



NETWORKER

WarmLine Family Resource Center

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Serving Sacramento, Placer, Nevada, Yolo, El Dorado, and Alpine Counties

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Crazy Over Horses



*"I saw a child who could only crawl
mount a horse and sit up tall.
Put it through degrees of paces
and laugh at the wonder in our faces."
-John Anthony Davies*

Many of us were crazy for horses as children and adolescents, but how many of us knew that horses can be powerful tools when used with children (and adults) with special needs? Therapeutic riding is a fast growing field in which horses are used for physical therapy, emotional growth and learning. Many riders experience a connection to the horse that few sports can create. Not only does this help raise their self-esteem but it also teaches them essential skills. It improves balance, creates trust and creates a friendship between rider and horse.

Therapeutic horseback riding brings about remarkable benefits to riders by improving posture, balance, coordination, muscle tone, confidence and self-worth. Spastic muscles relax and muscles not ordinarily used are challenged. The rhythmic movements of the horse also provide over-all sensory input. For children who can't walk, see, communicate or succeed at the simplest tasks, riding a horse can allow them to experience a new sense of freedom; they are transported to where dreams come true and spirits soar.

The types of disabilities that can benefit from therapeutic riding are numerous. For example, children with cerebral palsy, head trauma, spina bifida, emotional disabilities, autism, ADD, sensory processing problems and learning disabilities all may benefit.

We are fortunate in the Sacramento area to have several therapeutic riding programs including:

- Ride to Walk: (916) 434-0693 (Lincoln)
- Project Ride (916) 685-7433 (Elk Grove)
- Ride and Shine (530) 676-1920 (Shingle Springs)
- Lakeside Therapeutic Riding Center: 916-652-2197
(Granite Bay)
- Saddle Pals (916) 726-7257 (Orangevale)
(530)273-5786 (Grass Valley)
- Horses for Healing (Auburn) 530-887-9573
- Kids & Horses (Incline Village) (775) 831-1900

Quality Child Care

The WarmLine and the Quality Child Care Collaborative would like to hear about your experiences finding child care for your child with special needs; or, if you have decided not to use a licensed child care provider, why?



We would like to know:

- ◆ Are you using licensed child care for your child with special needs or have you decided to become a stay-at-home parent because of child care issues?
- ◆ Is a family member helping you care for your child with special needs?
- ◆ What does "inclusion" in child care mean to you?
- ◆ Has it become difficult to find child care for your child with special needs? And did you have any problems when you first interviewed a child care provider?
- ◆ Did you have any problems once you found a day care provider who was willing to take your child with special needs?
- ◆ Did you find a day care provider by word of mouth or did you call a child care resource and referral agency such as Child Action and request help finding child care?

These are all very important and difficult issues that parents face when finding child care for a child with special needs and we'd like to hear how you dealt with them. Please call the WarmLine and ask for Raymond or email Raymond at raymond@warmlinefrc.org.

The WarmLine also offers a monthly workshop that focuses on helping parents find child care. We discuss how to look for inclusive child care for a child with special needs, questions to ask the provider and how to make the provider feel supported in the decision to take care of a child with special needs. We also provide information about "inclusion" in school and the community for people of all ages with special needs.

Child Care in Yolo County...

We also have a WarmLine staff person at the Davis Child Care Services. Diane Casey is available to answer your questions about locating child care for your child with special needs in Yolo County and how to work more effectively with your child care provider. In the future, Diane will also offer similar workshops to the ones available in Sacramento. Contact Diane at 530-757-5695 ext. 7358 or: dcasey@cidavis.ca.us

*In this issue... Golf Tournament News, Dad's Speak, New Support Groups,
Upcoming Events, 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 need or disability. 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 www.warmlinefrc.org or email us at warmline@warmlinefrc.org. 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 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

- Psychological services
- Respite services
- Service coordination
- Social work services
- Special instruction
- Speech/language therapy
- Transportation and related costs necessary for a child to receive services
- Vision services

Services may be provided by regional center staff or may be provided by an individual or agency that has a contract with Alta, for example, Easter Seals, Children's Therapy Center or Vista Children's Therapy.

For children less than three years old who have a solely "low incidence" disability ("Low incidence" disability includes vision, hearing and/or severe orthopedic impairment, or a combination of the three.), services may be provided by the Local Education Area (LEA) which runs the infant development programs through the county's school district.

A child may require medical services (both in-patient and out-patient) that may be covered by California Children's Services (CCS). CCS also has Medical Therapy Programs (MTP) where children can receive physical therapy, occupational therapy and management of equipment needs such as wheel chairs. CCS also pays for other equipment such as hearing aids, if they are for a medically eligible condition.

When a child turns three years old, his or her primary services are shifted away from Alta to the school district, which then provides special education services such as speech therapy and early education in the least restrictive environment. School districts may also contract with outside agencies to provide such services as speech and occupational therapy to support the child's educational program.

The regional center may continue to provide services indefinitely to children over three who have a significant disability due to one of the following conditions:

- "Mental retardation"
- Cerebral palsy
- Epilepsy
- Autism
- Disabling condition closely related to mental retardation.

CCS services may also continue after age three and until age 21 if the child has a medically eligible condition.

For more information about who is providing services to your child, or if you think your child might be eligible for increased services, contact your service coordinator or the WarmLine Family Resource Center.

Children 's Services: " Who 's Who " ?

If you are the parent of a child with a developmental delay, it can be confusing to know which agencies are involved with your child and exactly what services each provides. Here is a list of which agencies in the Sacramento area are typically involved with children with developmental delays:

For children 0-3 years, who have a developmental delay or who are *at risk* for developmental delay, services may be provided through the Alta California Regional Center.

Services may include:

- Assistive technology
- Audiology
- Family training, counseling and home visits
- Health services necessary for a child to benefit from other early intervention services
- Medical services for diagnosis and evaluation
- Nursing services
- Nutrition services
- Occupational therapy
- Physical therapy



*"There is only one criterion for inclusion.
Breathing, life itself."
Marsha Forest from *Changed by a Child**

Dear Friends of WarmLine...We Need YOU!,



The weather may be cloudy right now, but it's time again to think about playing spring golf for the WarmLine Family Resource Center. **Please join us for the third annual WarmLine Family Resource Center Golf Tournament at the beautiful Whitney Oaks Golf Club in Rocklin on Friday, April 28, 2006.**

Playing in the tournament provides the opportunity for members of the community to support WarmLine's efforts to provide support and resources for families of children with special needs. We also get to meet new friends and see "old" friends that we made in our last two tournaments. We know that we're raising friendships, as well as dollars!

When you support our Golf Tournament, you help parents of children with special needs of all ages to receive training and support and find answers about:

- ▶ Special education and the IEP process,
- ▶ Transition issues,
- ▶ Finding child care for children with special needs,
- ▶ Vacationing with children with special needs,
- ▶ Disability specific information about their children,
- ▶ Support projects for the siblings of children with special needs,
- ▶ A "listening ear" when parents just feel the need to talk,
- ▶ Whatever support the family might need on their journey through life with a child with special needs...a journey that can be as filled with doubts and fears as it is filled with joy.

You can help in any or all of the following ways:

- Enjoy a day of golf at the tournament! *Sign up as an individual player (\$175) or put together a foursome. (The registration form is available on the WarmLine website. You can also register on-line!)*
- Sponsor a player! *Call the WarmLine for information about how to sponsor a player individually or as a group.*
- Donate what you can to the event! *If you are not a golfer, but still want to show your support, the WarmLine welcomes your donations of any amount.*
- Sponsor a hole, donate a prize - or do both! *The WarmLine will acknowledge your business the day of the tournament, in an upcoming newsletter and on the website.*
- Volunteer to help with the event! *Our volunteers have had a ball the past two years!*
- Tell your friends about it! *Spread the word. You can tell others about the WarmLine and invite them to also join us at this year's event.*

In the fall of 2004, with a generous grant from Placer County First 5, we were able to open an office in Roseville that has allowed us to expand our work and serve even more families who have children with special needs from birth to five years. **But we still need your help.** Won't you please join us in April for a morning of golf?

Thank you in advance for your support. We hope to see you there!

"...we're raising friendships as well as dollars!"

Family Voices Legislative Day

The WarmLine is a member of Family Voices of California, (FVCA). Family Voices assists families who have children with special health care needs to access information and health care services. It also informs and educates families, health care providers and policy makers about issues (such as changes in MediCal) that affect children and families.

Family Voices of California's 5th annual *We Can Do It!* Health Summit will be held on Wednesday, March 15, 2006 and will be followed by the 5th annual Legislative Day on Thursday, March 16. The Health Summit will give people from around the state the opportunity to meet and discuss the current challenges and obstacles to health care that our children with special needs currently face. The following day will be spent at the Capitol, talking with lawmakers about what issues we, as parents of children with special needs feel are the most important to our families. Family Voices will provide some training and assist you in contacting your representatives in Sacramento.

Family Voices welcomes your participation in both these events! For more information, please call Al, Cid or Raymond at the WarmLine



Homeownership Might Be In Your Future!



HomeChoice® is a Fannie Mae loan product for disabled consumers (or families with a disabled family member) who have a low-moderate income. This program is offered as a one-stop center to address all home ownership issues.

Loan program features: 1st mortgage—3% interest rate at 30 year fixed, 2nd mortgage—3% of the sales price at 5% simple interest deferred for 30 years. (Rates may be subject to change.)

Call 888-346-9700 for an application and information packet about HomeChoice®

Family Advisory Committee

Sacramento County California Children's Services (CCS) is looking for parents of children who have received services through CCS to participate in a Family Centered Care Committee. The purpose of the group will be to give feedback to Sacramento County CCS administration about what parts of their CCS experience have been positive and what parts might be improved upon. If you would like to be part of this committee, or for more information, please contact Cid Van Koersel, CCS Parent Liaison, at 916-922-9276 or cid@warmlinefrc.org

Family Village (www.familyvillage.wisc.edu) is a global community that provides information, resources and communication opportunities on the internet for people with disabilities, for their families and for those who provide them with services and support.

Support the Support Group

Do you ever wonder why some support groups thrive and others fall by the wayside? The WarmLine will host a workshop on **Saturday, June 3** that will address why support groups are important, how to start one and how to keep one going. This will also offer the opportunity for the people who facilitate support groups to network and share resources.

If you would like more information or to register, please call Cid at the WarmLine.

Feeding Issues Support Group

There is a new support group in Sacramento for parents and caregivers of children who have a variety of feeding issues such as tube feeding, reflux, oral sensitivities and challenging meal times.

Debbie Minter, who is the proud mother of 4 year old preemie twin girls, one of whom has a feeding tube, decided to start the group to provide family members the opportunity to meet others whose children have challenging feeding issues in order to support each other and perhaps gain some "tips" on working with their children. There are also plans for guest speakers and a resource library with books and videos. Another goal is to form a monthly playgroup that will feature oral-motor activities and an equipment exchange for unused items, (i.e., unopened MicKey buttons, formulas, etc.).

The Feeding Issues Support Group will meet the fourth Thursday of the month from 6:30-8:00 pm at the WarmLine Family Resource Center office in Sacramento and the first meeting will be held on March 23. Call Debbie at 916-441-7031 for more information.

Moms Have Fun and Support

Mothers of children with special needs in our area have several opportunities to gather with other moms to share fun time, meal time and support time. The value of getting together with other parents who have had similar feelings and experiences is immeasurable. It eliminates the feelings that we sometimes have that we have to explain (or worse) apologize for our children. Sometimes people think that support groups are nothing more than "pity parties", but that's not the case with these women! While they feel free to share their feelings, their goals are mostly to get out of the house and have fun.

Some of the local groups for women are:

Sacramento County:

- ◆ D'vine Connection (Faith based): 916-482-4574
- ◆ Our Time Out: 916-989-9710
- ◆ Time 4 Me!: 916-995-6812 (A new group)

In Placer County:

- ◆ Mom's Night Out 916-782-7147 Placer County

DAD S*P*E*A*K by Raymond Hampson

The "Typical" Child

For us Dads who have a child with special needs and another child who is typically developing, the question is always, "how do we give both children the individual time they both need and deserve"? Not a very easy question to answer in the face of all the demands of raising a child with special needs.

I have been trying to balance this question for over 14 years and it is a lot of hard work! What constitutes "individual time" for the typical child changes through the years as your child gets older. What was once reading a bed time story becomes listening to her music while taking her to the mall. (Or, in my case, driving to UC Berkley with my 19 year old daughter to watch the Pac-10 gymnastic Championships. Road trips with your child can be a blast!)

One-on-One time is what you make it. It can be as simple as the drive to and from school/day care, the weekly Saturday lunch trip for fries and a hamburger or even watching her favorite TV program together.

It is so very important not to miss any of the major events in their lives such as birthday parties, Back to School Night and school performances. The key is to stay involved

in your typical child's life. I am a very lucky dad, my typical daughter is almost 20 years old, going to college (my Alma Mater, Sac State) and is a Liberal Studies major. I am very proud of her and we continue to enjoy spending time together...even though she's "grown-up".

The Trailblazers Fathers' Forums support group meets monthly in Roseville. Call 916-922-9276 for more information.



Autism Support Group in El Dorado County

Support for Parents of Autistic Children through Education and Sharing (SPACES) is a new support group in El Dorado County that focuses on educating parents on the unique issues facing families affected by autism while also offering the opportunity to share personal experiences.

Each month a new topic that was chosen by the members will be discussed, such as sensory issues, navigating Alta services, special education services, diets, maintaining a healthy marriage, ABA therapy, sibling issues, and much more! The group also has a lending library with books, toys, puzzles, games and equipment.

The **SPACES** meetings are the second Saturday

of each month at 3:00 pm at Pride and Joy (Family Connections) at 344 Placerville Dr. Child care is available for a \$3.00 donation per child. However, you must call to prearrange child care.

Please call Susan at 916-224-7331 (email gblbgym@sbcglobal.net) or Allison at 530-647-0926 (email peek-a-boobaby@myway.com) for more information.

Unlimited Possibilities---

The **Supported Life Institute** presents its second annual benefit concert, "Unlimited Possibilities" featuring pianist Tony DeBlois on Friday, March 10, 2006 at 7:00 pm at the Double Tree Hotel in Sacramento.



Tony graduated magna cum laude from the Berklee College of Music in Boston, plays 20 instruments and is also an accomplished singer. Tony is a person who is blind and has autism and has been profiled in the book, "Some Kind of Genius".

Tony's concert last year was very well received and this year promises to be even better! Tickets are \$40 per person, general admission, \$25 for people with disabilities and include a delicious dessert buffet. Call the Supported Life Institute at 916-567-1974 for tickets or more information.

Special Education/Transition Training—*You are Your Child's Best "Advocate"!*

Parents frequently call the WarmLine looking for an "advocate" to attend their children's IEP meetings. Special education can be a daunting process for parents whether their child is turning 3 years old and getting ready to transition from Early Start into preschool and special education, an older child who is currently receiving special education services, or if the parent thinks that the child might need to be assessed. Our goal is to make you, the parent comfortable and confident with the process so that *you* can be the advocate at the meeting. We can answer your questions about the special education process and help you prepare for your child's IEP meetings in a positive, proactive way.

These trainings will be held at the WarmLine on the 1st & 3rd Tuesday of the month from 10:00-12:00 and will be one-to-one or small groups. You are encouraged to bring your child's current IEP with you. Reservations are required. Please call Cid at the WarmLine for more information or email cid@warmlinefrc.org.

Paid Family Leave

California has a new law that benefits working parents who need to take time off to care for a child with a serious health condition. If you have a child with special needs, such as asthma, epilepsy, cerebral palsy or autism, you may be eligible for Paid Family Leave benefits.

Paid Family Leave benefits are partial wages paid by

the Employment Development Department (EDD). Employees can receive the benefits for up to six weeks each year, either intermittently or all at once.

Everyone who works and participates in the State Disability Insurance (SDI) program is eligible, whether they work full or part-time, regardless of the size of the employer, or how long they have worked there.



For more information, call the Employment Development Department at 877-BE THERE or check the website at www.edd.ca.gov

Research Project

Ara Francis, who is a PhD student at the University of California, Davis is conducting a research study on how children's social or academic challenges affect their parents and how parents manage the emotional impacts of their children's struggles.

Most studies that address children's struggles focus on the children's experiences and don't reflect how children's difficulties affect their parents. A complete understanding of children's difficulties must include an awareness of how those difficulties influence their parents.

If you are the parent of a child who has experienced significant social or academic challenges, you are invited to participate in this study. Participation includes a private, face-to-face interview. The interview will be informal and will last between one and two



hours. Neither your name, nor your child's name, will be used in the presentation of this research.

To find out more about this research, or to schedule an interview, please contact Ara Francis at aa-franci@ucdavis.edu or by telephone at (530) 758-1074.

Early Childhood Education in Oak Park!

"EC²" - the Early Childhood Education Center of Oak Park will open in September of 2006 and will serve children from age 6 weeks to 5 years with full day care and 3-5 year olds with half-day preschool.

It is common for parents of children with special needs to have difficulty finding childcare. The EC² program is designed to include all children! Also, preschool children with disabilities might not be adequately served in typical classroom environments, or they may not attend preschool at all. EC² will provide the early education opportunities that all children deserve. In addition, EC² will provide diagnostic and intervention strategies for children with developmental disabilities, especially neurodevelopmental disabilities such as autism.

For more information, please contact Erin Walker at 530-754-6664 or email ekwalker@ucdavis.edu.



SUPPORT GROUPS

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 childbearing 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 with special needs. 1st Thurs. @ 6:30. email: ourorhskids@yahoo.com .

(Special Education) Community Advisory Committee: Monthly, 4-5 pm during the school year at the El Dorado Co. Office of Ed., 6767 Grn. Vly Rd., Placerville. Call 530-622-7130 ext. 236.

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

(Special Needs) Fathers w/ children receiving special ed./504 services. 3rd Thursday 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 Center. Call Laurie @ 530-613-6556.

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

Placer

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

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

(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

(Down Syndrome): Meets 3rd Fri. of mo. 6-9 pm Call Heather at 916-532-4773 or dscoalition@yahoo.com.

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

(Men) Trailblazers Fathers' Forum: Last Tues. of mo., 7-9 pm @ Borders Books, 2030 Douglas Blvd., Roseville. 916-922-9276.

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

(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

(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) 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 Suitor at 916-423-2256 or sandrasuitor@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., 7-9 pm. 916-658-1686

(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.

(Men) Trailblazers Fathers' Forum: Last Tues. of mo., 7-9 pm @ Borders Books, 2030 Douglas Blvd., Roseville. 916-922-9276 / 800-660-7995.

(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. Tues. 9-11. 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) Communicative Handicapped: Parents/guardians of children w/ special needs in the San Juan School District. 2nd Mon, 6:30 pm Charlie @ 916-966-9075 or Sharon @ 916-989-0112.

(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

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

(Women) Our Time Out: Women involved in the lives of children w/ special needs. Sacramento grp. 3rd Thurs. of mo., Folsom grp. 2nd Wed. of mo. 916-989-9710.

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

(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

Toy Extravaganza a Hit!

Many thanks to the staff at United Cerebral Palsy (UCP) for their help making this year's Toy Extravaganza at the UCP Toy Lending Library such a success.

This year approximately 100 families joined us in celebrating the holiday season and we had the opportunity to learn about how others celebrate the winter holidays such as Hanukah and Kwanzaa. Special thanks to Mojdeh Akbari for teaching about the Muslim celebration of the Haj and Solveig Seland-Toft who shared with us the Christmas traditions in Scandinavia. As always, Santa was the star of the show and (most) of the children were happy to have their pictures taken with him.

The UCP Toy Lending Library is available for families to visit and check out toys throughout the year. Please call them at 916-567-4191 for library hours.



Together we are better... We thank the many friends who have supported the WarmLine with their contributions: The Natsuhara Family, The Valencia Family, Yolo County Office of Education, First Steps program, Area Board III, Yolo Early Start (YES) Team on behalf of Gretchin Cypin.



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
2nd Tues. of month	10:30-12:00pm & 6:30-8:30 pm	“Scrappin Corner” at the WarmLine Sacramento office. This free Scrapbooking get-together provides the opportunity to work on a current project or learn the fun of Scrapbooking. Call to reserve your spot today! 922-9276
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.
Last Mon. of month	10:00 am	“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.
Thurs., March 16	7:00-9:00 pm	“Sibling Support” For siblings age 14 –22 of children with special needs. Join other siblings for pizza at Round Table at 4060 Douglas Blvd., Roseville for talk, mutual support...and fun! Call 922-9276 to RSVP
Thurs., March 9	6:30-8:30 pm	“Transition to Preschool” Learn what to expect as your child graduates from his or her early intervention program at age 3 and starts special education services in preschool.
Thurs., April 13	6:30-8:30 pm	“How to Access Services and Build a Good Relationship with Your Services Coordinator and Other Professionals”
Wed., April 19	6:30-8:30 pm	“Special Education—IEPs” An advocate from Area Board III will discuss special education issues important to families.
Wed., April 19	Evening	“Time 4 Me!” Movie night. Call Tracey at 916-995-6812 or email traceyb_averyh@yahoo.com (subject: Time 4 Me”) for time and meeting location.
Fri., April 28	7:00 am	3rd Annual WarmLine Golf Tournament at Whitney Oaks Golf Club in Rocklin. To support programs for families of children of all ages.
Mon., May 8	Evening	“Time 4 Me!” Bingo night. Call Tracey at 916-995-6812 or email traceyb_averyh@yahoo.com (subject: Time 4 Me”) for time and meeting location.
Thurs., May 11	6:30-8:30 pm	“Family Vacationing with Your Child with Special Needs.”
Mon., June 5	Evening	“Time 4 Me” To Be Announced. Call Tracey at 916-995-6812 or email traceyb_averyh@yahoo.com (subject: Time 4 Me”) for time and meeting location.

Community Advisory Committees



Community Advisory Committees

(CACs) are a vital part of effective special education programs in California. CACs are a dynamic partnership of educators, parents and community members. Every special education local plan area (SELPA) is required to establish a CAC that assists the SELPA in many areas, including parent education and other special education related activities. Large school districts generally have their own CAC, while smaller districts are involved with the CAC through their county office of education.

Your SELPA’s CAC meetings are a great place to meet other parents of students in special education and also many of the educators at the district level who oversee the programs. The CACs also have regular parent education meetings that cover such areas as behavior training, testing accommodations and the IEP process itself.

To find your local CAC, contact your SELPA:

Sacramento County:

Elk Grove Unified, SELPA: (916) 686-7784
 Sacramento City Unified, SELPA: (916) 643-7400
 Sacramento County SELPA: (916) 228-2446
 San Juan Unified, SELPA: (916) 971-7953

Placer and Nevada Counties:

Placer/Nevada County SELPA: (530) 889-5902

Yolo County:

Yolo County, SELPA: (530) 668-3786

El Dorado County

El Dorado County, SELPA

Placerville (530) 622-7130

Tahoe Alpine (530) 541-2850

Alpine County

Tahoe Alpine, SELPA: (530) 541-2850

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	Time	Event
Wed., March 15	6:30-8:30 pm	“Special Education—IEPs” An advocate from Area Board III will discuss special education issues important to families.
Thurs., March 16	7:00-9:00 pm	“Sibling Support” For siblings age 14 –22 of children with special needs. Join other siblings for pizza at Round Table at 4060 Douglas Blvd., Roseville for talk, mutual support...and fun! Call 782-7147 to RSVP
Thurs., March 30	6:30-8:30 pm	“The Challenge of Managing Difficult Behavior in Young Children” The training focuses on understanding Applied Behavior Analysis (ABA). Call 782-7147 to register. Sorry, child care will not be available for this event.
Wed., May 17	6:30-8:30 pm	“Special Education—IEPs” An advocate from Area Board III will discuss special education issues important to families.
1st and 3rd Wed. of month	7:00-8:30 pm	“IFSP, Transition, IEP Trainings”. The WarmLine staff can give you information about the California Early Start Program for children birth to 3 years old and 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.
Every Tuesday	9:00-10:30 am	“IFSP, Transition, IEP Trainings”. The WarmLine staff can give you information about the California Early Start Program for children birth to 3 years old and 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.
2nd Mon. of month	7:00-8:30 pm	Deaf and Hard of Hearing Support Group— New group for families of children of any age who have been diagnosed as being deaf of hard of hearing.
Call for schedule	Call for schedule	“Scrapbooking for Parents of Children with Special Needs”: We celebrate our children's lives through our precious photos, make friends and share information about services for our children.
1st Thurs. of month	6:30-9:00 pm	“Mom’s Night Out” : A group of women who get together to share resources, triumphs & information about raising children with special needs. We meet at the Pyramid Grill at Whitney Oaks Golf Club. Call 916-782-7147 for more information.
4th Wed. of month	7:00-8:30 pm	“Parents’ Gathering Hour”: Parents of children with special needs sharing information & support.
3rd Tues. of month	7:00-8:30 pm	“Autism Parent Support Group, Information & Resource Meeting” meets to share valuable information and to support each other in our day to day lives. Newcomers are always welcome.
Last Tues. of month	7:00-9:00 pm	“Trailblazers Fathers Forum” is a group of fathers who meet monthly to support and encourage each other in the café at Borders Books on Douglas Blvd. in Roseville.
Last Sat. of month	10:00-11:30 pm	“Little Ones” Playgroup: WarmLine hosts a playgroup for children under three at the Placer Infant Program at 5795 Saunders Ave. in Loomis.
3rd Sat. of month	Call for times	“Saturday Play Days” ...Get together with other families at local parks. Siblings are welcome! Weather permitting. Call 916-782-7147 for information.

“Thank You” First Five Placer County

WarmLine acknowledges First Five of Placer County for their funding and support. Because of First Five, WarmLine has been able to dramatically increase its service throughout Placer County. Our office in Roseville is a direct result of First Five Placer County Funding. To learn more about First Five and all the programs they fund to support children and families, please see their website at www.placer.networkofcare.org.

Join the Human Race

The Human Race is a Fun Run, Walk, & Roll that will be held Saturday, May 6th at Maidu Park in Roseville. Our WarmLine Roseville staff will be gathering teams to join in the fun and raise money to support activities at the Roseville office & throughout Placer County. Call 782-7147 for details. Please join the Human Race in support of WarmLine in Placer County.

SAVE THE DATE!

The 3rd Annual WarmLine

FAMILY RESOURCE CENTER

GOLF
TOURNAMENT



Please save the date for the **3rd Annual**
WarmLine Family Resource Center

Golf Tournament on

Friday, April 28, 2006

at the Whitney Oaks Golf Club in Rocklin

Check out our website:

www.warmlinefrc.org or

email warmline@warmlinefrc

for a registration form or more details.

We look forward to seeing you in April!

*The WarmLine Serves Families and Professionals Involved with
Children with Special Needs*

Sibling Support

Siblings age 14-22 years of children with special needs from all counties are invited to join other siblings for free pizza on Thursday, March 16 from 7-9 pm at Round Table Pizza at 4060 Douglas Blvd. in Roseville.

Most brothers and sisters harbor a wide range of feelings toward their siblings. It is not unusual for siblings of people with special needs to also have mixed feelings about their brothers and sisters. After all, a relationship in which a sibling has a disability or illness is still a sibling relationship! However, siblings of children with special needs have issues that are not evident with typically developing children. "Special" siblings may over-identify with their brother or sister, feel embarrassment, guilt, isolation, loneliness and loss, just to name a few emotions that are common. Sibling support events provide the opportunity for siblings of children with special needs to know that they are not alone and that their feelings are normal and shared with others.

Join Alisha Hampson, who has a 16 year old brother with special needs, for an evening of pizza, talk, mutual support...and fun! Call 916- 782-7147 or 916-922-9276 to RSVP.

For more information about sibling issues, contact: Sibling Support Project of the Arc of the United States, Don Meyer, Director (206) 297-6368 or email: donmeyer@siblingsupport.org web: <http://www.thearc.org/siblingsupport/>

Behavior Management Training

Applied Behavior Consultants (ABC) will provide a training for parents on "The Challenge of Managing Difficult Behavior in Young Children" on Thursday, March 30, from 6:30-8:30 pm at the WarmLine Roseville library, 420 Folsom Rd., Ste D. The training focuses on understanding Applied Behavior Analysis (ABA). The training was presented recently at WarmLine's Sacramento office and was very well received. This training is always very popular and space is limited, so please call 782-7147 early to register. Sorry, child care will not be available for this event.



SKIES Parent Group in Yolo County

The SKIES (Special Kids In Education Settings) parent group in Davis provides parents of children with special needs in Yolo County with an opportunity to meet regularly and learn about issues that affect their children. The meetings also give parents the chance to meet each other for mutual support and information exchange.



The SKIES group presents speakers who are involved with children with special needs on a variety of levels. This spring, the group is proud to host Michael Rosenberg, the Executive Director of Area Board 3, who will discuss the IEP process at their meeting on Monday, March 20, from 7:00-8:30 pm. Michael's knowledge about special education services comes from many years of working as an advocate for people of all ages with developmental disabilities and he brings that depth of knowledge and a great sense of humor to all of his presentations.

The public is invited to attend any of the SKIES meetings, which are held at the Davis Senior Center, 646 A Street in Davis. Please call Diane at 530-758-8978 or Joan at 530-758-8587 for more information.

More Yolo County News

Children enrolled in the Early Start Program in W. Sacramento, are participating in weekly playgroups. To encourage inclusion, twice a month, child care providers and their children join them for fun activities, snacks and socialization. It is a wonderful opportunity for youngsters to learn turn taking, circle time and friendship with parents close-by to provide encouragement and support. The playgroup meets on Tuesday mornings at the First Steps classroom at Bryte Elementary. For more information, contact Sandra Suitor at First Steps at 916-371-9561.

Lori Custodio and Diane Casey are the WarmLine Community Resource Parents in Yolo County and are both parents of children with special needs. Networking with them and other parents of children with special needs provides the opportunity to share and learn from others who understand the challenges and joys of parenting our special children. Lori can be reached at 916-922-9276 or 800-660-7795. Diane can be reached at 530-758-8978 or 800-723-3001.

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.

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Sacramento, CA. 95825

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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."

WarmLine Family Resource Center
NETWORKER
"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
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916-782-7147

Spring 2006



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