



## WarmLine Family Resource Center Events & Trainings 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, 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
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>Relax &amp; Recharge</b> ~ Do you need more energy and calm to handle the demands of family life? This class will leave you relaxed and recharged with subtle stretches and relaxing poses to release tension and build up energy. Please wear comfortable clothing. 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>Relax &amp; Recharge</b> ~ Do you need more energy and calm to handle the demands of family life? This class will leave you relaxed and recharged with subtle stretches and relaxing poses to release tension and build up energy. Please wear comfortable clothing. 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



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Who	What	When	Where
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
Adults only	<b>Understanding Special Education</b> ~ We can answer your questions about special education and help you prepare for your child's special education meetings in a positive, proactive way so you can attend meetings confidently. For parents with children ages 3 years or older. No professionals please. Participants receive a gas card and tote bag (one per family). No childcare available. <a href="#">CLICK HERE TO REGISTER</a>	Tuesday, August 27 10 a.m. to 12:30 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Adults only	<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 only	<b>Sibling Workshop Ages 11-13 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, August 31 10 a.m. to 2 p.m.	Arden-Dimick Library Meeting Room 891 Watt Avenue Sacramento



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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, September 7 11 a.m. to 12 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Adults only	<b>Relax &amp; Recharge</b> ~ Do you need more energy and calm to handle the demands of family life? This class will leave you relaxed and recharged with subtle stretches and relaxing poses to release tension and build up energy. Please wear comfortable clothing. Feel free to arrive early or stay late to connect with other parents or just relax. <a href="#">CLICK HERE TO REGISTER</a>	Wednesday, September 11 6 p.m. to 7:15 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Adults only	<b>Understanding Special Education</b> ~ We can answer your questions about special education and help you prepare for your child's special education meetings in a positive, proactive way so you can attend meetings confidently. For parents with children ages 3 years or older. Participants receive a gas card and tote bag (one per family). No childcare available. <a href="#">CLICK HERE TO REGISTER</a>	Tuesday, Sept. 12 6 p.m. to 8:30 p.m.	Arthur F. Turner Library Community Meeting Room 1212 Merkley Avenue West Sacramento
Ages 14-18 only	<b>Teen Talk &amp; Parent Café</b> ~ Teens will be provided with strategies to advocate for themselves at home, at school and in the community. In a separate session, held concurrently, parents will talk about how to support their teen's self-advocacy. If you have questions, please call WarmLine at 916-455-9500. This event is for teens and their parents. <a href="#">CLICK HERE TO REGISTER</a>	Saturday, Sept. 14 11:30 a.m. to 1:30 p.m.	WarmLine Clubhouse 2424 Castro Way Sacramento



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Ages 14-18 years only	<b>Sibling Workshop Ages 14-18 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, Sept. 21 11 a.m. to 3 p.m.	Martin Luther King Library Community Meeting Room 7340 24th Street Bypass Sacramento
Adults only	<b>Relax &amp; Recharge</b> ~ Do you need more energy and calm to handle the demands of family life? This class will leave you relaxed and recharged with subtle stretches and relaxing poses to release tension and build up energy. Please wear comfortable clothing. Feel free to arrive early or stay late to connect with other parents or just relax. <a href="#">CLICK HERE TO REGISTER</a>	Friday, Sept. 27 10 a.m. to 11:15 a.m.	WarmLine Clubhouse 2424 Castro Way Sacramento
Ages 0-5 only	<b>7th Annual Family Funderland Event</b> ~ WarmLine Family Resource Center invites your family to join us for a summer evening at Funderland. Funderland will be closed to the public that evening and be open only to WarmLine families. **Family must have a child or children with special needs birth to 5 years old.** WarmLine will pay admission for the child (or children) 0-5 with special needs plus three additional children. We will also pay for two adults per family. (Sorry, we are unable to accommodate more than two adults per family and cannot process fees for additional adults or children) Bring a picnic and enjoy dinner in the park. <a href="#">CLICK HERE TO REGISTER</a>	Friday, Sept. 27 5 p.m. to 8 p.m.	Funderland 1350 17th Avenue Sacramento
Ages 0-5 only	<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, Sept. 28 11 a.m. to 12:30 p.m.	Madelyn Helling Library-Gene Albaugh Community Room 980 Helling Way Nevada City