

NEW MOMS

Exciting News!!!

Our Oak Park Office is Moving in February

**NEW LOCATION ~ SAME GREAT PROGRAMS
FOR PARENTS OF CHILDREN BIRTH TO 6 YEARS OLD**

**For more information or to register for these
programs, go to NewMoms.org or contact
OakParkPrograms@newmoms.org.**

**Parent Creativity +
Connection Morning**

Friday, January 11
9:30-11:30 am
405 S Euclid Ave.

**How to Eat Healthy +
Delicious on a Budget**

Tuesday, January 15
10:00-11:30 am
405 S Euclid Ave.

**Simplify Your Life +
Enjoy it More!**

Thursday, January 31
6:30-8:00 pm
405 S Euclid Ave.

**Morning Parent
Meet Up**

**Every Mon. + Thurs.
8:30-11:30 am**

Turn over for detailed workshop descriptions.

Parent Creativity & Connection Morning

If you love the arts, but find it hard to make the time, come and take the time to explore your creative side. Bring along a project you've been intending to finish, learn new techniques, or just sit back and color in our free-flowing creative space while networking with other parents of young children. We can also provide a project to excite your creative side if you don't have one of your own to bring. For the first portion of the workshop, a speaker will provide information on a useful parenting topic and remain available for discussion. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - RSVP today!

Facilitated by: Jessica Brekher B.F.A, M.Ed., Art Ed. and Kimm Pilditch, LCSW

How to Eat Healthy + Delicious on a Budget

There are so many barriers that can keep us from eating in a way that nourishes our bodies & satisfies our tastes, but cost does not need be one of them! Join Sugar Beet Food Co-op as they present a savvy shopping & kitchen-skill building workshop that will give you recipes, samples, and a breakdown of food options in the area as well as shopping tips that will satisfy your family's taste buds on as little as a \$4/day! This workshop is FREE and a limited number of FREE onsite childcare spaces are available.

Facilitated by: Sugar Beet Food Co-op in partnership with Parenting **RESOURCE** Program

Simplify Your Life + Enjoy It More!

Simplifying doesn't necessarily mean throwing everything out. It means making the best choices for you and your family. Declutter your living space and find more peace of mind. Speak simply and clearly to your children so they will listen more. This workshop will teach you how simple techniques like establishing routines, meal planning, giving fewer options, organizing belongings, and choosing one simplification task a month can make your life so much easier. Research shows that minimizing "stuff" and instilling rhythms into your day creates calmer, happier children with notable future benefits. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - RSVP today! Facilitated by: Jennifer Evans, MSW

Need Some Kid-Free Time in the New Year? Join Us for Morning Parent Meet Up!

Join us every Monday and Thursday morning so your children (8 weeks - 6 years old) can learn and play in our developmentally appropriate classrooms while you have some free time in our Parent Parlor! Enjoy our Wi-Fi to work, complete online errands, listen to music, or relax and read a book. You can also chat and network with other parents and caregivers of young children and take advantage of our parent programming. Each session is \$25 per visit for one child or \$30 for two or more children. Scholarship funds are available to those who qualify. Contact oakparkprograms@newmoms.org for your FREE first visit and tour!

For more information or to sign up for a program, go to NewMoms.org or contact oakparkprograms@newmoms.org * 773.252.3253 x221.