



WarmLine Connections / March 2021

Dear families,

Welcome to *WarmLine Connections*, our monthly newsletter with a new name and updated look! As suggested by the name, we want to connect you with the latest news from WarmLine, helpful resources, and fun activities for the family. We hope you enjoy this March edition as much as our staff did in compiling these resources for you!



As we step into Spring this month, there is encouraging news with COVID vaccinations and school re-openings underway. Although promising, the transition and safe return to pre-pandemic routines can be challenging and unpredictable. Please know that we are here as a partner to continue supporting you through the transitions ahead.

Wishing you and your family well,
Pam Chueh

Vaccine Update

Starting on March 15th, COVID-19 vaccinations will be expanded to include **individuals age 16 – 64 with disabilities and high-risk medical conditions** For more information visit:

<https://covid19.ca.gov/vaccines/#California's-vaccination-plan>

Check with your county public health department for local details.

Do you have a little one from birth to 3 years old?

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. Click on the link below to find more.



Visit our website

WarmLine Monthly Trainings & Activities

WarmLine Activities for March

All activities are virtual

Parent Support Group

Wednesday, March 3, 2021 @ 4:00-5:30pm

It's the start of a new year, but we are still in a pandemic that is leaving us isolated. Please join WarmLine parent and social worker, Jamie, to chat with other parents, offer support and understanding to each other.

Virtual Teddy Bear Picnic

Friday, March 19, 2021 @ 11 am

A fun picnic lunch with your favorite teddy bear (or other favorite stuffed friend) including songs, stories and crafts!

Understanding Special education and Your IEP

Saturday, March 20, 2021 @ 10:00 am-12:00 pm

Join WarmLine Special Education Consultants online for an overview of the special education process, including walking through the contents of the IEP and meeting preparedness tips.

Family Yoga

Monday, March 29, 2021 @ 4:00-5:00pm

Do you need more energy and calm to handle the demands of family life during the pandemic? Please wear comfortable clothing. This class is available to the whole family. Please register only once per family.



Register Today

More Trainings & Activities

- Activities to do at home from First 5 California: <https://www.first5california.com/en-us/activities/>
- Activity calendars from neighborhood Birth and Beyond Resource Centers: <https://www.birth-beyondfrc.com/calendars>
- Activity Calendar for young adults from Access Leisure: [Activity](#)

- The ARC of California, is hosting the 14th Annual “VIRTUAL” Developmental Disabilities Public Policy Conference 3/15 – 3/18: <https://thearcca.org/conference/>
- *Nurturing Parenting* Spring 2021(8 weeks) Virtual Seminar (**Nevada Co. Residents only**). To register, please call 530-268-5086 or email akeeling@nevco.org
- UC Davis MIND Institute, is offering *GET MINDFUL*, an education and support group for parents and caregivers of individuals on the autism spectrum. For more info call 916-436-1596; or email shjcohen@ucdavis.edu



Helpful Resources

The Diaper Bank Project

The Diaper Bank Project strives to provide every child with the supplies needed for a healthy childhood. Supplies can be picked up at 2 different sites. See the flyer for details.

<https://thediaperbankproject.weebly.com/>

Child Care

Child care and the ADA – A list of commonly asked questions about child care programs and the ADA:

<https://www.ada.gov/childqanda.htm>

Food Resources

Free drive-through food distribution from the Sacramento Food Bank. For locations and times, visit:

<https://www.sacramentofoodbank.org/produce-for-all/>

Tax Tips

It's that time of the year! Tax tips for parents of children with special needs from The Autism Community in Action:

<https://tacanow.org/family-resources/tax-strategies-for-parents-of-kids-with-special-needs/>

Education

Is anxiety a part of your child's life? Anxiety in the Classroom is an online resource center for school personnel, students, and their families.

<https://anxietyintheclassroom.org>

The Diaper Bank Project

AT UC DAVIS



WE ARE A STUDENT ORGANIZATION THAT COLLECTS AND DONATES INFANT SUPPLIES TO FAMILIES IN NEED

WHERE OUR DIAPERS ARE LOCATED
(UPDATED DECEMBER 2020)

SACRAMENTO LOAVES & FISHES - MARYHOUSE
1351 NORTH C. STREET SACRAMENTO, CA 95811
916-446-0874

LA FAMILIA COUNSELING CENTER, INC
5523 34TH STREET SACRAMENTO, CA 95820
916-452-3601

Help WarmLine help families in your community

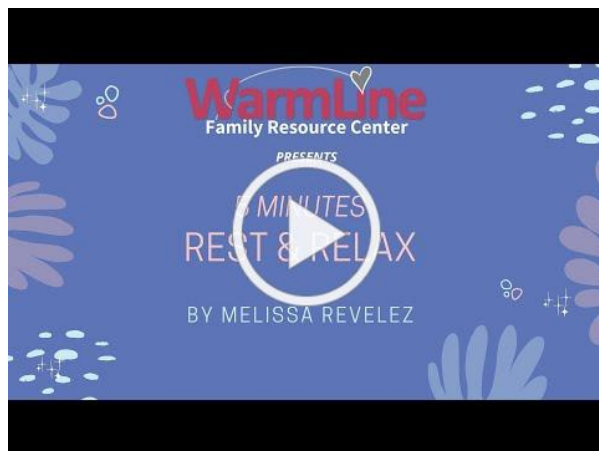
Donate to WarmLine



Your tax-deductible* donation allows us to continue providing families with 1:1 phone consultations, parent support groups & trainings, and fun activities for the kids. No donation is too small. Thank you for making a difference for WarmLine families!

[Donate now!](#)

Take 5 minutes to Rest and Relax



Follow us on social media for resources & updates for you and your family

WarmLine Family Resource Center



FOLLOW US