

PARENTING WORKSHOPS

November 2019

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



Parenting Strategies for a Peaceful Family

Sat., Nov. 9 | 10-11:30am



101 Winter Activities

Indoors, Outdoors, and
On Location

Tues., Nov. 19 | 10-11:30am



Parent Creativity & Connection

Tues. Nov. 5 & Fri. Nov. 22 | 9:30-11:30am





Morning Parent Meet Up

Every Mon. & Thurs. | 8:30-11:30am

Spaces are limited so sign up today! Call Wendy Giardina (773) 252-3253 x 221 or email OakParkPrograms@newmoms.org

NEW MOMS
HOMES · JOBS · STRONG FAMILIES

206 Chicago Ave., Oak Park
773.252.3253
newmoms.org
[@newmomschicago](https://www.facebook.com/newmomschicago)  

Parenting Workshops | Nov. 2019

Parenting Strategies for a Peaceful Family

Saturday, Nov. 9 | 10-11:30am @ 206 Chicago Ave.

Are you tired of yelling at your kids and feeling frustrated by their behavior? Join us for this positive parenting workshop focusing on practical parenting strategies to foster a peaceful and respectful family. You will:

- Use role play and examples from real life
- Actively experience new ways to respond rather than react to children's challenging behaviors
- Return home with concrete and practical strategies for more effective parenting

This workshop is FREE and a limited number of FREE onsite childcare spaces are available – sign up today!

Facilitated by: Steven Parker, MEd, LMFT

Parent Creativity & Connection Mornings

Tuesday, Nov. 5 & Friday, Nov. 22 | 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.

- Bring along a project you've been intending to finish
- Work on seasonal project that we provide
- Or simply sit back and color in our free-flowing creative space

This workshop is FREE and a limited number of FREE onsite childcare spaces are available – sign up today!

Facilitated by: Kimm Pilditch, LCSW

101 Winter Activities - Indoors, Outdoors and On Location!

Tuesday, Nov. 19 | 10-11:30am @ 206 Chicago Ave.

Worried about what to do with your kids when the winter weather sets in? Join us to learn lots of fun indoor and outdoor projects to do at home and great events to attend in the community. Visit all of the activity stations and fill your winter calendar with fun!

This workshop is FREE and a limited number of FREE onsite childcare spaces are available – sign up today!

Facilitated by: Jennifer Evans, MEd

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!

For more information:

- Call Wendy - 773.252.3253 x221
- Visit our website - www.newmoms.org
- Or email us at - oakparkprograms@newmoms.org

To sign up for a program, please visit this link <https://bit.ly/2P8r3fq>