



Access Leisure Ink



Fall 2017



NORTHERN CALIFORNIA REGIONAL SPORT



CAMP C.O.O.L. 2018

Camp Challenge Ourselves through Outdoor Leisure is a two-day-one-night residential camp for young adults aged 10-25 with physical disabilities. Camp C.O.O.L. consists of an exciting two-days of downhill snow ski lessons from the skilled staff of the Achieve Tahoe Program at Alpine Meadows. Dates TBA



S.N.O.W. CAMP 2018

Supporting New Opportunities through Winter Sports is a two-day-one-night residential camp for young adults and adults age 15 and older with Intellectual and or Developmental Disabilities. This camp consists of an exciting two-days of downhill snow ski lessons and snowboarding from the skilled staff of the Achieve Tahoe Program at Alpine Meadows. Dates TBA



INJURED, ILL, AND WOUNDED VETERANS SOUGHT

Paralympic Sport Sacramento is seeking Veterans and Wounded Warriors with physical disabilities or those that are blind or have low vision to participate in both Paralympic sports and recreational sport programs. Activities occur locally and regionally. Join us for our cycling program, wheelchair basketball, wheelchair softball, sled hockey, wheelchair rugby, swimming, goal ball, or one of many other exciting opportunities. Contact Annie Desalernos at adesaler@cityofsacramento.org or 808-3809.



SOCIAL RECREATION PROGRAMS FOR TEENS AND ADULTS WITH INTELLECTUAL DISABILITIES

Special events, trips and excursions are provided year-round. Programs promote inclusion and social skill development. Programs include baseball games, river boat cruise, and other outings.

Social programs are community-wide activities open to teens and adults. Programs help develop social skills and self-esteem. Activities include dinners, dances, and crafts programs.

Social sports are open to active teens and adults.

Contact Program Coordinator Jenny Yarrow at 808-6045. Calendar available by email, contact jyarrow@cityofsacramento.org. Program fees vary.

You can view the monthly Access Leisure calendar at www.accessleisuresac.org.

Sports & Recreation

ACCESS LEISURE CAMPS & OUTDOOR EDUCATION

Call Jenny Yarrow at 808-6017, email jyarrow@cityofsacramento.org or visit www.accessleisuresac.org

HANDCYCLING AND TANDEM CYCLING RIDES

Contact Rick Mason at 804-1934 or saccycle@sbcglobal.net.

Scheduled rides for can be found in the cycling section at www.accessleisuresac.org. All rides vary in distance and pace according to rider's abilities.

October 21 - Foxy's Fall Century Test your distance riding with this event offering courses of varying lengths. This fun ride is sponsored by the Davis Bike Club and provides opportunities for riders of all skill levels including: a family friendly flat loop, and longer more challenging distances of 100km. and 100mi. Handcycles will be supported for the various ride lengths. This event always a sells out! <https://davisbikeclub.org/2017-foxys-fall-century/>

POWER WHEELCHAIR SOCCER

Power Soccer combines the skill of the wheelchair user with the speed and power of the chair itself, to participate in an extremely challenging game similar to soccer. First practice is scheduled in September and every other week thereafter at Harper Junior High in Davis. Game schedule TBD.

Contact:

Lara Hawthorne, Sac Valley Flames Manager at 847-7745 or sacvalleypowersoccer@gmail.com
Facebook: www.facebook.com/groups/sacpowersoccer/
Website: www.hinc.com/powersoccer

WHEELCHAIR BASKETBALL

Capital Cagers and Access Leisure Wheelchair Basketball practices; Tuesday and Thursday Evenings from 6:30-9pm at Leo Palmiter Middle School. Practices start in August and will run through June 2018. Email cagers@comcast.net or contact Jenny Yarrow at jyarrow@cityofsacramento.org or 808-6017.

QUAD RUGBY

Wheelchair or Quad Rugby is a fast-paced and competitive sport for individuals with physical disabilities that affect all four extremities. Players use special "Rugby Wheelchairs" to play the sport. These chairs are very maneuverable and can take a hit or two. Rugby players must be able to push their own wheelchairs. Introduction and practices are usually scheduled for Wednesdays 6-8:30pm. Location TBA for Fall Season. The Sierra Storm quad rugby team practice is on scheduled Saturdays. Contact: Rick Mason rmason@cityofsacramento.org or Jenny Yarrow jyarrow@cityofsacramento.org.

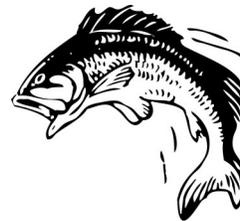
GOALBALL

Goalball is a challenging team sport developed for people who are blind or visually impaired. It promotes exercise, team spirit, community involvement and social interaction. Fall program starts in October with several scheduled practices each month until June.

Time: 11am-3pm;

Location: CSUS Gym Yosemite 183

Contact Jenny Yarrow at 808-6017 or jyarrow@cityofsacramento.org.



KAYAK FISHING & SHORE FISHING EVENT

Oct 13-15

Kelsey Bass Ranch (7400 Merced Falls Rd, Snelling)
We will be camping at the lake. Campers may arrive any time on Friday or Saturday. Main even is on Saturday. Dry camping - no hookups or potable water. Porta Potties only. All fishing gear and kayaks provided. Fishing license provided. Expert kayak and fishing advice. Breakfast, lunch, & dinner provided on Saturday. Pot luck on Friday night. This is a family-friendly, alcohol-free event. Limited camping gear available - please bring your own if possible. To reserve your spot, contact Raydon at 510-376-8559 or communications.norcal@heroesonthewater.org.

Performing & Visual Arts

AXIS DANCE MASTERCLASSES/ WORKSHOPS

For more information contact AXIS at info@axisdance.org or 510-625-0110. www.axisdance.org



- **Dance Axis Day**— Dance Access Day - A Day of Dance, Disability Education, Performance, and Fun - is AXIS Dance Company's unique event for schools and children of all ages! AXIS dancers will perform innovative choreography that demonstrates how people with and without disabilities work together. The show includes active participation so audience members should come prepared to dance and have a good time! Oct. 5-6, shows at 9:30am & 11:30am at Oakland Asian Cultural Center Auditorium (388 9th St #290, Oakland)
- **Community Dance Jam**—Oct. 16, 6pm. \$12. Malonga Casquelourd Center for the Arts (1428 Alice St., Oakland)
- **Contemporary Ballet Workshop with Robert Dekkers**—Oct. 6, 13, 20. \$12. Malonga Casquelourd Center for the Arts (1428 Alice St., Oakland)



FAIRYTALE TOWN

Visit www.fairytaletown.org or call 808-7462.

- **Community Day at the Sacramento Adventure Playground**—Oct. 14 & Nov. 11, 11am-4pm. Open to all ages. Create their own play structures and spaces by re-purposing everyday items such as cardboard boxes, plus household wares, natural elements and unexpected items.
- **Safe & Super Halloween in Space**—Oct. 20-22, 5-9pm. Advanced tickets required. This three-night extravaganza also features 15 treat stations, a nightly costume parade at 8:30 PM, hands-on activities, and lots of fun. Sevilla Magic FX will perform a magic show each night at 6:30 and 7:30 PM in the Children's Theater. Magic show tickets are an additional \$1 for members and \$2 for nonmembers.
- **Free Admission Day and Canned Food Drive**—Nov. 24, 10am-2pm. Enjoy free admission with donation of a canned good. Suggested: canned meat, canned fruit, soup, peanut butter.
- **Free Admission Day**—Dec. 24, 10am-2pm. Weather-permitting.

Access Leisure Ink

A quarterly publication of the
City of Sacramento, Access Leisure

Editor: Annie Desalernos

Layout: Kim Callahan

If you have a program or activity that you would like included in an upcoming issue of Access Leisure Ink, contact Annie Desalernos at:

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adesaler@cityofsacramento.org

ACCESS LEISURE STAFF

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Program inquires for injured, ill and wounded Veterans or active duty members of the Armed Forces, and all donation and sponsorship opportunities
adesaler@cityofsacramento.org

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Youth programs, Paralympic Sport, camps, social, fitness, sports and travel for young adults and adults with intellectual disabilities
jjarrow@cityofsacramento.org

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Resource Specialist for all programs
mtabarango@cityofsacramento.org



Unless otherwise noted, all phone numbers are in the 916 area code

www.accessleisuresac.org



Find us on
Facebook

www.facebook.com/accessleisure

Sports & Recreation



CHALLENGE SPORTS

To register or be added to the mailing list visit www.challengesports.org or call 554-0889. Email sacramentochallengesports@gmail.com

Indoor Basketball League

Sundays January 7-March 25, 10am-4:30pm. Registration begins in late Fall. Games held at Orangevale Community Center Gym.

Basketball Skills Class

Thursday Evenings 6:30-8pm year round. Held at Sports Courts Fitness (3727 Bradview Drive). Experienced players ages 13 and up are invited to our ongoing Basketball Skills League.

Soccer

Sundays, Sept. 10-Nov. 5, 12pm at Tetotem Park in Antelope. Ages 5 to young adult.

Trampoline

Held Tues. and Wed. 7-8pm year round at Sky High Sports in Rancho Cordova.

CURLING

Roseville—Skatetown Ice Arena (1009 Orlando Ave) Sundays 9:30am-12pm. \$25 per person drop-in fee. Pre-registration is required. WCCC is proud to be one of the few curling clubs that encourages wheelchair curlers. Wear warm clothes (layers) and they'll provide the equipment.

Wine Country Curling of Northern California

For info visit www.facebook.com/winecountrycurlingclub/ or email winecountrycurling@gmail.com.

GOALS

The Growth Oriented Adapted Learning Skills (GOALS) program is a non-profit organization offering a variety of activities to individuals with developmental disabilities ages 8 and older. Call 595-2165 or visit www.goals-us.org.

- **Bowling** tom@goals-us.org
- **Golf** golf@goals-us.org

COSUMNES CSD

RECREATION ADVENTURES (RAD)

Social dances, fitness classes, aquatics, and more. Fees vary. For more information contact RAD staff at 405-5600 or RAD@csdparks.com. Visit www.yourcsd.com/380/Adapted-Inclusive-Recreation

UCP SADDLE PALS AND HEROES ASTRIDE

For ages 4 and up. Heroes Astride is a program for disabled service members.

Grass Valley: contact Jane de'Zell firewalkerranch@sbcglobal.net or 530-268-8785.

HOPE 4 HORSES

Riders of varying abilities can increase self-confidence, learn problem-solving skills, and improve focus and the ability to stay on task. Visit hope4horses.com or call Kris Lawson at 591-8706.

GOLFING FOR ALL

Sacramento is proud to boast four golf courses with trained staff available to teach golfers of all ages and abilities. Adaptive Golf Carts are available at the Cherry Island Golf Course, "The First Tee" in William Land Park, and Haggin Oaks. Trained staff can improve the swing of any golfer.

The First Tee in William Land Park. Brian Rugne at 455-7888 or brugne@tftgs.org

Haggin Oaks, 3645 Fulton Ave. Kelli Corlett at 808-0971 or kcorlett@hagginoaks.com.

Cherry Island Golf Course, 2360 Elverta Rd. Tim Berg at 991-7293 or tberg@empiregolf.com.

Bing Maloney, 6801 Freepoint Blvd. Morgan Malone at 808-6616 or mmalone@hagginoaks.com.

TTY'S AVAILABLE TO THE PUBLIC AT THE FOLLOWING CAPITAL CITY GOLF LOCATIONS:

Bartley Cavanaugh Golf Course TTY 665-3637

Bing Maloney Golf Course TTY 391-8006

Haggin Oaks Golf Course TTY 481-2253

William Land Golf Course TTY 277-1207

Capital City Golf Administration Office 433-6294

Sports & Recreation

ACHIEVE TAHOE

Information & Reservations
Telephone: 530-581-4161 ext. 206
Online: www.achievetahoe.org



SKATECLINICS BY SKATEMD

28th & B Street Skate Park
SkateMD serves special populations of children who may not otherwise be able to pursue skateboarding, may not have easy access to skateboard equipment or facilities, and/or who just need some extra kindness in their lives. One-on-one clinics provide a safe and accepting environment for youth with special needs, ages 5-17. Participants have the opportunity to experiment with skateboarding, fine-tune existing skills, or just have fun. Visit www.skatemdhh.com or email skatemd.healinghearts@gmail.com.

DISABLED SPORTS—EASTERN SIERRA

Contact Maggie Palchak at 760-934-0791 or mpalchak@disabledsportseasternsierra.org
Visit disabledsportseasternsierra.org



Winter Lesson Reservations

We are taking reservations for the winter season! Mammoth Mountain will open Thursday, November 9. Call our office to make lesson reservations well in advance for your upcoming visit and ensure you get the best availability.



CATCH A LIFT

Catch a Lift ("CAL") is a non-profit organization that assists wounded service members from the Iraq and Afghanistan wars with starting their healing process and maintaining their mental and physical health through physical fitness. CAL provides gifted gym memberships or in-home gym equipment to wounded post 9-11 veterans anywhere in the United States. Visit www.catchaliftfund.com



Bravery Uncorked: 6th Annual Food, Wine & Jazz Benefit

Sat, Oct 21 at 12:30-4:30pm,
Boccaccio's
(32123 Lindero Canyon Rd, Westlake Village)
Please join us in supporting Disabled Sports Eastern Sierra for our 6th Annual Afternoon of...
* Wine Flight Tasting
* Delicious Hors d'Oeuvres Reception
* Fresh Sushi Bar
* Decadent Dessert Table
* Live Jack Daro Jazz Music
* Live and silent auction
Tickets:
General Admission—\$100
Reserved table for 6—\$1,000 | table for 8—\$1,2250
Reserved table for 10—\$1,500
Visit www.braveryuncorked2017.eventbrite.com

ENVIRONMENTAL TRAVELING COMPANIONS (ETC)

Visit www.ectrips.org or call 415-474-7662.
Offers cross-country skiing, white-water rafting and sea kayaking adventures. Call for trip dates.



FREE ADMISSION TO NATIONAL PARKS

America the Beautiful – National Parks and Federal Recreational Lands Pass – Access Pass is a lifetime pass for U.S. citizens or permanent residents with permanent disabilities. Pass provides access to, and use of, Federal recreation sites that charge an Entrance or Standard Amenity. The pass admits the pass holder and passengers in a non-commercial vehicle at per vehicle fee areas and pass holder + 3 adults at per person fee areas. The Access Pass provides a 50% discount on some Expanded Amenity Fees charged for facilities and services. For more info go to www.nps.gov/fees_passes.htm

Sports & Recreation

B.O.R.P.

Bay Area Outreach Program (BORP) offers wheelchair basketball, power soccer, goalball, youth sports, outings, adaptive cycling, and fitness.

Visit borp.org or call 510-849-4663.

- **Adult Wheelchair Basketball** - Thurs 6:30pm
- **Adventures & Outings**—Dates/times vary
- **All Bodies Yoga**—Fri 7:30am
- **Chair Yoga**—Thurs 11am
- **Cycling Center** open Tues, Thurs, Sat
- **Fast Group & Youth Cycling Rides**—Sat 10am
- **Goalball**—Wed 6:30pm
- **Power Soccer**—Sat. 11am, 1pm
- **Youth Sled Hockey**—Fri., 6pm
- **Youth Wheelchair Basketball**—Sat., 9am, 11:30am



PARALYMPIC SPORT CLUB MENLO PARK

www.riekes.org 650-364-2509

- **Shooting & Biathlon, Powerlifting, Personal Training, Swimming, Track & Field**—By appointment
- **Archery and Biathlon** Tues/Thurs 2:30pm.
- **Qi Gong** Thurs 9:30am. Free for veterans and active duty.
- **Sitting Volleyball** Wed 7pm, Sat 9am
- **Strength & Conditioning** Tues/Thurs 1:30pm
- **Wheelchair Rugby** Tues/Thurs 5pm



SHARED ADVENTURES— PSC SANTA CRUZ

For info on all trips, visit

www.sharedadventures.org or call

831-459-7210. staff@sharedadventures.org

- **Adaptive Yoga**—Sundays 1:30pm
- **Archery Lessons**— 3rd Saturday, 10am
- **Bocce Ball**— monthly



TREASURE ISLAND SAILING CENTER

The TISC Adaptive Sailing Program ranges from introductory sailing for children and adults to competitive training for the US Paralympic Sailing Team. TISC's trained instructors support the needs of each participant and promote safety both on and off the water. Call 415-421-2225 or email programs@tisailing.org. www.tisailing.org

BAY AREA ASSOCIATION OF DISABLED SAILORS (BAADS)

www.baads.org 415-281-0212 info@baads.org

- Dinghy Sailing - Every Saturday in McCovey Cove
- Keelboat Sailing - Every Sunday in the SF Bay
- Liberty Racing - Every third Saturday
- Beer Can Races - Every Friday at South Beach Yacht Club
- Veterans Go Sailing—Every Saturday at Pier 40

SILICON VALLEY ALL-ACCESS SPORTS

Sports offered: Basketball, golf, bowling, & power soccer as well as fitness and dance classes. www.sanjoseca.gov/prns 408-369-6438

- **Adapted Aerobics**—Tu 10:30am
- **Adapted Bowling**—Tu 4pm (Ages 11+)
- **Adapted Fitness**—MTW 10:30am (Ages 18+)
- **Adapted Golf**—Th 12pm (Ages 15+)
- **Adapted Yoga**—Th 10:30am
- **Adapted Yoga for Teens**—M 4:30pm
- **Advanced Wheelchair Basketball**—Tu 7:30pm (Ages 13+)
- **Cooperative Dance**—10/20, 12/1, 7pm
- **Folklorico Dance**—Sun 2pm
- **Martial Arts**—Sun 1pm (Ages 14+)
- **Power Soccer**—Sat 10am (Ages 5+)
- **Wheelchair Basketball**—Tu 5:30pm (Age 13+)
- **Wheels on Fire**—Sun 1pm (Ages 5-22)



Sports & Recreation

BREAK THE BARRIERS (FRESNO)

Sports offered: Archery, dance, gymnastics, health & fitness, martial arts, swimming lessons, and a Veterans sports program. Phone: 559-432-6292

www.breakthebarriers.org

- **Aerial Dance Fitness**—M, Tu, Wed, Sat
- **Aquatics**
- **Archery**—Tuesdays and Thursdays.
- **Dance**—Classes available M-Sat.
- **Group Fitness**—classes vary
- **Gymnastics**—Classes available M-Sat.
- **Hope Program**—Physical recovery program with Certified Trainers
- **Martial Arts**—Classes available M-Sat.
- **Tumbling**—Beg., Intermediate, Advanced classes
- **Veterans Program**



CITY OF RENO PARKS & RECREATION

www.reno.gov/residents/parks-and-recreation

Contact April Wolfe at 775-333-7765 or wolfe@reno.gov.



- **Fit but Not Forgotten** - Fit but Not Forgotten (FBNF) program engages disabled veterans by providing fitness training to promote a healthy lifestyle. W 5:30pm, R 10:30am.
- **Project Hero|Ride2Recovery** - Cycling program for veterans.
- **Wheelchair Basketball**—Contact Scott Youngs at 775-682-9056.
- **Wheelchair Rugby**—Contact Todd Wolfe at 530-386-3340.

Reno Rumble Tournament - October 27-29 at Plumas Gym (475 Monroe St.) Teams from the United States Quad Rugby Association (USQRA) will join the High Fives Wheelchair Rugby Team in a fun filled and competitive weekend of wheelchair rugby. For game schedules, to volunteer or for more information contact April Wolfe. Please come out and support the team!

- **Team River Runner** Through whitewater kayaking, TRR promotes health, healing, and new challenges for healing Veterans and their families. Visit www.teamriverrunner.org or contact Tina Lemus at 775-303-2328.

ADAPTIVE SPORTS AND REC ASSOCIATION (SAN DIEGO)

Year Round sports include basketball, soccer, rugby, and cycling. Injured service members program. Sports mentors.

619-336-2764 www.adaptivesportsandrec.org

- **Beach Days**—call for information
- **San Diego Ducks Sled Hockey**—Sun 7:45am
- **Sitting Volleyball**—Wed 7pm.
- **Sled Hockey**—Sat 7am
- **Track & Field**—Sun 1pm
- **Wheelchair Basketball**—Open gym Tues 6-8pm and Sat 12-2pm; adult and youth teams practices vary



THE CIL

The CIL hosts several sports clinics throughout the Bay Area. Events are open to all ages and abilities. Phone: 510-841-4776 www.thecil.org

Kart Racing

This is a new project that The CIL is very excited about. Do you want to race go-karts? All karts will be fully equipped with hand controls. Tell us that you want to race and we will contact you with our first date available.

Date: TBD

Location: SimRaceway Performance Driving Center in Sonoma, CA

ABILITY FIRST SPORTS (CHICO)

530-520-7235

www.abilityfirstsports.org

Offers swimming, basketball, cycling, rock climbing, tennis, quad rugby, track & field, and more.



LOMA LINDA UNIVERSITY
HEALTH

PossAbilities



POSSABILITIES

Variety of sports offered—baseball, basketball, cycling, football, kayaking, running, skiing, swimming. Phone: 909-558-6384. www.teampossabilities.org

- **Adaptive Canoe**
- **Adaptive Triathlon**
- **Group Bike Rides**—2nd & 4th Sun, 8am
- **Stretching & Exercise** - Tues, 10:30am
- **Wheelchair basketball**—Thursdays, 6:30pm
- **Yoga**

Resources

YOUTH AND FAMILY RESOURCE FAIR & WHITE CANE AWARENESS WALK

Saturday, October 14, 10am-2pm
Society for the Blind
(1238 S. Street)

**SOCIETY
FOR THE
BLIND**

More than what you see

Society for the Blind and CareersPLUS are proud to be hosting the 1st Annual Youth and Family Resource Fair. This half-day event will bring together over a dozen agencies, organizations and family-friendly resource networks. Come learn about career exploration, academic opportunities and support, housing, Social Security, library services and more. Refreshments will be available.

Join us at 2:15pm as we “walk the Midtown Grid” to raise White Cane Awareness! Please RSVP by October 6 at CareersPLUS@societyfortheblind.org or 889-7513.

20TH ANNIVERSARY

SHRINERS HOSPITALS FOR CHILDREN®—NORTHERN CALIFORNIA

1997•2017

SHRINERS HOSPITAL FOR CHILDREN NORTHERN CALIFORNIA 20TH ANNIVERSARY COMMUNITY DAY CELEBRATION

Saturday, October 21, 11am-2:30pm
Shriners Hospital for Children (2425 Stockton Blvd)

All activities are free and open to the public!

- Interactive exhibits for kids
- Food
- Entertainment
- Wheelchair sports
- Meet Fezzy and other community mascots

<http://shrinerschildrens.org/20thanniversary>
www.facebook.com/ShrinersNorCA

AMPUTEE PRO-BONO CLINIC

October 5, 12, & 19
Sacramento State Dept. of Physical Therapy

Evaluation & Rehabilitation: A Student Run Intra-Curricular Clinical Experience.

Team-based clinic utilizing the professional skills of nursing, physical therapy, prosthetics, recreation therapy, speech-language pathology and social work. Offering FREE evaluation & interventions for amputees in the community.

Focus will include:

- Analysis of movement patterns - particularly gait
- Musculoskeletal and prosthetic dysfunction
- Development of an evidence-based therapy diagnosis with an appropriate therapeutic intervention
- Recreation and leisure goals
- Social health

For Continuity of Care and Student Learning, clients must commit to attending all four of the following Thursdays for the 1.5 hour long clinic.

Questions? Dr. Toran MacLeod, PT, PHD
toran.macleod@csus.edu, 278-5445



BEARY SPECIAL PLAYDATES

Monthly on 2nd Wednesdays, 5-7pm
Sacramento Children's Museum
2701 Prospect Park, Rancho Cordova

Families with special needs, including siblings and friends, are invited to visit the Children's Museum on the second Wednesday of each month, 5-7 pm. There is no charge for admission, but reservations are required. For more information call 638-7225.

Resources



UC DAVIS MIND INSTITUTE

UC DAVIS M.I.N.D. INSTITUTE

Visit www.ucdmc.ucdavis.edu/mindinstitute
or call 703-0280. Located at 2825 50th Street.

DOGFEST SACRAMENTO 2017

Celebrate the community of people and dogs that make it possible for Canine Companions to show that the most advanced technology capable of transforming the lives of people with disabilities has a cold nose and a warm heart.

Join the fun October 7 at Southside Park (2115 6th St.)! Check-in begins at 11am. Walk begins at 11:45am. Enjoy music, games, heart warming stories, vendors, food and drink.

DogFest Walk 'n Roll is coming to Sacramento. So grab your leash and get ready to have a tail-waggin' good time! We'll change lives, four paws at a time.

The Northwest Region is proud to present DogFest Walk n' Roll Sacramento to support the 593 active graduates and 289 volunteer puppy raisers residing in the region. We look forward to celebrating with our supporters, graduates, volunteers and friends.

[http://support.cci.org/site/TR?
fr_id=1385&pg=informational&type=fr_informational&
id=1020](http://support.cci.org/site/TR?fr_id=1385&pg=informational&type=fr_informational&id=1020)

SENSORY STORYTIME

Sacramento City Libraries
Dates, times and locations vary
Half-hour programs for kids with autism and/or sensory disorders featuring stories, music, activities, and more. Noise and behaviors are no problem. Children and their families are welcome, and parents will have the opportunity to network with other parents. Registration is not required. For dates and information, contact Janet Winger at 264-2920 or jwinger@saclibrary.org

African American Developmental Disabilities Parent Advisory Group (AADDPA)

This group is open to all and is specifically designed to support families with culturally tailored information to empower them to choose options that are appropriate for their family. The meetings are usually the fourth Wednesday of each month from 6-8pm at the UC Davis MIND Institute. Dinner and childcare will be provided. Please RSVP to 703-0403, or cjgrevious@ucdavis.edu.

Family Time at the MIND

October 13, 6-7:30pm
UC Davis MIND Institute Auditorium
Join us at the UC Davis MIND Institute for a family social and recreation night. It will be an opportunity for children with neurodevelopmental disabilities to socialize and participate in recreational activities along with their families and peers. Our Fall Festival will include a magic show, fall crafts, trick or treating, and light snacks. Children are encouraged to come in costumes but it is not required. This event will be sensory friendly and welcoming to all ages! Siblings are also encouraged to come! Call for info.

Oct 11 - Maternal infection and immunity in neurodevelopmental disorders

Nov 8 - A neural circuit approach to mental illness

Dec 13 - Lights, Camera, Independence

Jan 10 - Translating the complex genetics of autism

Feb 14 - Autism from generation to generation

March 14 - Early intervention and brain plasticity in autism

Resources

A Touch of Understanding—Provides disability awareness programs to students in the Sacramento area through activities and social interaction. Contact 791-4146 or visit www.touchofunderstanding.org

ALS Association, Greater Sac. Chapter—Contact 979-9265 or visit www.alssac.org

Autism LifeSpan—Contact 530-897-0900 or info@autismlifefspan.org. Visit www.autismlifefspan.org

Autistic Self Advocacy Network— Call or text 538-9154 or visit www.autisticadvocacy.org.

Capitol People First —A self-advocacy group organized by people who have and are affected by disabilities. Meets 1st Saturday, 1-3pm at State Capitol Room 125. Email capitolpeoplefirst@gmail.com

City of Roseville Adaptive Recreation—Contact 774-5505 or visit www.rosevilleparks.com

Cosumnes CSD, Leisure Enrichment and Therapeutic Recreation—Recreation programs in the Elk Grove community. www.yourcsd.com or 405-5300

Down Syndrome Information Alliance—Contact 658-1686 or info@downsyndromeinfo.org. Visit www.downsyndromeinfo.org.

Epilepsy Foundation of No. Ca.—Contact 800-632-3532 or efnca@epilepsynorcal.org. Visit www.epilepsynorcal.org.

FEAT (Families for Early Autism Treatment) - Lending library, newsletter, conferences, support, parent mentoring, social events, field trips and fundraising events. 303-7405 or FEAT@feat.org.

Society for the Blind — Serving those who are blind or visually impaired. Call 452-8271 or visit www.societyfortheblind.org.

Therapeutic Recreation Services—Contact TRS at 381-0225, TTY/TDD 800-735-2929 or visit www.regionalparks.saccounty.net/TRS/



The WarmLine Family Resource Center is for families that have a child birth to age 26 with special health care or developmental needs to connect with other families, receive resources about services and learn how to effectively advocate for their children. Visit www.warmlinefrc.org for upcoming family activities, play groups and trainings about how to support your child's development, special education and sign up for the email list.

Location:
2424 Castro Way, Sacramento, CA 95818,
455-9500/Toll free: 844-455-9517

IEP Training:
Small groups by appointment in Sacramento and Rocklin. Larger group trainings are listed on the calendar at www.warmlinefrc.org

Warmline provides trainings and playgroups for families of children with special needs. The schedule can be found on the events calendar on the website or email Cid@warmlinefrc.org to be added to the mailing list.



hands on
sacramento

VOLUNTEER WITH HANDS ON SACRAMENTO

Hands On Sacramento connects 2,500 volunteers a year with opportunities to match their schedules and interests. **Call 447-7063, ext. 304, email info@handsonsacramento.org or visit www.handsonsacramento.org**