



WarmLine Family Resource Center Events & Trainings February / March 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
Adults only	<p>Positive Behavior Workshop: Strategies for Families, Promoting Social and Emotional Development ~ Learn how to make parenting more enjoyable and reduce challenging behaviors by supporting your child in identifying, expressing and managing their emotions. This is a series, each session builds on the previous one, attendance at all sessions is encouraged. Each family will receive a gas card and a light snack will be provided. Sorry, no childcare available. <i>These workshops are best suited for parents of children who are developmentally birth to 5 years old.</i> CLICK HERE TO REGISTER</p>	Wednesday, Feb. 6 10 a.m. to 12 p.m.	Sierra 2 Community Center Curtis Hall 2791 24th Street Sacramento
Adults only	<p>Positive Behavior Workshop: Strategies for Families, Promoting Social and Emotional Development ~ Learn how to make parenting more enjoyable and reduce challenging behaviors by supporting your child in identifying, expressing and managing their emotions. This is a series, each session builds on the previous one, attendance at all sessions is encouraged. Each family will receive a gas card and a light snack will be provided. Sorry, no childcare available. <i>These workshops are best suited for parents of children who are developmentally birth to 5 years old.</i> CLICK HERE TO REGISTER</p>	Wednesday, Feb. 13 10 a.m. to 12 p.m.	Sierra 2 Community Center Curtis Hall 2791 24th Street Sacramento
Ages 11 to 13 years old only	<p>Sibling Workshop ~ 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. CLICK HERE TO REGISTER</p>	Saturday, Feb. 16 1:30 p.m. to 5:30 p.m.	Valley Hi North Laguna Library Community Meeting Room 7400 Imagination Pkwy Sacramento



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Ages 0-3 <i>only</i>	<p>Baby Signs ~ Join us for a fun interactive 45-minute playgroup session which will introduce parents and children ages 0-3 to the world of baby signing. Learning simple baby signs will increase your child's language development and vocabulary, which will make it easier and faster for parents to understand your child needs and wants, which can decrease frustration and tantrums. This playgroup will involve signing, music and floor play. You will learn common sign and how to incorporate them in to your daily routines.</p> <p>CLICK TO REGISTER FOR 10 a.m. CLICK TO REGISTER FOR 11:15 a.m.</p>	Saturday, Feb. 23 10 a.m. to 10:45 a.m. OR 11:15 a.m. to 12 p.m.	Madelyn Helling Library Community Meeting Room 980 Helling Way Nevada City
Adults <i>only</i>	<p>Turning 3 Years Old: Transition to Preschool ~ We know that transitioning your child from Early Start to Special Education Preschool can be exciting, but sometimes frightening. In this FREE training, we can help you understand the transition so you can participate in the process confidently. This workshop is intended for parents of children who turn three years old within the next 6 months. CLICK HERE TO REGISTER</p>	Thursday, Feb. 28 6 p.m. to 8 p.m.	WarmLine 2424 Castro Way Sacramento
Ages 0-3 <i>only</i>	<p>Infant Massage ~ Please join us and get a hands-on instruction to Infant Massage. You will explore and learn beneficial fun ways to provide emotional and physical link between you and your child by using techniques of infant massage. Class is for children 3 weeks old through pre-walking age. Each child may be accompanied by 1-2 caregivers. CLICK HERE TO REGISTER</p>	Saturday, March 2 12:30 p.m. to 2:30 p.m.	WarmLine 2424 Castro Way Sacramento
Ages 0-5 <i>only</i>	<p>Music Play Playdate ~ 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. CLICK HERE TO REGISTER</p>	Saturday, March 9 10:30 a.m. to 12:30 p.m.	Mary L. Stephens Library Community Meeting Room 315 E. 14th Street Davis



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Who	What	When	Where
Adults <i>only</i>	Understanding Special Education ~ We know that parents of children in special education have unique questions and concerns. That is why WarmLine created a training just for YOU! Knowing more will help you attend meetings confidently. We will help you understand: the special education process, your child's IEP, and how to prepare for IEP meetings in a positive, proactive way. Dinner and refreshments will be provided. Participants receive a gift card (one per family). CLICK HERE TO REGISTER	Wednesday, March 20 6 p.m. to 8:30 p.m.	Wilton Rancheria 9728 Kent Street Elk Grove
Ages 14 to 18 years <i>only</i>	Sibling Workshop ~ 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. CLICK HERE TO REGISTER	Saturday, March 23 12:30 p.m. to 4:30 p.m.	North Natomas Library Community Meeting Room 4460 Via Ingoglia Sacramento
Adults <i>only</i>	What Should I know About 504 Plans? ~ Some kids with learning and attention issues don't need (or are not eligible) for special education. Depending on their challenges, they may be able to get help through a 504 plan. 504 plans are designed to help kids with disabilities learn alongside their peers. They do this by removing barriers to learning. 504 plans aren't the same as IEPs. They're each covered by different laws and work in different ways. If your child has an IEP, please call WarmLine to ask if this training would benefit you. Participants receive a gift card (one per family). CLICK HERE TO REGISTER	Tuesday, March 26 6 p.m. to 8 p.m.	Kids First 124 Main Street Roseville