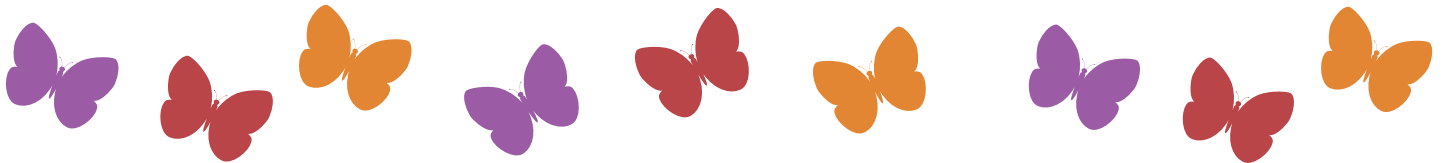


NEW MOMS

MAY PARENTING WORKSHOPS

Free for all families with children birth to 6 years old

FREE ONSITE CHILDCARE IS AVAILABLE - RSVP TODAY!



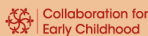
Parent Creativity Open House

*Calling All Dads (and Moms)!
Bring your Kids to make a
Mother's Day Present + Card*

**Saturday, May 11 from
10:00-11:30 am**

@ New Moms in Oak Park

Parenting **RESOURCE** Program



Collaboration for
Early Childhood

Developmental Milestones

*What They Are +
Why They're Important*

**Tuesday, May 14 from
10:00-11:30 am**

@ Oak Leyden

411 Chicago Ave. in Oak Park

Parenting **RESOURCE** Program



Collaboration for
Early Childhood

Parent Creativity + Conection

*Bring Your Own Project or
Try a New One!*

**Tuesday, May 21 from
9:30-11:30 am**

**@ New Moms in
Oak Park**

How to Escape The Happy Trap

*You're Not Responsible
for Everyone's Happiness*

**Thursday, May 30 from
6:30-8:00 pm**

**@ New Moms in
Oak Park**

Turn this page over for complete workshop descriptions and how to sign up!

NEW MOMS

Parent Creativity Open House - Last Minute Mother's Day Gifts

Do your young children need a gift and a cute card for the mother figure(s) in their life? New Moms and The Collaboration for Early Childhood are here to help! Just bring the kids to New Moms' fantastic new building at 206 Chicago Ave., and we'll have all of the supplies you need to create one-of-a-kind tile coasters and Mother's Day cards. After they're done creating, you can check out our play spaces and meet other parents of young children. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - sign up today at newmoms.org/what-we-do/oak-park!

Developmental Milestones

Should I be worried that my child is not rolling over, sitting up, walking, talking, etc. at the same time as other kids? What should my child be able to do at this age? Is this behavior "normal?" Children come with lots of questions and developmental milestones are a way to find out some of the answers. Developmental milestones are easily identifiable skills that young children can perform. Children tend to follow the same progression through these milestones; however, no two kids go through these milestones at exactly the same time. Join us for this workshop to become more familiar with the major developmental milestones and learn how you can use them to support your child's development. You will also learn when and where you can go for developmental screenings and how to refer your child for a further evaluation. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - sign up today at newmoms.org/what-we-do/oak-park!

Presented by Melissa Ehmann, Director of Oak Leyden Developmental Services

How to Escape The Happy Trap

As parents, we sometimes feel that to be successful, everyone in the family must be "happy." This is not only an impossible goal, but also not a reasonable or desirable one. Join us for this workshop to explore these questions: What does happiness mean to you? What do you see as your responsibility to yourself and others? What approaches serve you and your family the best and how do you get there? This workshop is FREE and a limited number of FREE onsite childcare spaces are available - sign up today at newmoms.org/what-we-do/oak-park!

Presented by Sheryl Stoller, PCI Certified Parent Coach

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

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