



## WarmLine Family Resource Center Events & Trainings June/July 2019

WarmLine events are funded by the California Department of Developmental Services, U.S. Department of Education-Special Education Programs, Sacramento County Office of Education Infant Development Program, and donations.

Registration is required for all events and closes three days before the event. Space is limited and events may be cancelled if minimum number of registrants is not reached. If you need assistance registering online, please call the WarmLine office at 916-455-9500.

Who	What	When	Where
Ages 3-8 years <i>only</i>	<b>Mindful Me: Kids Yoga Ages 3-8 Years Old</b> ~ Children are taught to stretch and breath, meditate and relax all through music, art, games, stories and playful movement. Class will cover breathing techniques, yoga poses and relaxation techniques. Parents must be present; no drop offs. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, June 1 10 a.m. to 10:45 a.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Ages 8+ years	<b>Mindful Me: Kids Yoga Over 8 Years Old</b> ~ Children are taught to stretch and breath, meditate and relax all through music, art, games, stories and playful movement. Class will cover breathing techniques, yoga poses and relaxation techniques. Parents must be present; no drop offs. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, June 1 11 a.m. to 12 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Adults <i>only</i>	<b>Recharge &amp; Restore Yoga</b> ~ In this class you will experience subtle yoga to release tension and build up energy. End with a relaxing meditation to clear your mind. No prior experience with yoga needed. Yoga mats will be provided but feel free to bring your own. Feel free to arrive early or stay late to connect with other parents or just relax. <a href="#">CLICK HERE TO REGISTER</a> <b>**NEW TIME!**</b>	Wednesday, June 12 6 p.m. to 7:15 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
All ages	<b>Sprayground Family Fun for All</b> ~ Come and cool off at Jack Slaven Park Spraygrounds in Woodland with WarmLine. This is a great gathering for families to connect and for their children to play. Bring a sack lunch and picnic to make a day of it. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, June 15 10:30 a.m. to 12:30 p.m.	Jack Slaven Park Sprayground 1701 Camacho Way Woodland
Adults <i>only</i>	<b>Let's Get Organized</b> ~ Organizing your records is the first step to advocating effectively for your child. Together we'll bring everything together so that you can find it quickly when you need it. Bring your child's: Assessments/evaluations; IEPs/IFSPs; IPPs (if applicable); and medical information. One 1" binder and one set of dividers will be provided per family. Each family will receive a gas card and WarmLine tote bag. <a href="#">CLICK HERE TO REGISTER</a>	Friday, June 21 10 a.m. to 12:30 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento



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Who	What	When	Where
Ages 0-5 <i>only</i>	<b>Music Play Playdate</b> ~ Come enjoy Music therapy with Music to Grow on. Music Therapy provides a unique variety of music experiences to effect changes in a child's behavior and facilitate development of his/her communication, social/emotional, sensory-motor, and /or cognitive skills. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, June 22 10:30 a.m. to 12:30 p.m.	Rancho Cordova Library—Community Meeting Room 9845 Folsom Boulevard Sacramento
Ages 14+	<b>Ability Tools</b> ~ Ability Tools is funded by the Department of Rehabilitation to help Californian's gain access to Assistive Technology. During this presentation we will discuss: How the Ability Tools program assists individuals with disabilities, options for daily living, and more! <a href="#">CLICK HERE TO REGISTER</a>	Wednesday, June 26 6 p.m. to 8 p.m.	North Highlands- Antelope Library Community Mtg Room 4235 Antelope Road Antelope
Adults <i>only</i>	<b>Recharge &amp; Restore Yoga</b> ~ In this class you will experience subtle yoga to release tension and build up energy. End with a relaxing meditation to clear your mind. No prior experience with yoga needed. Yoga mats will be provided but feel free to bring your own. Feel free to arrive early or stay late to connect with other parents or just relax. <a href="#">CLICK HERE TO REGISTER</a>	Friday, June 28 10 a.m. to 11:15 a.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Ages 14-18 <i>only</i>	<b>Sibling Workshop Ages 14-18</b> ~A special gathering of brothers and sisters of someone who has disabilities or other special needs. Hangout and talk with other siblings while playing games, making crafts and even cooking. The workshops are facilitated by adult siblings who understand what it's like to have a brother or sister with disabilities or other special needs, but they are not therapists. Lunch is included. Please plan to sign your child in when you drop him or her off. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, June 29 12:30 p.m. to 4:30 p.m.	Rancho Cordova Library—Community Meeting Room 9845 Folsom Boulevard Sacramento



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Who	What	When	Where
Ages 3-8 years only	<b>Mindful Me: Kids Yoga Ages 3-8 Years Old</b> ~ Children are taught to stretch and breath, meditate and relax all through music, art, games, stories and playful movement. Class will cover breathing techniques, yoga poses and relaxation techniques. Parents must be present; no drop offs. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, July 6 10 a.m. to 10:45 a.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Ages 8+ years	<b>Mindful Me: Kids Yoga Over 8 Years Old</b> ~ Children are taught to stretch and breath, meditate and relax all through music, art, games, stories and playful movement. Class will cover breathing techniques, yoga poses and relaxation techniques. Parents must be present; no drop offs. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, July 6 11 a.m. to 12 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Adults only	<b>Recharge &amp; Restore Yoga</b> ~ In this class you will experience subtle yoga to release tension and build up energy. End with a relaxing meditation to clear your mind. No prior experience with yoga needed. Yoga mats will be provided but feel free to bring your own. Feel free to arrive early or stay late to connect with other parents or just relax. <a href="#">CLICK HERE TO REGISTER</a>	Wednesday, July 10 6 p.m. to 7:15 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
All ages	<b>Summer Sprayground Fun</b> ~ Come and cool off with WarmLine. This is a great gathering for families to connect and for their children to play. Bring a sack lunch and picnic to make a day of it. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, July 13 10 a.m. to 12 p.m.	Morse Park-Spraygrounds 5540 Bellaterra Drive Elk Grove



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Who	What	When	Where
All ages	<b>Splash Pad, Bubbles and Chalk in the Park</b> ~ Come and cool off at with WarmLine. This is a great gathering for families to connect and for their children to play. Bring a sack lunch and picnic to make a day of it. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, July 20 10 a.m. to 12 p.m.	Whitney Community Park-Spraygrounds  1801 Whitney Ranch Pkway  Rocklin
Adults only	<b>Recharge &amp; Restore Yoga</b> ~ In this class you will experience subtle yoga to release tension and build up energy. End with a relaxing meditation to clear your mind. No prior experience with yoga needed. Yoga mats will be provided but feel free to bring your own. Feel free to arrive early or stay late to connect with other parents or just relax. <a href="#">CLICK HERE TO REGISTER</a>	Friday, July 26 10 a.m. to 11:15 a.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Ages 7-10 years	<b>Sibling Workshop Ages 7-10 Years</b> ~ A special gathering of brothers and sisters of someone who has disabilities or other special needs. Hangout and talk with other siblings while playing games, making crafts and even cooking. The workshops are facilitated by adult siblings who understand what it's like to have a brother or sister with disabilities or other special needs, but they are not therapists. Lunch is included. Please plan to sign your child in when you drop him or her off. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, July 27 11 a.m. to 2 p.m.	Mary L. Stephens Library-Blanchard Meeting Room  315 East 14th Street  Davis