

NEW MOMS

FREE Parenting Workshops

For all families with children birth to 6 years old.

For more information or to register for these Oak Park programs, go to NewMoms.org or contact oakparkprograms@newmoms.org 773-252-3253 x 221

FREE ONSITE CHILDCARE IS AVAILABLE - RSVP TODAY!

Banish Cabin Fever by Upcycling

**Wednesday, December 5
9:00-10:30 am**

@ River Forest Public Library

In partnership with
Parenting **RESOURCE** Program
Learning & Workshops



Find Your Light This Holiday Season

**Wednesday, December 12
10:00-11:30 am**

**405 S Euclid, 2nd Floor
Oak Park**

Enjoy Some Kid-Free Time at Morning Parent Meet Up

**Every Monday & Thursday
8:30 - 11:30 am
405 S Euclid Ave., 2nd Floor
Oak Park**

Parent Creativity + Connection Morning

**Friday, December 14
9:30-11:30 am
405 S Euclid, 2nd Floor
Oak Park**

Turn over for detailed workshop descriptions.

Banish Cabin Fever by Upcycling

Little bodies need to move! You can keep your little ones busy this winter by using toys, games, and household stuff you already have. Come learn how to repurpose common items into fun activities for indoor play. This workshop is led by a pediatric physical therapist who spends her days coaching parents to help their children move, explore and play! Boxes, bottles, pillows, and more can provide hours of fun for babies, kids, and their parents...all it takes is a little creativity and imagination! This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today! Facilitated by: Meg Liebreich, PT In partnership with Parenting **RESOURCE** Program www.collab4kids.org.

Find Your Light in this Busy Holiday Season

December celebrations of light come at the darkest season of the year just when we most need them. This can be true of parenting as well. Even on those dark days when we struggle with the hard work of raising healthy kids, there can be incredible moments of light, brightness, and hope. Join New Moms' Director of Spiritual Formation, Ellen Kogstad-Thompson, for this workshop to celebrate the light of the holiday season and also learn to work through some darkness. You will even make your own light to take home and enjoy. This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today! Facilitated by: Ellen Kogstad-Thompson, Director of Spiritual Formation, New Moms

Parent Creativity & Connection Morning

Make progress on your homemade gifts or crafts in December! If you love the arts, but find it hard to make the time, come and explore your creative side in any capacity. Bring along a project you've been intending to finish, learn 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. All attendees are welcome to bring extra materials for sharing and donations for supplies are always appreciated. 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 - RSVP 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 classrooms while you have some free time 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 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. Contact oakparkprograms@newmoms.org for your FREE first visit and tour!

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