

## Upcoming WarmLine & Community Events

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## WarmLine Events

August 2024

More information & live links at [warmlinefrc.org/news-events](https://warmlinefrc.org/news-events)

Event	Date & Time	Location	Details
Family Support Group (In English)	August 1 <sup>st</sup> 4:00PM-5:00PM	Online	Zoom Webinar This is a monthly group, with a new topic each session. There's no commitment to attend each session, but here you will find a warm, safe fellowship of families who are on the same journey. Click <a href="#">here</a> to register.
New Diagnosis Support Group*	August 8 <sup>th</sup> 4:00PM-5:30PM	Online	Zoom Webinar This is a monthly group focusing on families that have recently received a new diagnosis. There's no commitment to attend each session, but here you will find a warm, safe fellowship of families who are on the same journey. Click <a href="#">here</a> to register.
Grupo de Apoyo (En Español)	August 20 <sup>th</sup> 11:00AM-12:00PM	Online	Zoom Webinar Este es un grupo mensual donde compartiremos nuestras inquietudes, experiencias y un nuevo tema cada mes. No hay compromiso de asistir a cada sesión, pero aquí encontrará una comunidad cálida y segura de familias que están en el mismo viaje. Pulse <a href="#">aquí</a> para registrarse.
WarmLine Presents: IDEA: Planning for the New School Year for Parents and Guardians of Children with an IEP	August 23 <sup>rd</sup> 10:00AM-11:00AM	Online	Zoom Webinar This workshop is designed to train parents and caregivers to: Understand the IDEA law and apply tips to prepare for the new school year, increase family participation in the IEP process, and how to request evaluations. Click <a href="#">here</a> to register.
WarmLine Presents: IDEA: Prepárese para el Nuevo Año Escolar	August 23 <sup>rd</sup> 1:00PM-2:00PM	Online	Zoom Webinar Este taller está diseñado para capacitar a padres y cuidadores a: Comprender la ley IDEA y aplicar los

para Padres y Guardianes de Niños con un IEP en Educación Especial			consejos para prepararse para el nuevo año escolar, aumentar la participación familiar en el proceso del IEP, y como pedir Evaluaciones. Pulse <a href="#">aquí</a> para registrarse.
Support Group for Dads**	August 29 <sup>th</sup> 4:00PM-5:00PM	Online	Zoom Webinar Calling all folks who call themselves "Dad!" Join us for this new virtual monthly meeting to connect with other dads who have experience caring for a person with a disability. Connect with other dads in a safe space where you can share experiences, learn tips, gain insight, provide support, and cultivate mutual understanding. There is no commitment to attend—the group will be there when you need it. Click <a href="#">here</a> to register.

\*New time

\*\*New support group

# Community Events

August 2024

Please note: Community events listed on this calendar are provided for the benefit of the community at large. The views and opinions expressed in listed community events do not constitute or imply an endorsement of WarmLine Family Resource Center.

Event	Date & Time	Location	County	Details
Sensory Friendly Play at the Sacramento Children's Museum	Thu, Aug 1 2:30PM-4:00PM	Sacramento Children's Museum 2701 Prospect Park Rancho Cordova	Sacramento Region	Cost: \$2 per person over age 1 Sessions include modified open play and special programming. Click <a href="#">here</a> to register. Every first Thursday at 2:30PM
Music Group – FREE/ Grupo de Música – GRATIS through Help Me Grow Yolo	Fri, Aug 2 9:30AM-10:30AM	*New Location* Grace Hiddleson Park 1310 College St. Woodland	Yolo	Join us for a free music playgroup for ages 0-5. Click <a href="#">here</a> to register. Every Friday at 9:30AM
WarmLine Tables: Ready for Robla	Sat, Aug 3 9:00AM-1:00PM	5200 Marysville Rd. Sacramento	Sacramento	Stop by & say hi!
Toddler Art Class through Help Me Grow Yolo	Mon, Aug 5 9:30AM-10:30AM	West Sacramento Community Center 1075 West Capitol Ave West Sacramento	Yolo	Join us for a toddler art class at the West Sacramento Community Center for ages 0-3. Click <a href="#">here</a> to register. Every Monday at 9:30AM
CHADD of NorCal Adult Success Clinic Online Group	Mon, Aug 5 7:00PM-8:45PM	Online	Northern California	Click <a href="#">here</a> for more info. Click <a href="#">here</a> to enter the Zoom meeting.
CEDD Padres para Padres	Tue, Aug 6 6:00PM-8:00PM	Online	Sacramento	Join us for an ongoing support group that is conducted entirely in Spanish. This is an opportunity for parents of children and adults with developmental disabilities to share their resources, ideas, and feelings in a supportive and confidential environment. Click <a href="#">here</a> for more info. To register, send an email to <a href="mailto:ccorral@ucdavis.edu">ccorral@ucdavis.edu</a> Every 1 <sup>st</sup> Tuesday at 6:00PM
Movement & Dance Play Group – FREE /Grupo de Música- GRATIS through Help Me Grow Yolo	Wed, Aug 7 9:30AM-10:15AM	*New Location* Grace Hiddleson Park 1310 College St. Woodland	Yolo	Join us for a movement and dance playgroup led by a licensed physical therapist for ages 0-5. Click <a href="#">here</a> to register. Every Wednesday at 9:30AM

Alta California Regional Center Community Meeting	Wed, Aug 7 11:00AM-12:00PM	Online	Northern California	These meetings are open to clients, families, and the community at large as an opportunity to learn about regional center activities and initiatives, as well as to provide an opportunity for public input. Click <a href="#">here</a> for more info. Click <a href="#">here</a> to join the meeting.
UC Davis MIND Sibling Sessions	Wed, Aug 7 6:00PM	UC Davis MIND Institute 2825 50 <sup>th</sup> St. Sacramento	Sacramento Region	Join our monthly sessions for youth ages 7-17 who have siblings with neurodevelopmental disabilities. Click <a href="#">here</a> to register.
REACH Parent Support Group	Wed, Aug 7 6:00PM	Online	Sacramento Region	The support groups are designed to help families connect with other caregivers in similar situations. Click <a href="#">here</a> for more information. Every first Wednesday at 6:00PM
Access Leisure Art-ism	Thu, Aug 8 4:00PM-6:00PM	Southside Clubhouse 2115 6 <sup>th</sup> St. Sacramento	Sacramento Region	Valene Byrd leads youth (ages 3-18) on the spectrum through art activities and encourages them to be as creative and free with the project as they want to be. Click <a href="#">here</a> to register. \$5
Music Group – FREE/ Grupo de Música – GRATIS through Help Me Grow Yolo	Fri, Aug 9 9:30AM-10:30AM	*New Location* Grace Hiddleson Park 1310 College St. Woodland	Yolo	Join us for a free music playgroup for ages 0-5. Click <a href="#">here</a> for more info. Every Friday at 9:30
Jazz Talkers (in person) AAC User Group	Fri, Aug 9 11:00AM-12:00PM	Orangevale Public Library 8820 Greenback Ln. Orangevale	Sacramento Region	AAC user social group – Mentoring individuals to communicate on their own with support, friendship, leadership, and good examples. Click <a href="#">here</a> to register.
Special Needs Screening at Studio Movie Grill – Harold & the Purple Crayon	Sat, Aug 10 11:00AM	5140 Commons Dr Rocklin	Placer	Pick up free tickets starting the Wednesday before the showing. From SMG <a href="#">website</a> : Our sensory friendly Special Needs Screenings present movies with the lights up, the volume low, and moving around, talking, and even dancing in the aisles are welcome.
Toddler Art Class through Help Me Grow Yolo	Mon, Aug 12 9:30AM-10:30AM	West Sacramento Community Center 1075 West Capitol Ave West Sacramento	Yolo	Join us for a toddler art class at the West Sacramento Community Center for ages 0-3. Click <a href="#">here</a> to register. Every Monday at 9:30AM

CalABLE Taller en Español	Mon, Aug 12 10:00AM	Online	Central California	California Lograr una Mejor Experiencia de Vida (CalABLE) es un plan de ahorro e inversión ofrecido por el estado de California a las personas que desarrollaron una discapacidad antes de los 26 años. Pulse <a href="#">here</a> para registrarse.
Access Leisure Sensory Swim	Mon, Aug 12 1:00PM-3:00PM	John Cabrillo Pool 1648 65th Ave Sacramento	Sacramento	Once a week, we will open the pool for youth with disabilities and different sensory needs to enjoy the pool with their family. Click <a href="#">here</a> to register.
Movement & Dance Play Group – FREE /Grupo de Música-GRATIS through Help Me Grow Yolo	Wed, Aug 14 9:30AM-10:15AM	*New Location* Grace Hiddleson Park 1310 College St. Woodland	Yolo	Join us for a movement and dance playgroup led by a licensed physical therapist. Click <a href="#">here</a> to register. Every Wednesday at 9:30AM
Brightline Presents: The ABCs of Managing Back to School Stress	Wed, Aug 14 12:00PM	Online	Open to All	We'll talk about the differences between stress vs. anxiety, and how your child's brain and body work together when they feel nervous or scared. Click <a href="#">here</a> to register.
WarmLine Tables: Welcome Back BBQ at Kingswood K-8	Wed, Aug 14 5:00PM-6:30PM	5700 Primrose Dr Citrus Heights	Sacramento	Stop by & say hi!
UCP Skate Night at Sunrise Rollerland	Wed, Aug 14 6:00PM-8:00PM	Sunrise Rollerland 6001 Sunrise Vista Citrus Heights	Sacramento	All ages & abilities welcome! Cost includes skate rental, pizza, & raffle. Click here to register. \$25 per skater
Access Leisure Art-ism	Thu, Aug 15 4:00PM-6:00PM	Pannell Meadowview Community Center 2450 Meadowview Rd. Sacramento	Sacramento Region	Valene Byrd leads youth (ages 3-18) on the spectrum through art activities and encourages them to be as creative and free with the project as they want to be. Click <a href="#">here</a> to register. \$5
Music Group – FREE/ Grupo de Música – GRATIS through Help Me Grow Yolo	Fri, Aug 16 9:30AM-10:30AM	*New Location* Grace Hiddleson Park 1310 College St. Woodland	Yolo	Join us for a free music playgroup for ages 0-5. Click <a href="#">here</a> for more info. Every Friday at 9:30
Jazzy Talkers ONLINE AAC User Group through CTEC	Fri, Aug 16 1:00PM-2:00PM	Online via Zoom	Sacramento	AAC user social group – Mentoring individuals to communicate on their own with support, friendship, leadership, and good examples. Click <a href="#">here</a> to register.
Art on the Spectrum at Crocker Art Museum	Sat, Aug 17 9:00AM	Crocker Art Museum 216 O St.	Sacramento	Starting before public hours, drop in to enjoy a variety of art explorations including mindful art activities,

		Sacramento		tactile artmaking, music, and gallery walks. Click <a href="#">here</a> for more info.
Access Leisure Inclusive Playdate	Sat, Aug 17 10:00AM-12:00PM	Southside Park 2115 6 <sup>th</sup> St Sacramento	Sacramento	Join Access Leisure and community organizations for this free play date for children of all abilities at Sacramento's most accessible playground. Click <a href="#">here</a> to register.
Toddler Art Class through Help Me Grow Yolo	Mon, Aug 19 9:30AM-10:30AM	West Sacramento Community Center 1075 West Capitol Ave West Sacramento	Yolo	Join us for a toddler art class at the West Sacramento Community Center for ages 0-3. Click <a href="#">here</a> to register. Every Monday at 9:30AM
CHADD of NorCal Adult Success Clinic Online Group	Mon, Aug 19 7:00PM-8:45PM	Online	Northern California	Click <a href="#">here</a> for more info. Click <a href="#">here</a> to enter the Zoom meeting.
REACH Parent Support Group – In Person	Tue, Aug 20 6:00PM	Lifehouse Church 4800 Sierra College Blvd. Rocklin	Sacramento Region	The support groups are designed to help families connect with other caregivers in similar situations. Childcare is provided. Click <a href="#">here</a> for more information. Every third Tuesday at 6:00PM
Music Group – FREE/ Grupo de Música – GRATIS through Help Me Grow Yolo	Fri, Aug 23 9:30AM-10:30AM	*New Location* Grace Hiddleson Park 1310 College St. Woodland	Yolo	Join us for a free music playgroup for ages 0-5. Click <a href="#">here</a> for more info. Every Friday at 9:30
Family Time at the MIND: Family Resource Fair	Sat, Aug 24 10:00AM-1:00PM	UC Davis MIND Institute 2825 50 <sup>th</sup> St. Sacramento	Sacramento	This fun event features community organizations focused on resources for people with neurodevelopmental disabilities. It's open to all ages and is sensory-friendly. Click <a href="#">here</a> for more info.
Toddler Art Class through Help Me Grow Yolo	Mon, Aug 26 9:30AM-10:30AM	West Sacramento Community Center 1075 West Capitol Ave West Sacramento	Yolo	Join us for a toddler art class at the West Sacramento Community Center for ages 0-3. Click <a href="#">here</a> to register. Every Monday at 9:30AM
Movement & Dance Play Group – FREE /Grupo de Música- GRATIS through Help Me Grow Yolo	Wed, Aug 28 9:30AM-10:15AM	*New Location* Grace Hiddleson Park 1310 College St. Woodland	Yolo	Join us for a movement and dance playgroup led by a licensed physical therapist. Click <a href="#">here</a> to register. Every Wednesday at 9:30AM

Music Group – FREE/ Grupo de Música – GRATIS through Help Me Grow Yolo	Fri, Aug 30 9:30AM-10:30AM	*New Location* Grace Hiddleson Park 1310 College St. Woodland	Yolo	Join us for a free music playgroup for ages 0-5. Click <a href="#">here</a> for more info. Every Friday at 9:30
Black Breastfeeding Week Community Resource Fair	Sat, Aug 31	Reason Center 1300 Ethan Way Sacramento	Sacramento	Free event hosted by the Sacramento Breastfeeding Coalition – Join us for raffle prizes, info, a healing session, & free lunch. Click <a href="#">here</a> for more info.