-666-8632 ext. 9183.

(Mental Illness) Parents & caregivers of emotionally disturbed children. Call Joan @ 530-666-8632 ext. 9183.

(Spanish) "Latin Fathers' Support Grp". Tues., 6-8 pm at Yolo FRC. 530-406-7221

(Special Education) Special Ed. Advisory Committee meets the 1st Mon. of mo. at 7:30. Call 530-668-3786

(Special Needs) SKIES Parent's of children w/ special needs group. Meets monthly in Davis. Call Diane @ 530-758-8978 or Joan @ 530-758-8587

(Special Needs) Families of children w/ special needs. Every Mon. 6-7 pm at Yolo FRC. Call 530-406-7221. Childcare provided

(Twins) Twins Club. Call Valerie Fisher @ 530-297-6400

"Loving a child is a circular business. The more you give, the more you get, the more you want to give."

Penelope Leach

Chicken Soup for the Parent's Soul

Recreational Opportunities in Placer County

The City of Roseville Parks and Recreation Dept. has an adaptive recreation program for children and adolescents with special needs. The program is designed for children ages 5-18 and provides a variety of activities, including arts and crafts, cooperative games, sports, music and drama! The program includes your child in all of the fun by:

- *Looking at needs, interest, and abilities instead of focusing on disabilities.
- *Preparing learning, experiences, and growing with child and his or her family, and
- *Providing recreational choices.

Some of the programs offered are:

"Fun Connections" Ages 6 - 11. Arts, crafts, sports, games and more! One Saturday/month 10:00-11:30 am

"Teen Social Club" Ages 12 - 18. Socialization is the main focus. Fridays 6:30-8:30 pm

"Quarterly Family Fun Events" Call for more information.

"Adaptive Gymnastics" Ages 4 - 12 , Fridays 6:00-6:45 pm at Flip 2 It Sports.

For more information, please call the Adaptive Recreation Hotline (916) 774-5975 or visit www.rosevilleparks.com

Free Dental Care

The Western Career College in Sacramento is offering free dental exams that may include:

- Dental Cleanings
- Dental X-rays
- Dental Sealants
- Fluoride Applications
- Home care instructions.

The work is performed by dental hygiene students and is supervised by licensed dentists and dental hygienists. *Patients must be at least 3 years old.*

Appointments are required. Please call 916-361-5168 for more information or an appointment.

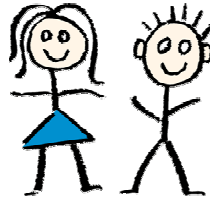
Email Updates

Because of publishing deadlines, sometimes events come and go that cannot be included in our newsletter. However, we have an "email mailing list" that receives information about upcoming events that may not make it into the newsletter, as well as information that may be of interest to our families. If you would like to be included on the "email mailing list", please call the WarmLine or email cid@warmlinefrc.org

Choosing Quality Child Care-WarmLine Can Help!

Have you thought about using child care for your child with special needs? How you would find a provider who would understand the unique needs of your child? Would you have to pay more for child care for a child with special needs than for child care for a typically developing child?

If these are some of your concerns for not seeking child care for your child with special needs, the WarmLine has a parent training class for you! Learn about how to access child care from a parent of a child with special needs who has used child care regularly.



We will talk about the issues that are important to parents of children with special needs when looking for child care, such as strategies for communicating effectively with child care providers, what to look for when choosing a provider and how to use referral agencies such as Child Action Inc for helping find a child care provider who will work with the parents of a child with special needs. We will also let parents know about resources in the community such as Early Head Start and Head Start, which are required to have 10% of their enrollment be children with special needs. (For phone numbers for your local Early Head Start or Head Start, please call the WarmLine.)

If you would like help exploring the child care options that are available, or if you are actively looking for a child care provider, we'd like you to join us. We will meet on the 2nd and 4th Tuesday of the month from 10:30am to Noon at the WarmLine Sacramento. Please call Raymond at 916-922-9276 or 800-660-7995 for more information. Reservations are required for these training classes.

Websites to Watch

The new 2006 Toys "R" Us "Toy Guide for Differently Abled Kids" is designed to help you choose just the right toy for your child with special needs. The booklet is available on the Toys "R" Us website at www.toysrus.com/differentlyabled. You can also obtain a catalog from your local Toys "R" Us store or call the United Parents Syndicate at 770-577-7771. (The WarmLine has ordered some and we hope to receive them by early November. We will also have them available at the Toy Extravaganza.)

The Sibling Support Project has a new and improved website: www.siblingsupport.org. If your child with special needs has siblings, you will appreciate the

Placer WarmLine Activities

420 Folsom Rd., Suite D, Roseville, CA., 95678 / 916-782-7147 / placerwl@warmlinefrc.org

All events are held at the WarmLine Placer office unless otherwise noted

Day/Date	Time	Event
2nd Mon. of Month	7:00- 8:30pm	WarmLine Launches a NEW Support Group! The new support group is for all families with children with special needs, regardless of diagnosis. The group will meet to share resources, address concerns and offer support to one another. We will also offer specific topics for discussion such as: nutrition, working with professionals, Early Intervention, and much more.
1st Thurs. of Month	6:30-9:00 pm	NEW Location for Mom's Night Out . Mom's Night Out group will begin rotating meeting locations quarterly. This quarter we will be at Mimi's Café, 1104 Galleria Boulevard, Roseville (across from the mall). Please join other mothers as we delight in this once a month time of laughter and support.
1st & 3rd Wed. of Month and ***** Every Tues.	7:00-8:30 pm ***** 9:00- 10:30 am	"IFSP, Transition, IEP Trainings" . Learn about California's Early Start Program for children birth to 3 years old & transition to special education services at age 3. Also, "IEP Training" can be helpful if your child is over three & being evaluated for special education ,or if you think your child might qualify for special education. We'd also be happy to help if you have an upcoming IEP & are not sure what to expect. We can also schedule individual trainings at times convenient to parents. Reservations are required, please.
Last Tues. of Month	7:00 – 9:00 pm	Trailblazers Group New Meeting Location! Fathers meet monthly to share information and experiences, support and encourage one another . The new meeting location is Round Table Pizza at 8755 Sierra College Blvd, Granite Bay Call Al or Raymond at (916) 922-9276.
3rd Tues. of month	7:00-8:30 pm	Autism Parent Support Group: Information & resource meetings provide the opportunity to share valuable information and to support each other in our day-to-day lives. Newcomers are always welcome.
Wed., Nov. 8	6:30 pm	Making Good Nutrition Fun for You & Your Children! Dr. Amber Vodden will offer families an evening of information on Nutrition Response Testing to assess the body for nutritional deficiencies and gentle chiropractic for natural and safe health care.
Thurs., Nov. 9	6:30- 10:30 pm	Scrapbooking Fun: This monthly time for parents to get together for scrapbooking, snacks and support. This group welcomes crafts of any type and any ability!
Wed., Nov. 15	6:30– 8:30 pm	Michael Rosenberg Comes to Placer County... Michael Rosenberg, Executive Director of Area Board III will be conducting IEP Trainings in Roseville . <i>Space is limited, so an RSVP is requested.</i>
Thurs., Nov. 16	7:30-9:00 pm	"Sibling Support" For siblings age 14 –22 of children with special needs. Join other siblings for free pizza at Round Table at 8755 Sierra College Blvd, Granite Bay for talk, mutual support...and fun! Call 922-9276 to RSVP
Saturday Dec. 2	10:00-2:00 pm	Toy Extravaganza. Celebrate the holidays at the United Cerebral Palsy Toy Lending Library at 191 Lathrop Wy, Suite N, Sac.. Join Santa, the WarmLine staff, our families and other families of children with special health care and developmental needs for the fun. There will be refreshments, gifts and the opportunity to play with and check out toys from the library. Watch the WarmLine website for more information.
Thurs., Jan. 18, 2007	7:30-9:00 pm	"Sibling Support" For siblings age 14 –22 of children with special needs. Join other siblings for free pizza at Round Table at 8755 Sierra College Blvd, Granite Bay for talk, mutual support...and fun! Call 922-9276 to RSVP
Wed., Feb. 21, 2007	6:30– 8:30 pm	Michael Rosenberg Comes to Placer County... Michael Rosenberg, Executive Director of Area Board III will be conducting IEP Trainings in Roseville . <i>Space is limited, so an RSVP is requested.</i>
Wed., Apr. 18, 2027	6:30– 8:30 pm	Michael Rosenberg Comes to Placer County... Michael Rosenberg, Executive Director of Area Board III will be conducting IEP Trainings in Roseville . <i>Space is limited, so an RSVP is requested.</i>
Fri., Apr. 27, 2007	7:00 am– 1:00 pm	4th Annual WarmLine Golf Tournament at Whitney Oaks Golf Club in Rocklin to raise funds to support WarmLine programs for families of children over 3 years old. Please see page 11 for registration form or call the WarmLine Sacramento Office at 916-922-9276/800-660-7995.

Sacramento WarmLine Activities

Call 916-922-9276 / 800-660-7995 for more information

All trainings will be held at the WarmLine Sacramento unless otherwise noted
Childcare provided at some of the trainings, but you must pre-register

Date	Time	Event
Thurs., Nov. 16	7:30-9:00 pm	“Sibling Support” For siblings age 14 –22 of children with special needs. Join other siblings for free pizza at Round Table at 8755 Sierra College Blvd, Granite Bay for talk, mutual support...and fun! Call 922-9276 to RSVP
1st & 3rd Tues. of month	10:00-12:00 pm	“Special Education (IEP)” Whether your child is turning 3 and getting ready for preschool and “special ed.”, you have an older child who is receiving special education services, or you think your child might need to be assessed, we can help answer your questions about the process. These trainings are one-to-one or small groups and you are encouraged to bring your child’s current IEP with you. Reservations are required.
2nd & 4th Tuesday of Month	10:30-12:00 pm	“Choosing Quality Child Care For Your Child with Special Needs”. We will discuss the unique issues that parents face when choosing child care for children with special needs, such as what “quality child care” looks like, inclusion, how to effectively communicate and build strong relationships with child care providers. Reservations required. Call Raymond at 916-922-9276/800-660-7995 or email Raymond@warmlinefrc.org
Monthly	Evening	“Time 4 Me!”: A support group for mothers of children with special needs dedicated to having fun! Call Tracey at 916-995-6812 or email traceyb_averyh@yahoo.com (subject: Time 4 Me”) for times and meeting locations.
4th Thurs. of month	6:30-8:00 pm	Feeding Issues Support Group: For parents or caregivers of children with feeding issues. Call Debbie at 916-441-7031 for more information.
Saturday Dec. 2	10:00-2:00 pm	Toy Extravaganza. Celebrate the holidays at the United Cerebral Palsy Toy Lending Library at 191 Lathrop Wy, Suite N, Sac.. Join Santa, the WarmLine staff, our families and other families of children with special health care and developmental needs for the fun. There will be refreshments, gifts and the opportunity to play with and check out toys from the library. Watch the WarmLine website for more information.
Fri., Apr. 27, 2007	7:00 am– 1:00 pm	4th Annual WarmLine Golf Tournament at Whitney Oaks Golf Club in Rocklin to raise funds to support WarmLine programs for families of children over 3 years old. Please see page 11 for registration form or call the WarmLine Sacramento Office at 916-922-9276/800-660-7995.

Active 20-30 club of Sacramento #1 is #1 with our Families!



Many thanks to the Active 20-30 Club of Sacramento #1, which sponsors the Special Kids Family picnic every year at Fairytale Town. This year they played host to over 300 families with children with special needs of all ages. The weather was perfect, the food was abundant and great, the tee shirts were hugely popular and, as usual, absolutely adorable on the toddlers!

Also, congratulations to the 20-30 Club #1 for being honored at this year’s Supported Life Inclusion Celebration for making a difference in the lives individuals striving to belong to inclusive communities by sponsoring events such as the Special Kids Picnic and helping to build the Southside Park Accessible Playground for children of all abilities.

Old Website Update...New WarmLine Website Coming

Our website has recently been updated, including lots of new links to other websites. Please check it out. Also, thanks to Paul Bingaman at Natoma Systems, we will have a new website up and running later this fall. The new website gives us improved ability to provide information to the families and professionals we serve—and it looks great! Please watch for it at www.warmlinefrc.org





Calling All Golfers!

The 4th Annual WarmLine Golf Tournament will be held on Friday, April 27, 2007 at the beautiful Whitney Oaks Golf Club in Rocklin. The past three Golf Tournaments have provided funds that the WarmLine uses to support programs for families of children over three years old, such as IEP training, transition to high school issues, finding child care for children with special needs, and sibling support projects.

The cost of registration is *still* only \$175 per player (\$80 of which is tax deductible). You can also support the Tournament by sponsoring a player individually or as a group, or sponsoring a hole for only \$250.

Won't you join us?

Player Name: _____ Phone: _____
 Address: _____ City/Zip: _____
 Email Address: _____ Type of Golf: Fun___ Competitive___

7:00 am Registration
 8:00 am Shotgun Start
 4-Person Scramble Format
 Awards & Lunch included with Golf (Play will finish and lunch will be served at 1:00 pm)
 2 Categories of Winners—Competitive and Fun!

Amount Enclosed:
 Golfer (\$175 each)\$ _____
 Player Sponsorship:\$ _____
 Hole Sponsorship:\$ _____
 Donation Only: \$ _____

Together we are better...

Many thanks to:

- ♥ Sharon Fallis for her donation of books to our library—Sharon's vast body of knowledge and enthusiasm really helps keep those of us in the WarmLine Sacramento office going.
- ♥ Suzy Campbell, OTR for her tireless and ongoing support by providing our families with Brain Gym® information for the past 7 years! The Brain Gym® workshops have always been hugely popular. Suzy has promised us some surprises for next year's workshop!
- ♥ Ken Brown of *All Computers Up & Running* for his tireless work (and patience) keeping our computers "up & running". Ken is never too busy to come to our aid!
- ♥ The Spanish speaking staff of the Sacramento County Office of Education's Infant Development Program for all of the work they did with families at Fiesta Educativa. Their dedication is remarkable.



____ Please add my name to your mailing list (for children 5 and under).
 For families of children over 5 (or professionals who serve children over 5), our newsletter is available on line at www.warmlinefrc.org
 ____ Please note my new address ____ Please accept my donation to support WarmLine activities in all counties
 ____ Please remove my name from your mailing list ____ I would like my donation to support WarmLine activities in _____ County
 ____ I would like to be contacted by one of your staff ____ I would like to volunteer for special events or outreach activities
 ____ I would like to be trained as a Peer Parent Volunteer
 ____ I would like to volunteer for: _____

Name: _____
 Address: _____ City: _____ State/Zip: _____
 Phone: _____ Email: _____

Please Check All That Apply: Parent: ____ (Child's age ____ Child's special need: _____ (optional)
 Professional: ____

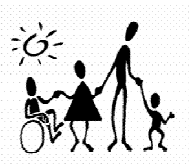
Please mail this form to:
 WarmLine Family Resource Center, 2035 Hurley Way #250, Sacramento, CA 95825
 The WarmLine is a 501 (c) (3) nonprofit organization.

WARMLINE FAMILY RESOURCE CENTER
2035 Hurley Way #250
Sacramento, Ca. 95825

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"Serving Families and Professionals Involved
with Children with Special Needs"
* 2035 Hurley Way #250
Sacramento, Ca. 95825
916-922-9276 / 800-660-7995
* 420 Folsom Rd., Ste D
Roseville, CA 95678
916-782-7147

Fall 2006



WarmLine Family Resource Center

WARMLINE MISSION STATEMENT

"Our mission is to provide support, information, and education to promote and strengthen the foundation of families and children with special needs so they can face the challenges of the present and create new dreams for the future."

Thanks to all parents and other professionals for the great information! Editors: Al Millan and Cid Callas Van Koersel. *The WarmLine Networker* is published approximately three times per year. Articles and suggestions are most welcome. (However, WLFRC reserves the right to determine final content of the publication.) Send or FAX information and articles for publication to: WLFRC, 2035 Hurley Way #250, Sacramento, Ca. 95825 Phone: 916-922-9276 Fax: 916-922-9341. Opinions expressed in this newsletter do not necessarily reflect the opinions or the endorsement of the California Department of Developmental Services (DDS), or any other state or private agency. We will not knowingly reproduce inaccurate or libelous material. We do not promote or recommend any treatment, therapy, institution or professional system, etc. Information on treatment, medications, etc. in articles is not intended to be a guide for self treatment. Follow your physician's instructions and consult your doctor on any questions you may have. This newsletter is funded through private donations and grants from the California Department of Developmental Services, Placer County First Five, Yolo & Sacramento First Five Quality Child Care Collaborative, Sacramento County CCS & friends like you.