

Kick Start Your Summer with a Free Workshop at

NEW MOMS

**Free workshops with free onsite child care
for all families with children birth to 6 years old.**

**101 Summer
Activities Beyond
the Park + Pool**

**Wednesday, June 5
10:00-11:30a**

**@ New Moms
Oak Park Center**

**Connections:
The Cry of the
Heart**

**Wed., June 12 10-11:30a
OR
Thurs., June 13 6:30-8p**

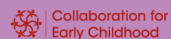
**@ New Moms
Oak Park Center**

**Potty Training
the Natural Way**

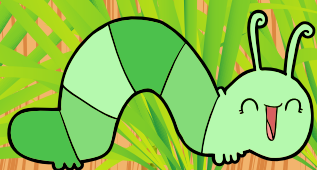
**Saturday, June 22
9:00-11:30a**

**@ River Forest
Public Library**

Parenting **RESOURCE** Program



**For more information or to RSVP for any of these
workshops, email oakparkprograms@newmoms.org,
call 773-252-3253 x 221 or scan the QR code.**



Turn over for detailed workshop descriptions and additional sessions.

NEW MOMS

101 Summer Activities Beyond the Pool + Park

Worried about what to do with the kids on those long summer days? Join us to learn lots of fun projects to do at home and great events to attend in the community. Visit all of the activity stations and fill your summer 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

Connections: The Cry of the Heart

Being fully present in the moment is challenging for multi-tasking, plugged in, 24/7 lifestyles. Children can help us slow down and appreciate the spectacular in the ordinary. If you are feeling disconnected--to those you love, your own heart, God, nature or your community--join us. Living in the present moment is restorative, making room for our true desires. We will practice and discuss ways to open ourselves to connections such as the labyrinth, nature, life calendar and honesty. All are welcome! This workshop is FREE and a limited number of FREE onsite childcare spaces are available – sign up today!

Facilitated by: Ellen Kostad Thompson, Director of Spiritual Formation at New Moms

Potty Training the Natural Way

Is potty training one of your goals for the summer? Join us for this workshop with The Potty People! After the presentation of their researched-based method for potty training, participants will leave the workshop able to determine when to begin potty training, what system to use with their child: rapid and intense or slow and incremental, how to implement the 'Belgrade Method' to teach self- initiation, and how to troubleshoot barriers. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - sign up today! Facilitated by: Alice Belgrade, MEd., LCPC, BCBA

Parent Creativity & Connection Morning - June 18 - 9:30-11:30 am

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 can also provide a project to excite your creative side if you don't have one of your own to bring. For the first portion of the workshop, a speaker will provide information on a useful parenting topic and remain available for discussion. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - sign up today! Facilitated by: Kimm Pilditch, LCSW

Community Connection - Pop Up Library in the Parks: Books, Songs + Play June 11 @ Maple Park - 10:00-11:00am + July 18 @ Lindberg Park - 3:30-4:30 pm

Weather permitting, drop in to check out books in Oak Park parks, enjoy fun activities, engage with neighbors, and sign up for OPPL's summer reading program, "A Universe of Stories."