



NETWORKER

WarmLine Family Resource Center

Serving Families and Professionals Involved with Children with Special Needs in Sacramento, Placer, Yolo, Nevada, El Dorado, and Alpine Counties Since 1993

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Español-916-922-1490

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Support Groups

For a listing of support groups in WarmLine's six county area, please go to www.warmlinefrc.org/faq.html

Prevention Program

Resource Directory

In collaboration with Alta California Regional Center, WarmLine has recently created a booklet which contains services that may be helpful for parents whose infants are in the Prevention Program.

If your child has been placed in the Prevention Program, please call WarmLine Family Resource Center and ask for a copy to be mailed to you.

Prevention Program

With changes made by the California Legislature in 2009, Alta California Regional Center (ACRC) began a new program for children birth to three years old called the Prevention Program. (ACRC is the single point of entry for both the Early Start and Prevention Programs.)

For the Prevention Program, infants and toddlers are evaluated for services in the following areas of development:

- Cognitive (thinking)
 - Physical
 - Communication
 - Social/Emotional
 - Self-Help
- If a child is found eligible for services, he or she may be provided with:
- Assessment
 - Developmental monitoring and guidance
 - Case management
 - Referral to generic agencies such as WarmLine
 - Exit planning

There are three categories of Prevention Program eligibility for babies and toddlers:



1. Infants and toddlers who are "at risk" for developmental delay or disability with two or more risk factors; or
2. Toddlers age 24 to 36 months of age at the time of initial referral who have a delay of less than 50% in one developmental area; or
3. Children with a parent who has a developmental disability.

Anyone can make a referral for assessment including parents, medical care providers, neighbors, family members, foster parents and day care providers. Parents are encouraged to first discuss their concerns about their child's development with their pediatrician before making a referral.

To make a referral to the Prevention Program, please call 916-978-6249 (916-285-4532 for Spanish speakers) and ask to speak with an Intake Coordinator. Because Alta California Regional Center is the single point of entry for both Early Start and the Prevention Program, the Intake Coordinator can work with you to ensure that you are directed to the appropriate program. For more information about Early Start, please see page 3.



Dear Parents, Grandparents,
Siblings, Teachers, Therapists,
Nurses, Physicians &
Many Valued Friends,

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 WarmLine for assistance. We offer information, referral and support. We also have resources including books, videos, workshops and opportunities for families and professionals to share and learn with each other about a wide variety of conditions, educational options and supports. WarmLine Family Resource Center is a community of families, friends and professionals working together for each other and for our children.

WarmLine Staff:

Diane (530-759-1127) & Lori in Yolo County; Candace, Courtney & Malane in Placer County; Nancy in South Lake Tahoe; Laura, Cid, Tracey, Raymond & Al in Sacramento County

WarmLine Board Members:

Joseph Androvich, Cathy Mikitka, Teresa Androvich, Michael Rosenberg, Ron Mainini, Anker Christensen, Shirley Skadan-Smith, Sue Winar

*WarmLine Family Resource Center
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."

Teichert Foundation Awards Grant

WarmLine's Davis office has been awarded a \$3,000 grant from the Teichert Foundation to support the work that the new office is doing to support families of children with special needs in Yolo County.

Fred Teichert (pictured) visited recently with Diane Casey, from the Davis office; WarmLine Director Al Millan and WarmLine's Board President Joseph Androvich to personally learn more about WarmLine's work and how the Foundation could be of assistance.



Fred Teichert (left) presents Al Millan (right) with check from Teichert Foundation.

Many thanks to Sarah Rock, who has given us her expert help writing several successful grant applications, including the Teichert grant.

You may contact Diane in the Davis office, which is located within Socially Speaking at 907 3rd Street, Davis; 530-759-1127 or at yolowl@warmlinefrc.org,

10th Annual Fiesta Educativa

Fiesta Educativa will be held this year on Saturday, October 2 from 8:15 - 3:30 p.m. at California State University, Sacramento at 6000 J Street, Sacramento.

The mission of this conference, which is entirely in Spanish, is to provide universal support towards improving the lives of people with disabilities.

The theme for this 10th Fiesta Educativa Conference is "Celebrating a Decade of Hope, Effort and Accomplishments."



Some of the conference topics include: Advocacy, Family Support, Immigration, Assistive Technology, and many others.

For more information regarding Fiesta Educativa, please call: Laura Soto 916-922-1490 (Spanish) / 916-922-9276 (English) or email Laura@warmlinefrc.org

Once you choose hope,
anything is possible.
Christopher Reeve

What is "Early Start"?

The first three years of a child's life are crucial for growth and development. Infants and toddlers who have a developmental delay or disability need special help to reach their full potential.

Early Intervention services and supports in California are provided generally at no charge under a program called Early Start. Early Intervention or Early Start services may be provided by Alta California Regional Center and may include (but not be limited to):

- Assistive technology
- Audiology services
- Family training
- Medical services for diagnostic purposes
- Nutrition counseling
- Occupational therapy
- Physical therapy
- Respite
- Service Coordination
- Speech and Language services
- Vision services
- Others as needed

If you are concerned about the development of a child age birth to three years old, contact Alta California Regional Center's Early Intervention Intake at 916-978-6249 for more information.

Supported Life Institute Conference

Supported Life Institute's 24th Annual Conference will be held October 6-8, 2010 at the DoubleTree Hotel in Sacramento.

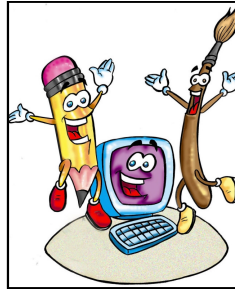
The conference will kick off with the 17th Annual Inclusion Celebration on Wednesday, October 6 from 7-9 pm. The Inclusion Celebration recognizes outstanding role models who make a difference for individuals striving to belong to inclusive communities. Please come for coffee, dessert and inspirational stories from the honorees. Tickets are only \$35 per person (children under 12 may attend for free) and proceeds will go to support Supported Life Institute.

On October 7 and 8 the conference, "The Purpose of Our Path" will begin and include topics on Early Childhood Programs, Augmentative and Alternative Communication, Special Education, Transition and much more.

For more information, please call 916-567-1974, email sli@supportedlife.org or go to www.supportedlife.org

WarmLine Publications Updated

WarmLine's publications, *The Local Directory*, *Turning Three Years Old*, *Understanding Special Education*



in both English and Spanish have all been updated.

The Local Directory is a mini-phone book of resources specifically for families of children birth to three years old in Early Start, *Turning Three Years Old*

outlines the process of transition for children turning three who are leaving Early Start. *Understanding Special Education* gives information about how the special education process works with emphasis on how to prepare effectively for an upcoming IEP.

All of WarmLine's publications are available at www.warmlinefrc.org/WarmLinePublications.html and, of course from WarmLine's offices in Sacramento, Roseville and Davis.

Save the Date!

The 31st Annual Special Kids Picnic, sponsored by the Active 20-30 Club #1 of Sacramento will be held on Saturday, October 2, 2010 (time to be announced) at Fairytale Town in Land Park.

This free event is open to children with special needs of any age and their families and includes games, entertainment and an (always fantastic) BBQ lunch cooked by 20-30 club members.

The picnic is an opportunity for families of children with special needs to meet other families or renew old friendships in a safe environment for their children—the park is surrounded by a wall which protects children who may wander.

You must pre-register for the picnic. Registration forms will be sent out via email and be available on WarmLine's website after September 1.





WarmLine's Golf Tournament a Huge Success

The 7th Annual WarmLine Family Resource Center Golf Tournament was held on May 30 at the beautiful (and challenging) Whitney Oaks Golf Club in Rocklin.

This year's tournament broke records from the previous six years with:

- *101 registered players,
- *14 holes sponsored,
- *\$3475 raised from sale of raffle tickets and contests on tournament day,
- *\$17, 189 total raised!

Our thanks go out to Brad Cady and Lindsey Hearn at Whitney Oaks. Their professionalism and support, and that of their staff have always been instrumental in making the golf tournament run smoothly and our guests feeling welcome. (They have not taken credit for the fantastic weather, but they most likely organized it, as they did the rest of the day!)

Kudos to our volunteers - Teresa Androvich, Anne Bartkiewicz, Tracey Benedict, Candace Capron, Malane Chapman, Courtney Handl, Dan Huffman, Georgia Kaiser, Cathy Mikitka, Erin Peryra, Shirley Skadan-Smith, John Skinner (Photographs), Sandra Suitor, Dorothy Trevethick and Sue Winar for their hard work both on golf day and the days leading up to it.

Special recognition goes to the members of our Golf Committee (see page 5) who gave their time and provided their imaginative ideas to keep the golf tournament fresh for those players who have returned year after year.

We are so grateful to the individuals and businesses which donated money to help underwrite the tournament and prizes for us to raffle. Every year the players look forward to "shopping" for the prizes they want to win.

Our biggest thanks go out to the 101 players; some of whom joined us for the first time, but many who were there for the seventh time. Without you, the golf tournament would literally not be possible and certainly would not be the success that it was.

Thank you all and we look forward to seeing you April 29, 2011 for our **8th Annual Golf Tournament!**

WarmLine Family Resource Center is grateful to the following players and sponsors of WarmLine's 7th Annual Golf Tournament.

Players

| | | | |
|-------------------------|--------------------|-------------------------|-------------------|
| Marc Arcuri | Anker Christensen | Mario Grandinetti | Arie Kover |
| Brian Altman | Jean Crouse | Lew Gray | Heather La Master |
| Phil Altman | Joe Cruda | Ron Grijalva | Jim Lynn |
| Ben Androvich | Patrick Diffley | Sherry Grob | Cory MacFarland |
| Bob Androvich | Larry & Jan Digmon | Raymond Hampson | Jim McCue |
| Joe Androvich | Betty Di Regolo | David Hatfield | John McCue |
| Heather Barnhart | Dennis Dulay | Mark Haynes | Dan McIntosh |
| Pat Barrett | Vince Dutcher | Mark Hockaday | Shawn McKenzie |
| Paul Bartkiewicz | Joe Esparza | Paul and Sally Hoeprich | Mike McQueen |
| Bob Bates | Bob Fleming | Mark Hollis | Robert Machado |
| Laraine & Russ Beliveau | Melinda Frost | Frank Humenik | Gary Magana |
| Jim Bellotti | Andy Fullerton | Ken Johnson | Dustin Mansell |
| Ryan Bezerra | Pat Gardner | Leslie Jones | Brett Marshall |
| Will Brandon | Simone Giachino | John Kaiser | Renee Mendoza |
| Dan Calabrese | Donnie Glover | Shawn Kile, MD | Michael Mikitka |
| | Tony Glover | Paul Kolarik | Al Millan |

Robin Miotke
Mike Monachello
Gary Newhouse, DMD
Ted Olson
Michael Paolini
Ken Peterson
Jane Plocher
Norm Prior
John Quinlan
Judy Radovich
Tom Redeagle
Jerry Reedy
Patrick Sahota
David Seminer, MD
Noel Smith
Stuart Spoto
Paul Stanier
Pat Sullivan, MD
Bill Swettenham
Ken Sylva
Greg Thomas
Mitch Vanderwall
Don Valenzuela
Greg Van Koersel
Ann Vollaro
Chris Vrame
Lizzie Walker
Mark Watson
Jordan White
Scott Wilcher
Ian Wilson
Randy Wong
Chris Wood
Joy Woo
Duncan Young

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Volunteers of Vacaville
Mary Jess Wilson, MD

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Teresa Androvich
Cindy Arstein-Kerslake
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Donn Cox
Brett Davison
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Catherine & Jerry Koewler
Katherine Lauchaire
Peter & Joette Lee
Ron Mainini
John Matthias
Al & Cheri Millan
Tammy & Mark Noel
Alan Oshima
David & Donna Patterson
Judith Radovich
Joe Scheimer
Jane & Rob Siebers
Shirley Skadan-Smith
Roger & Carole Smith
Sandra Suitor
Dane Treiber
Dorothy Trevethick
Linda Vogel
Heidi Wagner
Sue Winar
Sheila Wolfe &
Chris Drouin

Business Sponsors

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Black Hawk Golf Apparel
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Cache Creek
Casino & Resort
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Callen Pools
Capitol Athletic Club
Corner Restaurant & Bar
Creative Living Options
Crocker Art Museum
Diamond & Gold Vault
Disneyland Resort
El Macero Country Club
Fatzer Appraisal Group
Greenwood Pier Inn
Grips Fast Golf
Healthy Habits Fitness &
Yoga Studio
I Fit Golf by Golf Etc.
Kabob House
Learning Arts
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Bottlers
Sacramento River Cats
Sacramento Supercuts
San Francisco Giants
Sonoma Creek Inn
Spa LaLe

Dave Stockly
Sutter Neuroscience
Institute
Emil Tanghetti, MD
Teal Bend Golf Club
Tricks Gymnastics
UBS Financial Services
Whitney Oaks Golf Club

Golf Committee

Cathy Mikitka—Chair
Ben Androvich
Joe Androvich
Teresa Androvich
Anne Bartkiewicz
Diane Casey
Malane Chapman
Raymond Hampson
Jim McCue
Al Millan
Erin Peryra
Jane Siebers
Sue Winar
Cid Van Koersel

Tournament Staff & Volunteers

Teresa Androvich
Anne Bartkiewicz
Tracey Benedict
Candace Capron
Malane Chapman
Courtney Handl
Dan Huffman
Georgia Kaiser
Cathy Mikitka
Erin Peryra
Shirley Skadan-Smith
John Skinner
(Photographs)
Sandra Suitor
Dorothy Trevethick
Cid Van Koersel
Sue Winar



Getting Ready for Employment Begins at Birth!

(From Pacer Bulletin Board, by Karen Blaine of Washington PAVE, Dec. 1989) (excerpted)

Note from the editor: While many of the IEP recommendations listed here for the high school level and beyond are now mandated by law, it is still important that parents monitor the IEP closely to ensure that these important preparations for transition to employment and to adult services are included and followed.

Preparation for the world of work begins at birth for everyone. It is a gradual process of learning independent skills that are required in adulthood. Some individuals need more training time to master new skills or may need additional supports in order for employment to occur. It is therefore imperative that we begin early planning that will focus on gaining skills that will lead to adult independence.

Preschool Level

- Foster the expectation that the child with a disability can become productive in work environments.
- Begin introducing your child to careers. Point out workers to your child when you are in the community and talk about what they do.
- Encourage your child to practice self-help skills whenever possible—striving for greater independence with small steps.
- Involve your child in activities which foster self-respect, self-esteem and self-determination so that he/she will be able to compete in work-related settings in the future.

Elementary School Level

- Involve students in job/community tours; locate employees (with and without disabilities) as role models within the community.
- When in the community, discuss with your child what a worker is doing and encourage your child to talk about what job he or she might do.
- Ensure that the IEP contains specific career development activities...
- Give your child specific responsibilities around the house...
- Identify associated work skills that are age-appropriate for your child and ensure that the IEP

contains goals reflecting those needed skills.

- Encourage your child to dress and groom (age) appropriately.

Middle School Level

- Request formal and/or informal testing as appropriate...to assess vocational aptitudes and interests.
- Explore school programs to determine short and long term vocational and educational priorities.
- Begin process of identifying community services such as Department of Rehabilitation and other agencies that provide job training and placements.
- Visit work and independent living programs to identify future trends in your community.
- Ensure that training activities such as career exploration, job sampling, and early introduction to vocational training are included in the IEP.



High School Level to Age 22 (When Appropriate)

- Develop a long-term plan to cover educational, vocational and independent living skills that will be required before graduation.
- Be sure the ...IEP addresses employment training activities...(preferably) at actual worksites.
- Include independent transportation training as part of the IEP.
- Identify and visit adult living options in your community. Identify agencies that provide help with independent and supported living.
- Develop a transition plan at least one year prior to graduation to ensure a smooth transition from school to work.
- Encourage involvement of your son/daughter in community activities to increase his/her circle of friends and acquaintances.
- Talk ...to people about your son/daughter's abilities, rather than disabilities.
- Assist schools and agencies to find work outside the home for your son/daughter to do during the summer, weekends and after school. Document the special supports that were necessary for any employment.
- Begin financial planning for adulthood. Apply for SSI. If you think conservatorship is appropriate, consult an attorney about this and estate planning.

Parent's View

My son, who is almost 21 years old, has mild cerebral palsy and is cognitively delayed. I suspect that all parents - whether their children are typically developing or have special needs often think, "I wish I had known..." and can fill in the blanks with everything from how to teach a child to tie his shoes to how to better advocate within the system for him. Here are some of the things on my list.

I wish I had known (when my son was younger):

- The absolute value of having children included with their same age peers in school and in the community.
- How to participate more fully in the IEP process in order for him to learn social and self-help skills.
- How to teach him self-advocacy and self-determination.
- How to step back and let him be more independent.
- That having higher expectations would help him to achieve more.
- That it was reasonable for me to expect that he could live away from me with supports and that he could have a job to go to every day.
- That he could have friends and an active social life.

Yes, I *do* wish I had known all of those things earlier. The good news is that I know those things *now* and it's never too late for me to work with him to learn these things that will help him be as independent as possible. With independence comes higher self esteem and a sense of accomplishment that all of us need to be happy and be well-rounded.

What do you wish *you* had known?

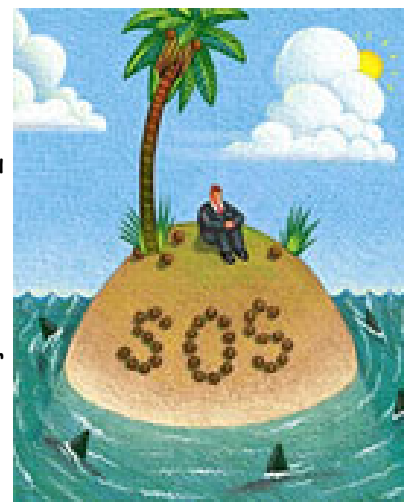
For Parents—Getting Help

(From the Spring 1993 issue of the Retinoblastoma Support News...and still relevant today!)

Friends and relatives of parents who have a child with (special needs) often don't know what to do to help. They may therefore give unwelcomed and inappropriate "assistance" or "advice". A parent

from New York, who put together the following list of specific ways people can help parents, says to "Be bold and let your relatives (and others) know that you have needs. They will appreciate knowing what to do to help." Here is her list of requests for help from friends and relatives:

1. Could someone prepare a meal for our family on the day of my child's doctor appointment?
2. If I give you a cassette recorder and a few favorite storybooks, could you make a tape to listen to in the car or the doctor's waiting room?
3. Could you babysit so we could get away from an evening?
4. Could you accompany us to the hospital to be a support?
5. Could you entertain my child(ren) while I take a long nap?
6. Could you shovel my walk or cut my grass?
7. Could you help with the housework that I just haven't been able to get to?
8. Could you come over for dinner, but bring it with you? It's great to have some company, but I can't get organized enough to prepare for guests the way I used to.
9. If you have disability horror stories, could you keep them to yourself unless I ask?
10. Could you please walk my dog or clean our fish tank?
11. If my child has to be hospitalized, could you sit with her for a little while so I can get coffee?
12. Because I'm under stress and likely to forget details, could you write me notes to help me remember?
13. Could you help me with my car (oil change, vacuuming or even just cleaning the windshield)?
14. If I tell you that I'm scared, will you just listen and not tell me what to feel?
15. Could you do special things with our other children? They're struggling too.



Placer County WarmLine Happenings

All events are free and are open to families of children with special needs age birth to 5 years who live in Placer County. Due to space limitations, RSVP (to Raymond@warmlinefrc.org or WarmLine at 916-782-7147) is required for all events.



- Playground Pals

Friday, July 30, 10 am-12 pm
Lonetree Park, 6101 West Oaks Blvd, Rocklin
Join us for a wet and wild morning of fun. Bring your bathing suits, towels and sunscreen to enjoy the fun on the water.

- Strikes Bowling

Tuesday, August 3, 10 am-12 pm
Strikes Bowling, 5681 Lonetree Blvd., Rocklin
Enjoy a morning of strikes, spares (and gutter balls!) with the kids. What a nice way to get out of the house and out of the heat and do something fun with the kids!

- Pizza With the Kids

Wednesday, August 11, 11 am—1 pm
Cool River Pizza, 6200 Stanford Ranch Road #700, Rocklin
You need to eat...the kids need to eat, so why not join WarmLine for a pizza lunch? Please be sure to RSVP at 916-782-7147.

- Individualized Education Plan (IEP) Training

4th Friday of each month, 10 am—12 pm
WarmLine, 151 N. Sunrise Ave., #1307, Roseville



Whether your child is transitioning from Early Start to preschool Special Education services, is already has an IEP or you think needs help, navigating Special Education can be a daunting process. We can help answer your questions about Special Education and help you prepare for your child's IEP meeting in a positive, proactive way in a small group settings. Reservations are required.

- Mom's Night Out

1st Thursday of each month, 6:30—9:00 pm
Round Table Pizza, 8755 Sierra College Blvd., Roseville.
Enjoy support, laughter and encouragement from moms who have "been there".

- Trailblazers Father's Forum

Last Thursday of each month, 7:00-9:00 pm
Round Table Pizza, 8755 Sierra College Blvd., Roseville.
Fathers meet to share information, experiences, support and encouragement. Call Al at 916-922-9276 or Raymond at 916-782-7147 for more information.

- Teenz Support

September 14, 7:00-8:30 pm
Round Table Pizza, 8755 Sierra College Blvd., Roseville.
High school and college age siblings of children with special needs are invited to share free pizza, support and encouragement with other siblings. RSVP at 916-782-7147.



- Spanish Support Group

4th Wednesday of each month, 10 am—12 pm
WarmLine, 151 N. Sunrise Ave., #1307, Roseville
Spanish speaking families can get together to share support and encouragement. Call Laura at 916-922-1490 for more information.

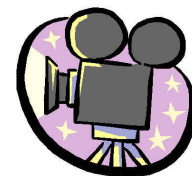
Placer County Community Groups & Events

- Story Time

Wednesdays at 11 am,
Learning Express at Westfield Galleria, Roseville
Enjoy stories, snacks, arts & crafts

- Free Movies

Tuesday, Wednesday, Thursday until August 5, 10 am
Regal Theater at Olympus Pointe 12
520 N. Sunrise Ave, Roseville.
Tickets are *free* on a first-come/first served basis. Call 916-772-1245 for movies and times.



- National Down Syndrome Coalition

www.NDSCoalition.org or Heather Haskin at 916-532-4773

Numerous upcoming activities such as camping.

- Run For Autism

September 19
5K/10K run @ Miner's Ravine to benefit UC Davis MIND Institute. 3/4 mile Kids Run at Auto mall. Free playcare for the kids while adults run.
www.minersravine.com