

# FREE Parenting Workshops

## NEW MOMS

**For all families with children birth to 6 years old.**

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

**For more information or to RSVP for these Oak Park programs,  
go to [NewMoms.org](http://NewMoms.org) or contact  
[oakparkprograms@newmoms.org](mailto:oakparkprograms@newmoms.org) 773-252-3253 x 221.**


### **Strategies for Parenting Your Child's Unique Temperament**

Thursday, November 15  
6:30-8:00 pm  
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

### **How to Choose a Childcare/Preschool Program**

Wednesday, November 28  
10:00-11:30 am  
405 S Euclid, 2nd Floor, Oak Park  
In partnership with  Parenting **RESOURCE** Program

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

Fri., Nov. 9 + Tues., Nov. 20  
9:30-11:30 am  
405 S Euclid, 2nd Floor, Oak Park

**Turn over for detailed workshop descriptions.**

## Strategies for Parenting Your Child's Unique Temperament

Researchers have identified 9 temperamental characteristics, identifiable at birth, that influence our perceptions and behavior. In this workshop you will be introduced to the range of temperamental differences and learn to identify your own child's unique temperament. Based on their temperament, you will learn specific strategies to help your child fit into your family more smoothly and to guide them to better handle challenging situations outside the home. As an added bonus, you may also discover some interesting and useful insights about your own temperament! This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today! Facilitated by: Tina Birnbaum, LCPC

## How to Choose a Childcare/Preschool Program

There's a lot to consider when you are choosing child care. Get your questions answered and learn about resources available to help support your search for a quality early childhood program for your child. Preschool open houses are just around the corner, be prepared! This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today! Facilitated by: Diana Rosenbrock, Early Childhood Educator  
In partnership with Parenting **RESOURCE** Program [www.collab4kids.org](http://www.collab4kids.org)

## Parent Creativity & Connection Mornings

November is the time to make progress on your holiday projects! 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. 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. 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 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](mailto:oakparkprograms@newmoms.org) for your FREE first visit and tour!