



## WarmLine Family Resource Center Events & Trainings July/August 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 only	<b>Mindful Me: Kids Yoga Ages 3-8 Years Old</b> ~ Children are taught to stretch and breathe, 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 breathe, 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 for All</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
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



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Ages 7-10 years only	<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
Ages 3-8 years only	<b>Mindful Me: Kids Yoga Ages 3-8 Years Old</b> ~ Children are taught to stretch and breathe, 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, August 3 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 breathe, 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, August 3 11 a.m. to 12 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento



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Who	What	When	Where
All ages	<b>Splish Splash Pool Party</b> ~ Come enjoy a private pool party with WarmLine! Soak up some sun, splash in the pool and mingle with some families in your community. No food or drinks will be provided so bring a sack lunch and have a picnic. It's going to be hot! Please make sure to bring sunscreen and lots of water to stay hydrated! <a href="#">CLICK HERE TO REGISTER</a>	Saturday, August 10 10 a.m. to 1 p.m.	Arden Manor Pool 1415 Rushden Drive 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, August 14 6 p.m. to 7:15 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>	Friday, August 23 10 a.m. to 11:15 a.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
All ages	<b>Summer Sprayground Fun for All</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, August 24 10 a.m. to 12 p.m.	Promontory Community Park-Sprayground 2700 Alexandra Drive El Dorado Hills



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Who	What	When	Where
Adults <i>only</i>	<b>What Should I know about 504 Plans?</b> ~ Some kids with learning and attention issues don't need (or are not eligible) for special education, but may be able to get help through a 504 plan. If your child has an IEP, please call 916-455-9500 to as if this is an appropriate training for you. <a href="#">CLICK TO REGISTER</a>	Thursday, August 29 6 p.m. to 8:30 p.m.	Rancho Cordova Library- Community Meeting Room 9845 Folsom Blvd Sacramento
Ages 11-13 years <i>only</i>	<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	Saturday, August 31 10 a.m. to 2 p.m.	Arden-Dimick Library Meeting Room 891 Watt Avenue Sacramento