

# 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 any of these programs, contact [oakparkprograms@newmoms.org](mailto:oakparkprograms@newmoms.org) or 773-252-3253 x 221.

## **Declutter Your Life and get your family to help!**

Friday, October 12  
10:00-11:30 am  
405 S Euclid, 2nd Floor, Oak Park

## **Hug A Book** Help your children create a lifelong bond with books.

Wednesday, October 24  
10:00-11:30 am  
405 S Euclid, 2nd Floor, Oak Park

## **Parent Creativity + Connection Morning**

Fri., Oct. 5 + Tues., Oct. 16  
9:30-11:30 am  
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

**Turn over for detailed workshop descriptions.**

## **Declutter Your Life**

Just thinking about decluttering can be exhausting, but consider the benefits. Decluttering can not only help you save space in your house, but it can also help you make more room and time in your life for the things that really matter! Join us for this workshop to get some great ideas to create a decluttering routine, eliminate paper clutter, and successfully encourage your whole family to join you in keeping your lives clutter-free!

This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today! Facilitated by: Kimm Pilditch, LCSW

## **Hug A Book**

We know that it's important to read to young children, but how do we help them to truly love books? Join us for this workshop to learn new insights into what type of books each age group goes wild for and why. We will also explore how to help children truly enjoy books in a way that keeps them involved in reading, even when the screens (TV, iPad, Phone) beckon. There will be many different types of books recommended, including high quality multicultural books that are important to include in your family's reading routine. This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today! Facilitated by: Leah Shapiro, Early Childhood Specialist

## **Parent Creativity & Connection Mornings**

October is a great month to prepare for the busyness of the end of the year by making some progress on that Halloween costume or a Thanksgiving centerpiece. 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!