

Spring Newsletter



WARMLINE FAMILY RESOURCE CENTER

Message from the Executive Director

Hello WarmLine Families!

With the warm weather ahead, WarmLine Family Resource Center and Family Empowerment Center is ready to serve and support you and your children/adults with special needs with more in-person events in your communities.

Community building among our families across the 6 counties that we serve has been a goal of mine to establish and grow since my role of director began. I'd like to highlight our upcoming in-person events including the Caregiver Connection group and Spanish support group. Families with children 0-3 will also have more opportunities to meet other parents in their communities through WarmLine events. I can't wait for you all to attend! I am proud to have WarmLine be a medium of connection for parents and caregivers.

This year is the 50th Anniversary of the Individuals with Disabilities Education Act! We are celebrating 50 years of ensuring that students with disabilities have access to a free and appropriate public education after IDEA was signed into law in November of 1975.

WarmLine has always supported and uplifted families in the realm of Special Education. As a parent my self of a child with a disability, I understand how confusing and overwhelming it can be. I am proud to have WarmLine be the designated Family Empowerment Center for Sacramento, Yolo, Placer, Nevada, Alpine and El Dorado counties. We have been a Family Empowerment Center since 2022; however, we are met with questions about our work and role under this title. I hope to apply some clarity to this.

What is a Family Empowerment Center and what does WarmLine do as a Family Empowerment Center?

WarmLine as a Family Empowerment Center supports parents to better understand their child's educational and developmental needs. We do this by hosting workshops on various topics related to Special Education, for example, Alternative Dispute Resolution, IDEA Law and parent rights. We also assist parents through 1:1 IEP consults and provide transition support and resources for our children transitioning into adulthood.

Much of this work is done by fostering positive relationships with professionals in the field, for example WarmLine attends Community Advisory Committees meetings held by various SELPA's in our region. I invite you to attend our next SPED workshop on April 12th to learn more about us as an FEC. Please check our website for exact details.

WarmLine continues to expand its reach and there is more work that needs to be done. We are one of two FEC's in the state that covers 6 counties. It is an honor to provide assistance to families in the capital region and surrounding areas.

It should be mentioned that services available through Family Empowerment Centers vary based on the community needs. If you would like to learn more about other FEC's in the state, please visit [Seeds of Partnership](#) and the CA Department of Education websites.

WarmLine hopes to hear from you soon!

Linda Hernandez



Opportunities to Connect with Parents on a Similar Journey

WarmLine is excited to provide families with opportunities to connect with others on a similar journey.

We think it's important for all of us to take some time to decompress, look inside, and have some fun!

From our Community Partners

Look up the following groups for their support group info:

SANKOFA every Tues 11-12

SANKOFA (MIND Inst.) 1 Wed/month

rEACH 2 groups 2x/month

WeEMBRACE choose the best method of support for you

WarmLine
2026 Support Groups

- ♥ 1st Thu 4:00pm-5:30pm
Parent Support Group (in English)
- ♥ 2nd Tue 12:00pm-1:00pm
Support Group for Dads (In English)
- ♥ Último viernes del mes 10:00am-12:00pm
Grupo de Apoyo (en español)

Scan here or go to warmlinefrc.org for more info & to register

Spring Support Groups

WarmLine provides peer-to-peer support for parents & caregivers who have children with developmental disabilities.

This Spring, we're offering drop-in support groups for any parents, for dads specifically, and for the first time since COVID our Support Group in Spanish will be provided in person at our office.

We can't wait to see you this Spring!

WarmLine
FAMILY RESOURCE CENTER

Caregiver Connection

WarmLine FRC is welcoming families raising a child with a disability to connect, learn and empower each other.

Refreshments will be provided.

Limited childcare is available—please arrange other care if you can. If you need our childcare, indicate the number of children you'll bring on the form. If you end up not attending, please let us know so we can offer your spot to another family.

01/10/2026	04/11/2026	10 a.m. - 12 p.m.
02/14/2026	05/09/2026	3336 Bradshaw Rd. #255
03/14/2026	06/13/2026	Sacramento, CA 95827

Register Here
or at warmlinefrc.org

2nd Saturdays 10-12

Caregiver Connection

You won't want to miss our Caregiver Connections!

Please consider attending one of our in-person events at our WarmLine office. Limited childcare is available.

Get an Early Start with WarmLine!

WarmLine provides support services to families with infants and toddlers who are eligible for Early Start services in Sacramento, Placer, Yolo, El Dorado, Nevada and Alpine counties.

Check out our trainings, workshops, & events for this Spring.

Children ages birth to 3 years old with a developmental delay in one or more areas such as physical, cognitive, communication, social/emotional and self help. For more information go to the [California Department of Developmental Services Early Start/Early Intervention website](https://www.cdph.ca/Programs/CID/DCDC/Pages/Imz/Pages/Early-Start/Early-Intervention.aspx).



MUSIC & MOVEMENT

with Music to Grow On

WarmLine is excited to invite you to a *FREE* Music & Movement class for children 0-3 and their caregivers.

DATE SATURDAY, MARCH 28, 2026
TIME 10:00AM-10:45AM
ADDRESS 3336 BRADSHAW RD, SUITE 255, SACRAMENTO, CA 95827

Park anywhere, enter either door, and follow the sidewalk straight back



REGISTER NOW >



or see all events at [WarmLineFRC.org](https://www.WarmLineFRC.org)

MUSIC TO GROW ON
 Music Therapy Services Inc.

Contact Us
 (916) 455-9500
warmline@warmlinefrc.org



Turning 3 Years Old

invites you to a virtual training

Do you have a child who is receiving early intervention services? Is your child about to turn 3 years old?

Please join us virtually to learn about special education services in preschool, regional center eligibility after the age of 3, and more.

Tuesday, March 24
 10:00am - 12:00pm

REGISTER NOW >



For more information contact WarmLine: (916) 455-9500
www.warmlinefrc.org

See all WarmLine's trainings at [warmlinefrc.org/news-events](https://www.warmlinefrc.org/news-events)



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invites you to a virtual training

Do you have a child who is receiving early intervention services? Is your child about to turn 3 years old?

Please join us virtually to learn about special education services in preschool, regional center eligibility after the age of 3, and more.

Tuesday, May 26
 10:00am - 12:00pm

REGISTER NOW >



For more information contact WarmLine: (916) 455-9500
www.warmlinefrc.org

See all WarmLine's trainings at [warmlinefrc.org/news-events](https://www.warmlinefrc.org/news-events)



WarmLine Early Start Advocacy Training for Parents

A 2-session virtual training for parents of children 0-5 with developmental delays and/or disabilities

Parenting a child with a disability or developmental delay can feel overwhelming. Many families feel unheard or misunderstood when their unique needs are not fully addressed by existing support systems.

This training is designed to help you strengthen your advocacy skills as a parent. You will learn how to ensure your voice is heard, effectively share your story, clearly express your needs and concerns, and create meaningful change in your community.

As a result of this 2-session training, you will have the opportunity to attend a Local Interagency Coordination Area (LICA) meeting and the State Interagency Coordinating Council (ICC) on Early Intervention to share your experiences with decision-makers and community partners.

Virtual Training Dates

- Part 1: May 20, 2026 | 10:00 AM – 12:00 PM
- Part 2: May 27, 2026 | 10:00 AM – 12:00 PM

Register HERE!



Participant Info

- Open to residents of Yolo, Sacramento, Placer, Nevada, El Dorado & Alpine Counties ✓
- As a courtesy, participants will be compensated with a \$25 Walmart gift card (must attend both sessions) ✓

For More Info

www.WarmLineFRC.org AnnaeWarmLineFRC.org



Communication for All:

Augmentative and Alternative Communication in Early Childhood

with Daniela Corti, M.S., CCC-SLP



Tuesday, May 5, 2026
 10:00am-12:00pm
 Online Webinar
 Register [HERE](https://www.warmlinefrc.org) or at [warmlinefrc.org](https://www.warmlinefrc.org)



All humans have a fundamental right to communicate what they want, when they want, however they so choose. This webinar explores augmentative and alternative communication (AAC) as an essential tool and support system in the birth to three population. We will debunk the myths of AAC readiness and that AAC is a hindrance to developing mouth words, and will address reliable and robust communication development through a neurodiversity affirming lens.

916-455-9500 | 916-922-1490 en Español | www.WarmLineFRC.org

More info on these and other events at [WarmLineFRC.org](https://www.WarmLineFRC.org)



From Parent to Parent

WarmLine staff answer the question:

Spring Break is around the corner! That means opportunities for traveling, amusement parks, museums, and fun. For many of our families, that can lead to tricky situations. What are your tips, tricks, or advice for families out and about this Spring?

From Vio



Travel with special kids can be overwhelming, but also a beautiful bonding experience, and every family's journey will look different. I think one of the most important steps is to create a plan that includes flexibility and the right support. Here are some points that can be helpful

- 1.- Create a solid plan
 - Itinerary
 - Recreate scenarios ahead of time
 - Prepare children using social stories or visual schedules
- 2.- Accommodation
 - Check on accessible hotels and attractions with sensory-friendly services
 - Research destination known for inclusivity (disability friendly parks, sensory tours, shows, etc.)
- 3.- Documentation
 - Medical documents, passport (if it is the case, you can also consider having them electronically)
- 4.- Self care for parents is important too
 - Build rest and recovery into your trip, not just activities
 - Celebrate small wins (a calm flight or road trip, happy times, smiles, good rest, etc.)



From Ania



Since my daughter loves novelty, I would always make sure we have something "new" when we travel that matches her general interest (at least new to her, pass me downs were often our best hits!). Our must have for travels is portable Fold-And-Go toilet seat from Frida. This way she could use a regular toilet and feel safe. We also used portable penguin My Carry Potty during trips where access to the bathroom might be limited.

Using state park disabled discount pass (https://www.parks.ca.gov/?page_id=30959) as well as free Access Pass to national parks (<https://www.nps.gov/subjects/accessibility/interagency-access-pass.htm>) makes travelling easier too!

From Christina



Our family uses these to remove some of the barriers to fun:

- 1.Countdown calendar
 - 2.Battery-powered alarms for hotel doors
 - 3.Practice using sun cream before the trip
 - 4.Search for free social stories for the places we're going on teacherspayteachers.com
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From Parent to Parent, Continued.

WarmLine staff answer the question:

Spring Break is around the corner! That means opportunities for traveling, amusement parks, museums, and fun. For many of our families, that can lead to tricky situations. What are your tips, tricks, or advice for families out and about this Spring?

From Jen



Portable, block chargers are a life-saver! Make sure all devices (and the block chargers themselves) are fully charged before leaving home. Also, if on a road trip, car chargers for devices are great!

From Diana



When traveling with a child with special needs (different abilities), comfort really is everything. A little preparation can prevent a lot of stress. I always encourage families to think ahead about what helps their child feel regulated, safe, and familiar—especially in new or unpredictable environments.

Depending on the child's individual needs, parents can consider bringing:

Sensory & Soothing Items

- Sensory toys or favorite fidgets
- Noise-canceling headphones or earplugs
- Oral sensory tools if the child uses them
- Soft, familiar clothing or even their favorite pajamas for longer travel days

Familiar Comforts

- A favorite stuffed animal or comfort item
- A small blanket that smells like home
- Favorite snacks or familiar foods (this can make a big difference).

The goal isn't to pack everything - it's to pack what they know works for their child. Predictability and comfort go a long way in helping travel feel manageable for everyone.

And most of all, I encourage parents to try and enjoy each other and the experience. Travel may not always look perfect, but the memories they create together truly matter more than anything else.

From Shannon



Tips for Families

- Check Accessibility ahead of time by calling the site or looking for "Know Before You Go" pages on websites to check for sensory-friendly hours or wheelchair ramp locations.
- Try to schedule high-energy activities within your children's limits and then follow with a 20-minute "recharge" period in a quiet space.

Websites to search for affordable family outings:

1. [Discover & Go](#)

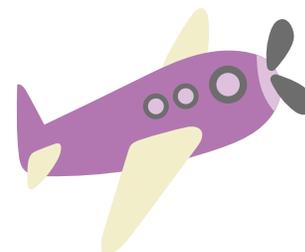
This library-partnered program offers free and low-cost passes to museums, science centers, zoos, and theaters. If you have questions, contact your library directly rather than the attraction.

2. [Groupon](#)

Discounted vouchers (often 50–90% off) for local experiences

3. [Tracks of Joy](#)

If your family loves the outdoors but struggles to find reliable information on accessibility, this resource is created by someone who understands these challenges firsthand. This site provides photos and details regarding wheelchair accessibility at various state, national, and some local parks in California. More content is being developed and added over time.





Please join us, our partners, and the wider community for fun and meaningful events this Spring

Check out our calendar [HERE](#)



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

Thank you for reading!

	<p>(916) 455-9500 En Español (916) 922-1490</p>
<p>www.WarmLineFRC.org</p>	<p>3336 Bradshaw Rd. Suite #255 Sacramento, CA 95827</p>

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