



WarmLine Connections / August 2021

Dear families,

From the
Executive Director

We hope you're enjoying your summer! It's going by quickly with the start of the school year this month. The return to in-person learning may be an adjustment for many students and parents. Thus, we're sharing back-to-school and college related resources in this edition to help with the transition back.

How are you preparing your student for the school year ahead? Drop us a line and share your tips with other WarmLine families!

Warmly,
Pam Chueh

Inside this Edition

- WarmLine events
- Helpful Resources - back to school
- Evidence Based Practices from CAPTAIN- Video
- Self-Determination
- Advice from Parents in Early Start - Video
- Donate to WarmLine
- Movement to De-Stress - Video



WarmLine Family Resource Center UPCOMING EVENTS

Parent Support Group – Virtual

Thursday, Aug. 5, 2021, 4:00 pm– 5:30 pm

Please join WarmLine parent and Social Worker, Jamie Sani-Flores, virtually to chat with other parents, offer support and understanding to each other. Here you will find a warm, safe fellowship of parents and families who are on a similar journey.

Presentación sobre "Padres Empoderados" – Virtual

Thursday, Aug. 12, 2021, 6:00 pm – 8:00 pm

Ser padre o madre es una vocación que se forma en el camino.

- ¿Qué son los padres empoderados?
- ¿Sabes cómo piensan los padres empoderados?

- ¿Quieres conocer si eres un padre o madre empoderada?

Únete a nuestra plática y descubramos juntos como disfrutar de una paternidad llena de amor.

Turning 3 Years Old Workshop –Virtual

Wednesday, Aug. 18, 2021, 6:00 pm– 8:30 pm

Parents of children with developmental delays who are turning 3 years old have questions and about upcoming changes in services. WarmLine has created this training just for YOU!

Please join us to talk about special education services in preschool and more .

La Música y el Movimiento – En Persona/In Person Music and Movement

Saturday, Aug. 21, 2021, 10:00 am – 10:40 am

Linden Park – 4001 Innovator Drive, Sacramento, CA 95834

Ven y acompáñanos! Canta y juega con tu hijo y conecten sus corazones a un ritmo. Aprende tradicionales rondas y ritmos. Descubre nuevas actividades para estimular el desarrollo de tus hijos. La música y el movimiento crean nuevas conexiones neuronales.*Questa è una lezione di PERSONA all'aperto. La partecipazione è a numero chiuso. Saranno obbligatorie le mascherine.

The songs and music will be presented in Spanish. Bilingual staff will be on hand to assist English speaking families.

Kids Yoga – In Person

Saturday, Aug. 28, 2021, 10:00 am – 11:00 am

Kloss Park, 6501 Laguna Park Dr., Elk Grove, 95758. (meeting by the playground)

Practice yoga, breathing and guided meditation in a fun and engaging way using games and storytelling. This class is geared for 5 to 8 year olds, but all are welcome! Please have a mat or towel available and wear comfortable clothes. *This is an IN-PERSON, outdoor class. Attendance is limited. Masks will be required.

**Register
Today**

Helpful Resources

Back to school (School Age)

Preparing your child for Back to School

www.understood.org

How can I help my child cope with back to school anxiety?

www.understood.org article on anxiety

Back to school worksheet

www.warmlinefrc.org – *Back to School Worksheet*

Questions to ask your IEP team

www.warmlinefrc.org – *Questions for IEP team*

Getting ready for college? (Young Adults)

College2Career (C2C) is a three-year program that supports the education

and employment of individuals with intellectual disabilities.
<https://scc.losrios.edu/student-resources/dsps/college2career>

College, Students and Disability Law

[College Students and Disability Law | LD Topics | LD OnLine](#)

College and College Prep

<http://www.ldonline.org/indepth/college>

Think College is a national organization dedicated to developing, expanding, and improving inclusive higher education options for people with intellectual disability.

ThinkCollege.net

Questions to consider asking the disability services coordinator.


Click the link to download the [List of Questions](#)

Thinking ahead? Keep this UCD program in mind.

[Redwood SEED Scholars Program: UC Davis MIND Institute](#)

Click for more resources

Learn more about Evidence Based Practices



CAPTAIN is a multiagency network developed to support the understanding and use of Evidence-Based Practices for individuals affected by Autism Spectrum Disorder across the state.

<https://youtu.be/4TLQmbqzFvs>



Self Determination Program

Frequently Asked Questions – Department of Developmental Services
[Self Determination Program DDS Frequently Asked Questions](#)

Early Start info to share with friends and family

Listen to parents give advice and discuss the importance of early intervention services.

<https://vimeo.com/567719100>



Early Start

www.dds.ca.gov/service/early-start/



The Department of Developmental Services acknowledges and appreciates the participation and flexibility of the parents who participated in the making of this video during the pandemic

Help WarmLine help families in your community



Your tax-deductible donation allows us to continue providing families with 1:1 phone consultations, parent support groups & trainings, and fun activities for the kids. No donation is too small. Thank you for making a difference for WarmLine families!

[Donate to WarmLine](#)

Movement to De-Stress

This new video will help you and your family relax and de-stress after a long day!



Follow us on social media for resources & updates for you and your family



FOLLOW US