

Summer Newsletter



**WARMLINE FAMILY
RESOURCE CENTER**

Message from the Executive Director

Hello WarmLine Families !!!!

Welcome to Summer!!! For many of us the summer time is a fun time to gather outside, vacation, and enjoy the sun. For others, it can be a time of uncertainty. With school being out and respite care becoming erratic, parents and caregivers may become more prone to burn out and isolation during the summer months.

At WarmLine, we SEE you and have put together a list of "hidden gems" in our city and surrounding areas that are safe and accessible for families with special needs to visit over the summer. Check out the list, put together by our very own staff, in this newsletter.

In addition, WarmLine will be hosting our very own pool party! Sign up now to reserve your spot!

Finally, Please check out our community calendar for more activities in the area and don't forget to check back in with us after summer. We are planning even more events to gather, share, and connect. Wishing you a safe and fun summer!

Sincerely,

Linda Hernandez
Executive Director
(Parent & Sibling)

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WarmLine Info

Cool Off at WarmLine's 5th Annual Pool Party!

WarmLine
FAMILY RESOURCE CENTER
PRESENTS

5th Annual Pool Party *Register Now*

FREE EVENT
FOR ALL WARMLINE FAMILIES & FRIENDS

SUNDAY, AUGUST 23
6-8PM **NEW date!**

WACKFORD AQUATIC COMPLEX
9014 Bruceville Road
Elk Grove, CA 95758

POOL INFO

Splash Island is a shallow water-wading pool (less than 2 feet / 1 meter) with an interactive splash playground perfect for our younger guests.

Adventure Bay is a shallow-water pool (less than 5 feet / 1.5 meters) with a beach-style entry and in-water play attractions like Topsy Turvy, Rainbow Burst, and Infinity Falls.

Questions:
Christina@warmlinefrc.org
(916) 455-9500

Please bring your own:

- Water
- Snacks
- Towels
- Swim diapers
- Life jacket (ONLY Coast Guard-approved life jackets are permitted)

No outside toys, inflatables, items are allowed inside the pools.

Register at WarmLineFRC.org or [HERE](#):



WarmLine has rented out 2 pools:

Splash Island is a shallow water-wading pool (less than 2 feet / 1 meter) with an interactive splash playground perfect for our younger guests.

Adventure Bay is a shallow-water pool (less than 5 feet / 1.5 meters) with a beach-style entry and in-water play attractions like Topsy Turvy, Rainbow Burst, and Infinity Falls.



More info on this and other events at WarmLineFRC.org



2026 UC Davis MIND Institute - Summer Institute Virtual Conference

The Age of Technology: Research, Risks and Strategies to Support Individuals with Neurodevelopmental Disabilities



Register at
[health.ucdavis.edu/
mind-institute](https://health.ucdavis.edu/mind-institute) or
[HERE](#):



Event Information

- DATE Friday, July 24, 2026
- TIME 8:30am-12:00pm pst
- FORMAT Virtual
- COST \$25 for family Members/Individuals with Disabilities/Students
- ACRC COVERAGE Check with your Regional Center Coordinator to see if you qualify to attend the conference free of charge.
- REGISTRATION Register [here](#) or at the QR code above.

Conference Schedule

8:30-9:30	Welcome & Key Note Address
9:45-11:15	Panel Discussion
11:15-11:30	Break
11:30-12:00	Breakout Groups

For questions or more information, please contact
cedd@health.ucdavis.edu

Free Mental Health Support through CalHOPE

Summer can present some tricky situations when your child has mental health issues and no access to support through school. California has 2 free mental health support apps for children ages 0-12 (Brightlife Kids) and 13-25 (Soluna).

Brightlife 0-12

Big feelings, school stress, family changes — whatever you're facing, it's normal to wonder, "Is this just a phase, or do we need some help?" The good news is that support is available.

Parent coaching at BrightLife Kids is free for all California families who want guidance. It's evidence-based support that helps you take positive steps forward together.



888-275-5357
brightlife.kids/ca

**Parenting is hard.
Coaching can help.**

Expert behavioral health coaching
— free for every California child
ages 0–12.

Soluna 13-25

What's Soluna?

A space to build coping skills, set goals, and get 1:1 support to navigate life's challenges.

Here's how Soluna offers support:

- ✦ 1:1 coaching via text, video, or phone
- ✦ Safe, moderated forums for peer connection
- ✦ Self-support activities and interactive content
- ✦ Help finding and accessing local resources



Want to learn more?

Scan here or visit solunaapp.com



Funded by the California Department
of Health Care Services.

Soluna is a no-cost mental health platform built to support young people in ways that fit their lives. Through Soluna, users have access to professional coaching, self-guided content and activities, moderated peer support forums, and more — helping them navigate challenges before they escalate. Check out solunaapp.com for more.

From Parent to Parent

WarmLine staff answer the question:

Sacramento & surrounding areas have so many places that provide just the thing our families need. Sometimes the problem is knowing they exist!

What is your family's "hidden gem" activity to do or place to visit?

From Jen

We like to go to Funderland during the weekdays, early in the day, when possible. Emma (age 22) loves riding the rides and it's usually not too busy if you go early, so little to no waiting in line! Also, the workers will usually allow your kiddo to stay on the ride and go again if they want to, which is great since Emma doesn't always want the ride to stop! They don't have specific discounts for individuals with disabilities, but parking is free and the cost (\$25/children 34 inches and taller thru age 17 and \$18/18 years and older) although not super cheap, is worth it for a few hours of outdoor fun times away from electronics! We try and go at least a couple of times during the summer break.



From Pat



One of my favorite hidden Sacramento gems is: The Pannell-Meadowview Public Pool in Sacramento City. This is a fairly new pool complex in South Sacramento with a walk-in water play area, two large pools, a water slide, snack shack, and large open space. I have found this pool to be highly accessible for my child with disabilities and his non-disabled sister alike; it is rarely crowded, especially on weekdays, as well as inexpensive, as admission is approximately \$3! We have spent many a late summer afternoon cooling off at this gem of a facility with something for everyone.

<https://www.cityofsacramento.gov/ypce/aquatics/pools/pannell-meadowview>

From Parent to Parent

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What is your family's "hidden gem" activity to do or place to visit?

From Ania



One of our favorite Summer spots is the Harry Crab Park in Roseville, a splash pad with a huge crab splashing water and bringing lots of joy! My daughter prefers that place over big water parks: lots of fun, yet not overwhelming. (Please note: as of 06/26/26 it is closed for renovation, you may want to check with Roseville Parks and Recreation if it's open before you plan your trip).

A truly Hidden Gem we like is the Arcade Creek Park Preserve in Citrus Heights. It has a playground, as well as an accessible trail with lots of fun spots to explore on the way: a zipline, tree-like play structure with hidden animals, paw prints to touch and more! Everything scattered along a trail which makes it a perfect scavenger hunt! Arrive early, it tends to get pretty hot.

<https://www.sunriseparks.com/arcade-creek-park-preserve>

From Diana

Not per se a hidden gem, but many families don't know about Museums for All- free or discounted entries across the US; 199 museums in CA alone: <https://museums4all.org/>



From Christina



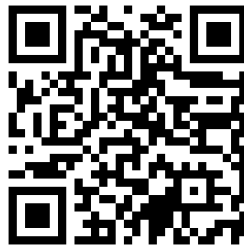
There are 3 places we go every month I wish everyone knew about:

1. Chuck E. Cheese's Sensory-Friendly Sunday (1st Sunday of the month 2 hours prior to normal opening hours)
 2. Fairytale Town (free for children with disabilities plus 1 grownup!)
 3. James Marshall Park in Midtown Sacramento (play area is fully gated & swingset has an adaptive swing)
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Please join us, our partners, and the wider community for fun and meaningful events throughout the year.

Check out our calendar [HERE](#)



Sign up for our emails to get the latest info [HERE](#)

Thank you for reading!

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