

PARENTING WORKSHOPS

January 2020

**FREE workshops for families with children 0-6 years old
@ the New Moms Oak Park Center**



Community Mental Health Board of Oak Park Township
NEW MOMS

Parent Creativity + Connection

Friday, January 17 + Tuesday, January 28 | 9:30-11:30 am
@ New Moms Oak Park Center, 206 Chicago Ave., OP



NEW MOMS
Collaboration for Early Childhood FAMILY ENGAGEMENT

Make Active Indoor Games With Household Items

Saturday, January 11 | 10-11:30 am
@ River Forest Community Center, 8020 Madison Street



Community Mental Health Board of Oak Park Township
NEW MOMS

How to Speak Your Child's Preferred Love Language

Friday, January 24 | 10-11:30 am
@ New Moms Oak Park Center, 206 Chicago Ave., OP





Community Mental Health Board of Oak Park Township
NEW MOMS

Morning Parent Meet Up

Every Monday & Thursday | 8:30-11:30am
@ New Moms Oak Park Center

Spaces are limited so sign up today at www.newmoms.org/op-workshops or contact Wendy Giardina at OakParkPrograms@newmoms.org.

NEW MOMS
HOMES · JOBS · STRONG FAMILIES

206 Chicago Ave., Oak Park
773.252.3253
newmoms.org
[@newmomschicago](#)  

Parenting Workshops | January 2020

Parent Creativity + Connection Mornings

Friday, January 17, + Tuesday, January 28 | 9:30-11:30am @ 206 Chicago Ave.

If you love the arts, but find it hard to make the time, come and explore your creative side at New Moms. A Family Support Specialist will also provide information on a useful parenting topic and remain available for discussion afterwards.

- Bring along a project you've been intending to finish
- Work on seasonal project that we provide
- Simply sit back and chat with other parents of young children in our free-flowing creative space

Facilitated by: Kimm Pilditch, LCSW

Make Active Indoor Games Using Common Household Items

Saturday, January 11 | 10-11:30am @ River Forest Community Center, 8020 Madison Street, RF

Little bodies need to move! You can keep your little ones busy this winter using toys, games, and activities made out of household items you already have. This workshop is led by a pediatric physical therapist who spends her days coaching parents to help their children move, explore and play! Come learn:

- How to turn boxes, bottles, pillows, and more into hours of fun for babies, kids, and their parents
- Fun ideas to take home that will stimulate your creativity and imagination
- Easy ways to keep your family active and having fun indoors all winter long

Facilitated by: Meg Liebreich, PT

How to Speak Your Child's Preferred Love Language

Friday, January 24 | 10-11:30am @ 206 Chicago Ave.

Did you know that there are 5 distinctly different love languages and that every individual has a primary one that they prefer? Join us for this workshop to discover:

- The five basic love languages
- Practical tips on how to speak your child's love language
- How to consider your child's love language in many situations (discipline, incentives, etc.)

Morning Parent Meet Up

Every Monday & Thursday | 8:30-11:30am @ 206 Chicago Ave.

While you have free time in our sunny meeting room, your children (8 weeks - 6 years old) can learn and play in our developmentally appropriate indoor and outdoor spaces!

- Work or complete online errands
- Relax and chat with other parents/caregivers
- Receive personalized information to support you on your parenting journey

Each session is \$25 per visit for one child or \$30 for two or more children. Scholarships are available to those who qualify. Sign up today for your FREE first visit and tour!

Workshops are FREE and a limited number of FREE onsite-childcare spaces are available – sign up today at www.newmoms.org/op-workshops!