

PARENTING WORKSHOPS

March 2020

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



NEW MOMS **OWL** **Pillars Community Health**
Healing. Caring. Educating.

**When Your Child Asks
"Where Do Babies Come From?"**

Friday, March 13 | 9:30-11:30 am
@ New Moms Oak Park Center, 206 Chicago Ave., OP



NEW MOMS **Community Mental Health Board of Oak Park Township**

**Parent Creativity +
Connection Morning**

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



NEW MOMS **Community Mental Health Board of Oak Park Township**

Celebrate the Struggle
A Growth Mindset is Key to Your Children's
Future Success (and Yours!)

Tuesday, March 31 | 10-11:30 am
@ New Moms Oak Park Center, 206 Chicago Ave., OP





NEW MOMS **Community Mental Health Board of Oak Park Township**

**Morning Parent
Meet Up**

Every Monday & Thursday | 8:30-11:30am
@ New Moms Oak Park Center, 206 Chicago Ave., OP

Spaces are limited so sign up today at www.newmoms.org/op-workshops!

NEW MOMS
HOMES · JOBS · STRONG FAMILIES

206 Chicago Ave., Oak Park
773.252.3253
newmoms.org
@newmomschicago  

Parenting Workshops | March 2020

When Your Child Asks: Where Do Babies Come From?

Friday, March 13 | 10:00 - 11:30 am @ 206 Chicago Ave.

Knowing how to best answer your children's questions about sex, anatomy, and reproduction can be overwhelming. This workshop will help guide you in how to proactively educate your children on these topics! Learn how to:

- Respond to your children's questions about sex calmly and confidently
- Proactively address issues of reproduction and anatomy
- Learn how to use anatomically correct language as they grow up

Parent Creativity & Connection Morning

Tuesday, March 17 | 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. You can:

- 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

Celebrate the Struggle: Developing a Growth Mindset

Tuesday, March 31 | 10:00 - 11:30 @206 Chicago Ave.

It is so hard to watch children struggle, but it teaches them to keep trying despite difficulty or delay in success, which is an important life skill! Join Janis Clark Johnston, Ed.D. to learn how to increase your own growth-and-grit mindset possibilities at the same time you are teaching mindset skills to your child. Learn to:

- Role-play skills for naming feelings
- Practice valuing your child's struggles
- Reinforce grit in kids and parents through finding their passions

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!

- Complete online errands
- Relax
- Chat and network with other parents/caregivers

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 with a limited number of FREE onsite-childcare spaces available. Sign up today at www.newmoms.org/op-workshops!