

Summer Newsletter



Message from the Executive Director

Hello WarmLine Families,

Summer has been busy for our center! We recently moved to new offices, hosted workshops on Special Education and Alternative Dispute Resolution, and participated in outreach events in the community. Our Annual Splash Party and Family Picnic at Fairytale Town were great successes, and I was happy to see so many families come out!

Many thanks to our volunteers, community partners, and staff that made it all happen.

With the summer heat, it has been critical for me as a parent of a medically fragile child to keep my son hydrated, cool and happy. What tips do you have to share with the WarmLine community on how to keep our children safe in this heat? We welcome your input by attending our support groups ramping up in August - Including a new support group for dads.

I'm excited to share two new workshops in August (Preparing for the New School Year) and September (Self Care and Compassion Fatigue for Parents and Caregivers of Children with Disabilities). Details can be found on our events page soon.

As a final note, WarmLine is a parent resource center here to support parents and caregivers of children with special needs. We strive to empower families with information, fun activities, and a sense of belonging and inclusion. If you would like to connect with us, drop us a line at warmline@warmlinefrc.org. We love to hear from you!

With Gratitude,
Linda Thrift



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Special Education & Alternative Dispute Resolution

What can you do if you are having concerns about your child's IEP? What can parents do if disagreements arise?

Alternative Dispute Resolution is a way to resolve disputes at the lowest level appropriate. If you are looking to learn more about ADR and how to initiate a collaborative approach with your IEP team, look at the following resources:



CADRE

SEEDS OF PARTNERSHIP-ADR



You can also look up resources specific to your child's school district by going to your county SELPA:

Alpine * El Dorado * Nevada * Placer * Sacramento * Yolo

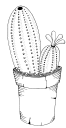
Please connect with a Family Resource Specialist at WarmLine for further guidance.

Community Navigator Program

Our CNP program is currently enrolling families!
Family Testimonial:

"The Community Navigator Program (CNP) has been such a helpful resource. The Community Navigators are not only are very knowledgeable, but they have first hand experience raising a child with unique needs. This helped tremendously our family cope and learn how to best support our son. Specifically, this helped me deal with the isolation and guilt associated with a new diagnosis. In particular, my navigator is a good listener and always provides compassion and words of encouragement. I appreciate the personalized help with my son's IEP and taking the time to share any information and resources that meet his unique needs."

See WarmLine's CNP intro video at:
warmlinefrc.org/what-we-do



Community Partner Programs: Parent Support Groups

Check out the following groups by searching online or going to WarmLineFRC.org & scrolling down on the home page.

Single Mom Strong

First Tuesday of each month

CHADD

First & Third Wednesday of each month

Dad-Vocates

Last Tuesday of each month

WeEMBRACE

Check back for Fall 2024 dates

MIND Institute

Visit the MIND Institute's resource page for support groups for specific experiences like siblings, Black families, Spanish speakers, & caretakers of adults.



Dear WarmLine Family,

After many years at the Sierra 2 Center, WarmLine is moving to a location that better fits our mission of strengthening the foundation of families and children with disabilities. We hope to see you here soon!

Please update your records with our new address.

Sincerely,
Linda Thrift
Executive Director



WarmLine

Family Resource Center

3336 Bradshaw Road

Suite 255

Sacramento, CA 95827



Volunteer with WarmLine!

Interested? Fill out the Volunteer Contact Form here:



[warmlinefrc.org/
how-to-help/
volunteer.html](http://warmlinefrc.org/how-to-help/volunteer.html)

Thank you for reading!



Connect with WarmLine

We love to hear from our families! Reach out in the most convenient way for you.



ENGLISH (916) 455-9500
SPANISH (916) 922-1490



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