



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: placervl@warmlinefrc.org www.warmlinefrc.org
Serving Sacramento, Placer, Nevada, Yolo, El Dorado, and Alpine Counties

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"The WarmLine Networker Newsletter"

Spring 2007

Individual Family Service Plan (IFSP)

What is an IFSP?

The IFSP is a written plan for meeting the unique needs of your family and your child birth to three years old who has a developmental delay or who is at risk for a developmental delay and who is receiving services through the California Early Start Program. It is based on your child's strengths and your family's concerns and priorities. The IFSP is the foundation of services that are family centered.

The IFSP is not a final document; it is an ongoing process. Your infant or child's needs may change quickly, so your family's IFSP should be reviewed frequently, at least every six months, and changed as necessary. If you feel your early intervention services need to be changed, contact your service coordinator to request an IFSP review. If this is your child's and family's first IFSP, the law requires that it be developed within 45 days of your child's referral for early intervention services. Generally, the meeting should not be held, however, until all of the necessary assessment information has been gathered.

Who attends the IFSP meeting?

You may invite anyone you want to the IFSP planning meeting. The people you include may be some or all the team members involved in your child's assessment, or any other person you would like to assist you in developing your child's plan including other family members or friends. If you would like to include people who are unable to attend, they may send written information to be included in the discussion.



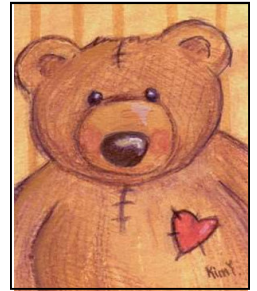
Who is the service coordinator?

The service coordinator is the person who is responsible for coordinating all early intervention services and helping parents to identify and obtain the services and assistance they need to help their child's development. The service coordinator will typically be ei-

ther from Alta California Regional Center (ACRC), a Local Education Agency (LEA), or a local Infant Development Program (IDP).

How can I prepare?

It might be helpful to spend some time before the meeting thinking about the things you want to tell the rest of the team. You know your child best! Think about the services you think your child needs and your goals for your child. Write down and share your thoughts with the IFSP team. The staff at WarmLine would be happy to help you with this.



What will my role be? What will I be expected to do?

You can decide how involved you want to be and how much you would like to do. Other members of the team would like to hear from you about your child and family. **You** make the decisions about the outcomes, activities, and services you would like included in the IFSP.

What will be discussed?

The IFSP Planning Meeting discussion will include: *(Discussing some of these things may be difficult for you at first. You may feel that the professionals are asking personal questions that don't relate to your child's special needs. However, this information is needed to help them provide the best fit for you and your family and the many different services available.)*

- Your child's present level of development,
- If you choose, you may share your concerns and priorities about your child's development and your family's strengths and resources,
- Major goals/outcomes for the next 6-12 months,
- Specific services your child will receive,
- Any other services/resources needed by your child or family.

Please see "IFSP", page 10.

Please join us for the WarmLine Family Resource Center's Fourth Annual Golf Tournament at Whitney Oaks Golf Club April 27

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.

WarmLine Staff: Diane at YCCC: 530-757-5695 x 7358 & Lori in Yolo County; Anne-Marie, Alison, Candace, Courtney & Laura 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

Missed Milestones

I still remember my first thoughts when my wife said "I'm PREG-NANT". They were "Oh no, what have I done, and what do I do next!?" After the shock wore off, I started to think about what sports my son would play, that I would have a buddy to help work on the car and a new fishing partner. I dreamed about all the things I wanted to teach my son. I bought his first baseball glove, first football, first fishing pole and his first Kings jersey. My thoughts turned from fear and horror to excitement and anticipation.

Then I got the dreaded news that my "perfect" little boy had a disability. I thought, "Now what am I



going to do?" How am I going to handle this?" After a long time, I was able to work through most of fears - I had started to cope with my son's disability, but then came the "missed milestones". In the beginning, it was his delay in development...his inability to speak. Today, it is knowing that he'll never drive a car, take a girl to the prom or receive his high school diploma.

Each missed milestone was (and continues to be) like a punch in the gut. His delays are a constant reminder that my son will not be like other boys. My son's missed milestones have not gotten easier to cope with over time - they still make me feel as though I've been punched. I feel like a boxer who has taken too many hits - that sometimes my knees will buckle from the pain.

I believe that "What doesn't kill us will make us stronger." And I believe that concentrating on what my son CAN do makes both of us stronger. What would have been very small accomplishment for a typical child, such as getting a cup of water independently is something that, when my son learned to do it at age 8, was cause for a celebration. When he learns to do something new, it makes me feel as though I can rise up off the canvas of the boxing ring and gives me the hope to go a few more "rounds".

My son is almost 17 years old and all of his missed milestone still hurt like that punch, but I now understand the importance of celebrating each of his personal milestones like the proud father I am.

Come join me and other proud fathers at 7pm on the last Tuesday of the month at Round Table Pizza, 8755 Sierra College Blvd, Granite Bay. For more information call Al or Raymond at WarmLine at 916/922-9276 or 800/660-7995 or E-mail: al@warmlinefrc.org or raymond@warmlinefrc.org

Quality Child Care -

Mom, Do You Need A Break?

Stay-at-home moms may have a difficult time caring for a child with special needs. Perhaps the only time they have for themselves is when their child is napping (if the child even takes naps) and that amount of time may not be long enough for mom to get a break and "recharge" her energy level. The household duties such as grocery shopping may be a task that can only be done in short spurts while trying to keep a child with behavior concerns quiet and under control. Laundry, dishes and housecleaning are tasks that may only get done sporadically if a child needs constant supervision.

Sometimes moms need a break from their chil-

dren to refresh themselves and get things done. (Perhaps children also need a break!) Mothers (and children) may only need a short break for a few hours two or three (or fewer) days per week to feel rested and refreshed. That's where a licensed child care provider may be helpful!

Child care referral agencies have lists of licensed day care homes and centers that have providers who are experienced or who have expressed an interest in caring for children with special needs. The child care referral agency will ask you about your child and his or her special needs and what type of setting would work best for you and your child. The agency will then give you the providers' information so that you can interview them.

In Sacramento, WarmLine works with Child Action, Inc. and provides monthly trainings for parents about how to find and maintain quality child care. Call Raymond or email raymond@warmlinefrc.org for more information. In Yolo County, WarmLine's child care specialist is Diane Casey, who works with Child Care Services in Davis at 530-757-5695 ext. 7358 or 800-723-3001 or email dcasey@cityofdavis.org.

Child Care Referral Agencies:

⇒ Alpine County

Choices for Children: 530-694-2129

⇒ El Dorado County

Choices for Children:

(South Lake Tahoe) 530-541-5848

(Western Slope) 530-676-0707

⇒ Placer County

Child Care Svcs. Resources & Referral:
530-745-1380

⇒ Sacramento County

Child Action: 916-369-0191

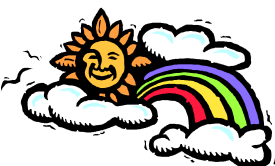
(Inclusion Specialist,

Therese Gruszka: 916-369-3319)

⇒ Yolo County

Child Care Services: 530-757-5695
800-723-3001

SKIES Parents' Group-Davis



Special Kids in Educational Settings (SKIES) is a support group for parents of children with special needs who live in Yolo County. The group meets monthly from 7:00 -8:30 pm at the Davis Senior Center, 646 A Street, Davis. The upcoming

spring schedule features speakers who will address a variety of issues:

- February 26—Bonnie Mintun & Anna Hobin: "Assistive Technology"

- March 19—Michael Rosenberg (Area Board 3): "The IEP Process"
- April 16—Vicki Rich & Susan Purcell: "Workability"
- May 21- Michael Laharty (Sacramento County Office of Education): "Transition from School to World"

For more information, please call Diane at 530-758-8978 or Joan at 530-458-8587.

Off to School in Yolo County!

There are several opportunities for children with special needs to attend infant development and pre-school programs in Yolo County.



First Steps offers programs through the Yolo County Office of Education (YCOE) for infants with special needs who are birth to three years old. The First Steps Preschools, for children ages 4-5 years are operated through local school districts or the YCOE. For more information, call your local school district or YCOE at 530-668-3800.

The Head Start/Early Head Start Programs provide services for children ages birth to 5 years and their families. The programs include education, health, nutrition, social service and parent involvement. The Head Start Programs make available slots for children with special needs, regardless of their parent's income. For information on Head Start in Yolo County, contact 530-668-5160 or 530-668-3800.

Universal Preschool for West Sacramento is a new effort between First 5 Yolo County, the City of West Sacramento and Washington Unified School District to provide free, quality preschool for all 4 year old children in West Sacramento. The UP program is available on a limited, but soon expanding, basis. For more information, contact Donna Elmore, UP Director 530-908-1718.

Understanding Behavior from the Outside In with Linda Brault

On Saturday, March 3 from 9 am—4 pm, Child Care Services will offer "Understanding Behavior from the Outside In" in the Community Chambers Room at 23 Russell Blvd., Davis. This *Free* training will cover the need for understanding and addressing challenging behavior in early care and educational settings; including family child care, center-based care, Head Start and State Pre-school settings. The workshop will provide an introduction to the book, *Children with Challenging Behavior: Strategies for Reflective Thinking* and each participant will receive a free copy. *Space is limited, so register early!*

For registration information, call 530-757-5695.

DREDF Seeks Information About Dental Care Access for Children with Disabilities

The Disability Rights Education and Defense Fund (DREDF) is conducting a study into the availability of basic dental care services for people with disabilities. In particular, they are interested in learning from families with children with developmental disabilities about their experience obtaining preventive and routine dental care, such as teeth cleaning and cavity filling. Input is invited from families of children with any type of disability and/or any type of insurance, but they are especially seeking input from:



*California families with children with developmental disabilities such as, but not limited to, cognitive disabilities, autism, cerebral palsy and California families eligible for Denti-Cal.

The information they will request will be:

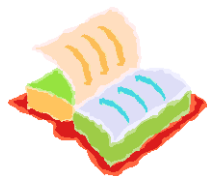
- *Parent or guardian's name and contact information ,
- *Age of the person seeking dental services,
- *Disability of the person seeking dental services,
- *Does the dentist need to do anything differently to accommodate the person seeking dental services such as seating needs, sensory sensitivities, etc.,
- *Type of dental insurance, if any, the person with the disability has,
- *Name and location of any dental professional(s) involved,
- *Date(s) of your experience(s),
- *Description of your experience(s), including positive or negative experiences,
- *Any other information you believe is important.

If you are interested in sharing your experiences, please call 510-644-2555 or send email to: hmin@dredf.org

Library Resources

WarmLine's offices have well stocked lending libraries that contain books and tapes about specific disabilities, parenting both typically developing and children with special needs, sibling issues, children's books about special needs and many more. We invite you to visit us

and check out resources or just spend some quiet time looking around.



One of the books available is, *I Love My Brother!* by Connor Sullivan, who is 4½ and is about his brother Sean, who is 2½ and who has autism. This touching book contains family photos and drawings by Connor.

WarmLine also welcomes your donations of books about and for children and families who have special needs.

Take a Day Off!

You can never take a day off from being a parent, and you may not be able to take a day off from work whenever you like, but you can give yourself a day off from:

- * Worrying
- * Caring what other people think
- * Being behavior cop
- * Doing research
- * Knowing all the answers
- * Fighting battles
- * Making phone calls
- * Serving as case manager
- * Handling details
- * Filling out forms
- * Multitasking
- * Working out
- * Holding it in
- * Making appointments
- * Planning ahead
- * Solving problems
- * Saying the right thing
- * Being SuperParent!

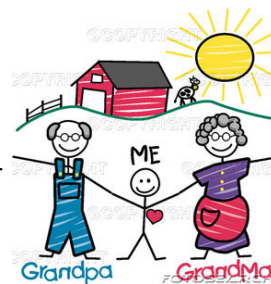
Don't try to do too much at once. It is easy to feel overwhelmed just by thinking of all the tasks that face you. Learn to turn your brain off at times!

Website to Watch

The *Circle of Inclusion Web Site* (www.circleofinclusion.org) is for early childhood service providers and families of young children. This web site, which is also available in Spanish, offers demonstrations of and information about the effective practices of inclusive educational programs for children from birth through age eight.

Attention Grandparents!

WarmLine in Placer County would like to meet the needs of the grandparents involved with or raising their grandchildren who have special needs. We will be hosting a weekly "Coffee Talk" in our Roseville office on Wednesdays from 10-12. If you are interested in attending or facilitating, please call (916) 782-7147. We hope to see you there!



Exceptional Parent / Exceptional Child...Parenting a Child with Special Needs - Parent Education Series


The Sacramento County Office of Education (SCOE) Infant Development Program and 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 (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.*

Refreshments will be served and child care will be available. *You **must** RSVP at 916-922-9276 for child care because space is limited.* (Child care providers are not able to carry out specialized health care procedures.)

Workshop	WarmLine Sacramento Office	Prairie Elementary School
<p>“Family Outings” How to answer sometimes difficult questions from family and strangers, react to comments and get through an outing with confidence.</p>	<p>Tuesday February 13, 2007 6:30-8:30 pm</p>	<p>Tuesday February 20, 2007 5:30-7:30 pm</p>
<p>“Feeding, Sleeping, Toileting, Oh My” A panel of parents and professionals will share tips and ideas for tackling these sometimes difficult issues.</p>	<p>Tuesday March 13, 2007 6:30-8:30 pm</p>	<p>Tuesday March 20, 2007 5:30-7:30 pm</p>
<p>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!</p>	<p>Tuesday April 10, 2007 6:30-8:30 pm</p>	<p>Tuesday April 17, 2007 5:30-7:30 pm</p>
<p>“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.</p>	<p>Tuesday May 8, 2007 6:30-8:30 pm</p>	<p>Tuesday May 15, 2007 5:30-7:30 pm</p>
<p>“Heartache to Hope” - How to move beyond the grief and loss we sometimes feel when parenting a child with special needs. Presented by Stacey Thacker, LMFT who has raised 6 children, one of whom was Sam who had multiple disabling conditions.</p>	<p>Thursday, May 3, 2007 6:30-8:30</p>	<p>Not offered at Prairie</p>

Free Workshops for Professionals



Stacey Thacker, LMFT has raised six children, one of whom was Sam, who had multiple disabling conditions. Stacey will present her "From Heartache to Hope for Professionals" on Thursday, May 3 from 9 am - 12 pm. In this interactive presentation, participants journey with Stacey as she shares her insights into the emotional process experienced by individuals and families during times of transition and stress. Through instruction, sharing and laughter, Stacey assists professionals in gaining the skills necessary to facilitate growth and empowerment among the clients they serve, as well as in themselves.

On Friday, May 4 from 9:30 am -12:00 pm, Stacey will offer her workshop, "Compassion Fatigue".

Burnout is high among professionals who work in the helping fields. In this interactive and engaging presentation, Stacey discusses the impact of Compassion Fatigue on those who spend their lives in service to others. Par-

ticipants gain a new perspective into ways of "being" with individuals and families through the concept of ENUF as developed by Ken Moses, PhD. This way of "being" allows professionals to find renewed meaning and satisfaction in their work and "hang in there for the long haul."

Both workshops are free of charge to professionals who work with families of children with special needs and will be held in the Brenda Smith Conference Room at Alta California Regional Center, 2135 Butano Dr., Sacramento. Space is limited and reservations are required. Please call WarmLine at 916-922-9276 or email warmline@warmlinefrc.org to reserve your place.

Epilepsy Medication Study
 U.C. Davis Medical Center is conducting a study on the use of the drug Lorazepam (Ativan) in the treatment of seizures in children less than 18 years of age. For more information about the study, please contact Emily Kim at 916-734-0373 or egkim@ucdavis.edu



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 Suitor at 916-372-4964 or ssuitor3494@charter.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.Selma 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

"The wonderful thing about finding a good support group isn't the stuff you actually say, it's all the stuff you don't have to say. These people have walked in your shoes."

Eileen Rendahl



Sacramento WarmLine Activities

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



Date	Time	Event
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 Tues- day 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.
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.
Thurs., Feb. 15	7:45-9:00 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., March 21	6:30– 8:30 pm	IEP Training... Michael Rosenberg, Executive Director of Area Board III will be conducting IEP Trainings . Space is limited.
Thurs., April 19	7:45-9:00 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
Fri., Apr. 27	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.
Wed., May 16	6:30– 8:30 pm	IEP Training... Michael Rosenberg, Executive Director of Area Board III will be conducting IEP Trainings . Space is limited.
Thurs., June 21,	7:45-9:00 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
Thurs., Aug. 16	7:45-9:00 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

Unlimited Possibilities

Supported Life Institute presents the 3rd Annual “Unlimited Possibilities ” Concert to benefit Supported Life Institute's work to encourage our communities to value, include and support everyone, including people with disabilities.

The concert will feature Tony DeBlois who is a concert pianist and vocalist and who is a person who is

blind and who has autism and will take place on Friday, March 9 from 7:30-10:00 pm at the DoubleTree Hotel in Sacramento. There will also be a sumptuous dessert buffet.

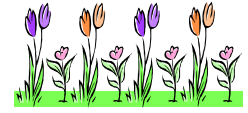
Please call Supported Life Institute at 916-567-1974 or email sli@supportedlife.org for more information.





Placer WarmLine Activities

420 Folsom Rd., Suite D, Roseville, CA., 95678 / 916-782-7147



placerwl@warmlinefrc.org

Day/Date	Time	Event
2nd Mon. of Month	7:00-8:30pm	Special Families 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. On March 1 we will meet at Brookfield's Restaurant, 1817 Taylor Rd., Roseville. 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.
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.
Wednesdays	10:00-12:00 pm	"Coffee Talk" for Grandparents: WarmLine would like to meet the needs of the grandparents involved with or raising their grandchildren who have special needs by hosting a weekly "Coffee Talk" for grandparents. If you are interested in attending or facilitating, please call our Roseville office at (916) 782-7147.
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>
Feb. 15, April 19, June 21, Aug. 16	7:45-9:00 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
Fri., Mar 23	6:30-9:30 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!
Sunday, Mar. 25	11:30-1:00 pm	3rd Annual WarmLine Egg Hunt: Bring a picnic basket and join us for a fun day at the park. We will bring eggs, treats and prizes, so no one leaves empty handed! Please call for park location and to RSVP
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	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.
Wed., Mar. 7	6:30-8:30 pm	Special Needs Trusts: Mark Drobney, Attorney at Law will discuss financial planning such as retirement, insurance, estate planning and conservatorship for people with special needs. RSVP by Feb. 28, 2007. Location to be announced. Please call 916-782-7147 for details.

Are You a Parent, Grandparent or Guardian of a Child with Special Needs?

If so, California's Interagency Coordinating Council (ICC) wants to hear from you! Together we make a difference!

The ICC is appointed to provide advice and assistance to the Department of Developmental Services (DDS) about early intervention services, known as Early Start in California. Early Start provides services to infants and toddlers birth to three years old who have a developmental delay or disability (or who are at risk for developmental disability) and their families.



You're invited to attend ICC meetings and meet other family members, learn more about early intervention, give public input and share your experiences.

For more information, please call 800-515-2229.

Parents may be eligible for a stipend provided by the California Department of Education's Family Participation Fund to help defray the costs of attending ICC meetings which may include travel, lodging and child care. For more information, contact the California Association of Family Empowerment Centers at 916-325-1690.

Project PLAY and WAVE Camp

Project PLAY is a fitness and leisure program for individuals with disabilities from age 3–21 years. Project PLAY combines activities in the areas of motor fitness, physical fitness, development of leisure time skills, opportunities in adapted aquatics, training for Special Olympics, wheelchair games, and other organized competition for individuals with disabilities.



WAVE Camp is designed to expand opportunities for children with physical disabilities from 10-25 years to participate in fitness, sports, and social activities. The camp combines activities in swimming, scuba diving, sailing, kayaking, canoeing, and water skiing. Each participant is paired with a "buddy" (college student, community member or paid staff) to ensure safe and successful maximum participation.

For more information, contact Dr. Scott Modell at www.hhs.csus.edu/modells or 916-278-5041.

Celebration of Hope

There will be a dessert reception and silent auction benefiting the Down Syndrome Information Alliance at the U.C. Davis MIND Institute on Saturday, June 23, Please contact the DSIA for tickets and sponsorship information at 916-658-1686 or email celebration@downsyndromeinfo.org

IFSP, Continued from Page 1

What will happen after the meeting?

Services will not begin until the IFSP is signed. If you need to take extra time to review the IFSP with your family, you may do so. You do not have to sign the document right away.

Before the meeting is over, be sure you are clear about what the next step will be, as well as what anyone else will be doing and when. If you have any questions, contact your service coordinator. Services should start as soon as possible after the IFSP meeting.

What the IFSP Contains

The IFSP contains:

- Your child's present levels of physical development (including vision, hearing, and health), cognitive (thinking), communication and social or emotional development.
- What is important to you about your child's development, your family's resources, priorities, and concerns.
- The major goals that you and the team have agreed on, how and when the following will be measured:
 - a. How much progress is being made toward achieving the goals; and,
 - b. Whether changes in the goals or services are necessary.
- The specific early intervention services that your child will be receiving. This will include *how often, where* and *how* the services will be delivered, the *natural environments* in which the services will be provided, and the payment arrangements, if any. (The natural environment means settings that are "natural" or "typical" for the child's same age peers who have no disability. It includes the home and community settings in which children without delays or disabilities participate.)
- Other services — medical and other services that your child needs, but that are not required under Early Start law, and the funding sources to be used in paying for those services.
- The dates for the start of the services and the anticipated duration of services.
- The name of the service coordinator who will be responsible for making sure the IFSP is followed and coordination with other agencies and persons.
- The steps to be taken to support your child's transition to preschool at age 36 months and the transition process.

If you have any questions about your child's IFSP, call your Service Coordinator or WarmLine. WarmLine has trainings to help you understand both the IFSP and the transition processes for three year olds "graduating" from Early Start.



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.

At WarmLine, we understand that having a child with special health and/or developmental needs affects the whole family for a life time. We are here for families of children from birth as they navigate the challenging and sometimes frustrating world of locating resources and learning how to access them. We help parents with children with special needs find answers to questions about:

- Special Education
- Transition Issues (at all ages and stages)
- Finding Child Care
- Vacationing,
- Disability Specific Information,
- Sibling Support Projects
- We provide a "Listening Ear" from members of our staff who are all parents of children with special needs and who have "been there".

WarmLine is a non-profit organization that relies upon grants and donations to support our work with families and we need your help. *Won't you join us?*

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 \$259.

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!
- *Lots of fun and valuable prizes available at our raffle— you won't want to miss out!*

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

*Together we are better...
 Many thanks to:*

- ♥ Special Care Parents for their donation of several books to our library.
- ♥ Tony, Tammy, Matthew and Kelly Wilson for their continued support of WarmLine's activities.



____ 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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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
Roseville, CA 95678
916-782-7147

Spring 2007



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.