

# Kick Start Your Summer with NEW MOMS

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

**For more information or to RSVP for any of these programs, contact  
[oakparkprograms@newmoms.org](mailto:oakparkprograms@newmoms.org) or 773-252-3253 x 221.**

**Essential Habits  
to Teach  
Young Children**

**Wed., July 11  
10:00-11:30 am**

**New Moms Oak Park**

**Peaceful Mama:  
The Conscious  
Motherhood  
Manifesto**

**Thurs., July 19  
6:30-8:00 pm**

**New Moms Oak Park**

**Enjoy Some  
Free Time at  
Morning Parent  
Meet Up!**

**Every Mon. + Thurs.  
8:30 - 11:30 am**



**Turn over for detailed workshop descriptions and additional sessions.**

### **Essential Habits to Teach Young Children**

One of the best things we can do for our children is teach them good habits. Habits will outlast a rule or a “because I said so.” Habits will carry children into adulthood and hopefully stick long enough for them to pass those habits to their own children. Join us to consider what habits you would like to model and encourage in your young children. This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today!

Facilitated by: Kimm Pilditch, LCSW

### **Peaceful Mama: The Conscious Motherhood Manifesto**

Join Lindsay Ambrose, local OP mom and author of newly published book Peaceful Mama: The Conscious Motherhood Manifesto, for a talk about the MAMAAH moments framework for creating a more peaceful, connected, and compassionate motherhood experience. This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today! Facilitated by: Lindsay Ambrose, Unified Mindfulness Instructor

### **Parent Creativity & Connection Mornings - July 6 + July 17 - 9:30-11:30 am**

Join us in July as we make the space and time to work on arts and crafts. It is the middle of summer and while kids are on break, why not take a break from the kids to make progress on those projects! Explore your creative side in any way you choose: bring along an existing 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. For the first hour of the workshop, a speaker who 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 - RSVP today!

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

### **Need a Break from Your Kids this Summer? 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](mailto:oakparkprograms@newmoms.org) for your FREE first visit and tour!

### **Community Connection - Pop Up Library in the Parks: Books, Songs + Play July 3 @ Rehm Park - 3:30-4:30 pm + July 17 @ Barrie Park - 10:00-11:00am**

Weather permitting, come check out books in Oak Park parks, enjoy fun activities, engage with neighbors, and sign up for our summer reading program, Reading Takes You Everywhere.