

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 or 773-252-3253 x 221.

Food Facts for Fall

Thursday, September 13
6:30-8:00 pm
405 S Euclid, 2nd Floor, Oak Park

Easing Transitions in a World Full of Screens

Tuesday, September 25
10:00-11:30 am
405 S Euclid
2nd Floor
Oak Park

Parent Creativity + Connection Morning

Fri., Sept. 7 + Tues., Sept. 18
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.

Food Smarts for Fall

Want to take charge of your health and wellness, but don't know where to begin? Join us for this workshop to explore some key nutrition information to help keep your family fit and fab this fall. Have children going to school and need healthy lunch ideas? Look no further...we will share some quick and easy lunch ideas your children will love and appreciate. Have a burning question or just need some guidance...we will explore many hot topics: organic vs traditional foods; how to shop healthy when on a budget; and how to read food labels for key ingredients. A small food tasting will also be presented. This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today!

Facilitated by: Navneet Singh

Easing Transitions in a World Full of Screens

Our fixation on screens makes transitions both easy and difficult. It is easier to simply occupy our children during transitions by handing them a device, but it can be very difficult when it's time to stop. Join us for this workshop to learn how to ease transitions in our screen-saturated world using techniques such as play and movement. Sheryl Stoller, PCI Certified Parent Coach, Speaker, and intermittent Blogger, shares the keys to optimizing transitions both with and without screens. This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today!

Parent Creativity & Connection Mornings - September 7 & 18 - 9:30-11:30 am

Summer is winding down and travel schedules are (hopefully) becoming less hectic, so it's time to revisit your arts and crafts 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 an existing 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 for your FREE first visit and tour!