

# PARENTING WORKSHOPS



October 2019

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



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

**NEW MOMS**  
HOMES · JOBS · STRONG FAMILIES

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

# Parenting Workshops | Oct. 2019

## The Fable of Labels: Food Tips for a Healthy Family

Saturday, October 12 | 10-11:30am @ 206 Chicago Ave.

Prevention rocks, and as you all know, eating well is a huge part of staying well and living long. Join Dr. Asif Serajian as he shares inspiring ways to incorporate healthy eating in your life. You will learn how to:

- Decipher food labels
- Know which ingredients are truly “healthy”
- Give your children the gift of healthy eating habits for the rest of their lives

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

## Parent Creativity & Connection Mornings

Tuesday, October 8 & Friday, October 25 | 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
- Learn some new techniques
- Or 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!

## ABA - A New Technique for your Positive Parenting Toolkit

Tuesday, October 15 | 10:00-11:30am @206 Chicago Ave.

Need a new strategy for changing your young child’s behavior in a positive way? Join us to learn about Applied Behavior Analysis (ABA)! ABA techniques focus on replacing one type of behavior with a better behavior using positive reinforcement and can be used for . ABA can be used to improve:

- Social skills
- Grooming/hygiene
- Fine motor skills

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

## 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!

### For more information:

- Call Wendy - 773.252.3253 x221
- Visit our website - [www.newmoms.org](http://www.newmoms.org)
- Or email us at - [oakparkprograms@newmoms.org](mailto:oakparkprograms@newmoms.org)

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