

AUGUST 2019

FREE PARENTING WORKSHOPS

for families with children 0-6 years old



Free
childcare
for kids
under 6

Easy Ways to Help Your Kids ❤️ Nature Without Leaving Your Block

Wednesday, August 14, 2019
10:00 - 11:30 am
206 Chicago Ave. in Oak Park

Healthy Eating Doesn't Have to be Expensive

Tuesday, August 27, 2019
10:00-11:30 am
206 Chicago Ave. in Oak Park
In partnership with
Parenting **RESOURCE** Program

Parent Creativity + Connection Mornings

Take some time to indulge your creative side, finish a project, and explore a parenting topic!

Tues. Aug. 6 + Fri., Aug. 23, 2019
9:30-11:30 am
206 Chicago Ave. in Oak Park

Morning Parent Meet Up

Where kids have fun + parents get things done!

Every Monday & Thursday
8:30 - 11:30 am
206 Chicago Ave. in Oak Park

more information on back

Childcare spaces are limited, sign up today!

Email oakparkprograms@newmoms.org or call Wendy at (773) 252-3253 x 221

NEW MOMS

(773) 252-3253 • newmoms.org •   @newmomschicago
Chicago: 5317 W Chicago Ave • Oak Park: 206 Chicago Ave

NEW MOMS

Easy Ways to Help Your Kids Love Nature Without Leaving Your Block

Increasing evidence demonstrates the many benefits of nature on children's psychological and physical well-being, including reduced stress, greater physical health, more creativity, and improved concentration. But the idea of connecting with nature can seem difficult when living in an urban area. Join us for this workshop to learn easy ways to help children build a love for nature through everyday interactions - with birds, trees, community gardens, art, and activities you can do - all without leaving your block! This workshop is FREE and a limited number of FREE onsite childcare spaces are available – sign up today! Facilitated by: Rhona Taylor

Healthy Eating Doesn't Have to be Expensive

Would you like to head into the fall season with an easy and delicious eating and shopping plan for your family? Join Sugar Beet Food Co-Op as they present a savvy shopping & kitchen skill building workshop that will give you recipes, samples, and a breakdown of food options in your area as well as shopping tips that will satisfy your family's taste buds on as little as \$4/day! This workshop is FREE and a limited number of FREE onsite childcare spaces are available - sign up today! Facilitated by: Sugar Beet Food Co-Op

In partnership with Parenting **RESOURCE** Program www.collab4kids.org

Parent Creativity & Connection Mornings

If you love the arts, but find it hard to make the time, come and explore your creative side at New Moms. You can bring along a project you've been intending to finish, learn some new techniques, or just sit back and color in our free-flowing creative space while networking with other parents of young children. We also have some projects on hand to excite your creative side if you don't have one of your own to bring. For a portion of the workshop, a Family Support Specialist will provide information on a useful parenting topic and remain available for discussion. These workshops are FREE and a limited number of FREE onsite childcare spaces are available - sign up today!

Facilitated by: Jessica Brekher B.F.A, M.Ed., Art Ed. and Kimm Pilditch, LCSW

Need Some Kid-Free Time This Fall? Join Us for Morning Parent Meet Up!

Join us every Monday and Thursday morning so your children (8 weeks - 6 years old) can learn and play in our developmentally appropriate indoor and outdoor spaces while you have some free time in our sunny meeting room! 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 of young children 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 today for your FREE first visit and tour!

For more information or to sign up for a program, go to NewMoms.org or contact oakparkprograms@newmoms.org * 773.252.3253 x221.