

FREE PARENTING WORKSHOPS IN OAK PARK

FOR FAMILIES WITH CHILDREN BIRTH TO 6 YEARS OLD

FREE ONSITE CHILDCARE IS AVAILABLE
SPACES ARE LIMITED, RSVP TODAY!

For more information or to RSVP for a program, please contact oakparkprograms@newmoms.org or 773.252.3253 x221

Parent Creativity & Connection Morning

Tuesday, April 3 & 24
9:30-11:30 am
405 S Euclid Ave.
Oak Park

Spring Clean Your Parenting Style

Friday, April 13
10:00-11:30 am
405 S Euclid Ave.
Oak Park

The Particulars of Positive Parenting

Thursday, April 19
6:30-8:30 pm
Pilgrim Nursery School
460 Lake St., Oak Park

Morning Parent Meet Up Drop In Program

Every Monday & Thursday
8:30 - 11:30 am
405 S Euclid Ave.
Oak Park

Community Activities

FREE Nature Tots Program
Wednesday, April 11 at 10:00 am
Trailside Museum, 738 Thatcher, River Forest
To register, call Trailside at 708-366-6530.

Open House - Concert, Art Activities + Snacks
Saturday, April 14, 2018, 3:00-5:00pm
Oak-Leyden, 411 Chicago Ave., Oak Park
RSVP to (708) 524-1050 ext. 102

More detailed workshop descriptions are on the back of this page.



NEW MOMS
STRENGTHENING FAMILIES SINCE 1983

Parent Creativity & Connection Morning

Spring cleaning brings a fresh opportunity for Creativity and Connection! Make decluttering your home fun this spring and join us as we make the space and time to explore your creative side! Bring your extra tissue paper for collages, cookie cutters for stencils, or other treasures for whatever your current project is. Watch and participate in arts and crafts demonstrations, learn new techniques, or just sit back and color in our free-flowing creative space and enjoy networking with other parents of young children. For the first hour of the workshop, there will be a New Moms Family Support Specialist in attendance who will provide information on a useful parenting topic and remain available to discuss that topic or any other parenting challenges that individuals in the group are experiencing. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - RSVP today! Facilitated by: Kimm Pilditch, LCSW + Jessica Brekher B.F.A, M.Ed.

Spring Clean Your Parenting Style

Spring is the perfect time to refresh attitudes and parenting methods. Get out of the winter doldrums by enlivening family time with a few simple techniques and new perspectives. Make parenting more enjoyable by learning a new skill, a new way to get positive, and a new way to get active as a family. Or dust off some of your old skills and add a shine that makes them new again. Use what speaks to you in this season of new beginnings. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - RSVP today!

Facilitated by: Jennifer Evans, MEd

The Particulars of Positive Parenting

Are you working on some challenging behaviors with your child, but want to stay positive? Do you sometimes struggle to manage the strong emotions that come with parenting? This workshop will give you fresh ideas to navigate those tricky situations and help you take an empathic, reflective approach that is sensitive to your young child's (and your) needs. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - RSVP today!

Facilitated by: Mary Connelly, Child Development Graduate Student and New Moms Intern

Morning Parent Meet Up - Kids Have Fun + Parents Get Things Done!

Join us every Monday and Thursday morning so your children (infant through 6 years old) can learn and play in our developmentally appropriate classrooms while you do the same 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 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. Sign up for a FREE first visit and tour by contacting oakparkprograms@newmoms.org and mentioning this newsletter.

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