

# NEW MOMS

## FEBRUARY PARENTING WORKSHOPS

**Free for all families with children birth to 6 years old.**

**FREE ONSITE CHILDCARE IS AVAILABLE - RSVP TODAY!**

### **Building Resilience in Young Children**

**Wednesday, February 20  
10:00-11:30 am  
@ New Moms in  
Oak Park**

### **Parenting as Partners**

**Thursday, February 28  
6:30-8:00 pm  
@ Easterseals in Oak Park**

Presented in partnership with

Parenting **RESOURCE** Program



### **Parent Creativity + Connection Morning**

**Friday, February 15  
9:30-11:30 am  
@ New Moms in  
Oak Park**

### **Morning Parent Meet Up**

*Where Kids Have Fun +  
Parents Get Things Done*

**Every Monday & Thursday  
8:30 - 11:30 am  
@ New Moms in  
Oak Park**

**Turn page over for more detailed workshop descriptions.**

**To sign up for a workshop, go to [newmoms.org/what-we-do/oakpark](http://newmoms.org/what-we-do/oakpark),  
e-mail [oakparkprograms@newmoms.org](mailto:oakparkprograms@newmoms.org), or call 773-252-3253 x221.**

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## Parent Creativity + Connection Morning

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 - RSVP today!

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

## Building Resilience in Young Children

Help your children learn to bounce back! Life can be overwhelming and stressful for both parents and children. Resilience is the ability to steer through serious life challenges and find ways to thrive. Do you want to help your child build the confidence and ability to handle everyday frustrations? This interactive workshop will offer strategies and resources to start building resilience early in your child's life. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - RSVP today!

Facilitated by: Rachel Guerrero, New Moms Family Support Specialist

## Parenting as Partners

A research study found that 92% of couples reported more conflict following the birth of a baby. No wonder - there are so many more things to disagree about! Division of chores, time together as a couple, parenting styles and philosophies, and issues with in-laws to name just a few. Come explore the sources of conflict and how you can put a process in place to handle the inevitable disagreements. Learn to support one another as parents and strengthen your relationship as a couple. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - RSVP today!

Facilitated by: Tina Birnbaum, LCPC

## 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!

For more information or to sign up for a program, go to [NewMoms.org](http://NewMoms.org) or contact [oakparkprograms@newmoms.org](mailto:oakparkprograms@newmoms.org) \* 773.252.3253 x221.