



NEW MOMS



MARCH PARENTING WORKSHOPS

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

FREE ONSITE CHILDCARE IS AVAILABLE - RSVP TODAY!

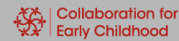
Simplify Your Life + Enjoy it More!

**Saturday,
March 23
10:00-
11:30 am**

**New Moms
in Oak Park
206 Chicago
Ave.**

Creating a Peaceful Family

In partnership with
Parenting **RESOURCE** Program



**Friday,
March 29
10:00-
11:30 am**

**New Moms
in Oak Park
206 Chicago
Ave.**

Parent Creativity + Connection Morning

**Friday,
March 8
9:30-
11:30 am**

**New Moms
in Oak Park
206 Chicago
Ave.**

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
206 Chicago
Ave.**

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

Turn page over for detailed workshop descriptions.

NEW MOMS

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

Simplify Your Life + Enjoy it More!

Simplifying doesn't necessarily mean throwing everything out. It means making the best choices for you and your family. Declutter your living space and find more peace of mind. Speak simply and clearly to your children so they will listen more. This workshop will teach you how simple techniques like establishing routines, meal planning, giving fewer options, organizing belongings, and choosing one simplification task a month can make your life so much easier. Research shows that minimizing "stuff" and instilling rhythms into your day creates calmer, happier children with notable future benefits. This workshop is FREE for parents of children birth to 6 years old and a limited number of FREE onsite childcare spaces are available - sign up today!

Facilitated by: Jennifer Evans, MSW

Creating a Peaceful Family

Would you like to have a more kind, loving, and peaceful home? Join us for this workshop with Steven Parker who for over 40 years has successfully helped couples, families, and individuals change their lives for the better. He will outline how to interrupt your all too familiar patterns that keep the same struggles happening over and over again. He will also share how to address relationship issues in a calm and respectful way rather than by being emotionally reactive. You will leave the workshop equipped with practical and concrete ideas to bring more peace to your family. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - RSVP today! Facilitated by: Steven Parker, LMFT

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