



FREE PARENTING WORKSHOPS IN OAK PARK

FOR ALL FAMILIES WITH CHILDREN BIRTH TO 6 YEARS OLD

FREE ONSITE CHILDCARE IS AVAILABLE
SPACES ARE LIMITED, RSVP TODAY!

For more information or to RSVP for a program, please
contact oakparkprograms@newmoms.org or 773.252.3253 x221

Cheap + Easy Backyard Games

Tuesday, June 12
10:00-11:30 am
405 S Euclid Ave., 2nd Floor
Oak Park

Summer Eating Quick + Healthy

Thursday, June 21
6:30-8:00 pm
405 S Euclid Ave., 2nd Floor
Oak Park

Parent Creativity + Connection Mornings

Friday, June 8 &
Tuesday, June 19
9:30-11:30 am
405 S Euclid Ave., 2nd Floor
Oak Park

Morning Parent Meet Up Drop In Program

Every Monday & Thursday
8:30 - 11:30 am
405 S Euclid Ave., 2nd Floor
Oak Park

Detailed workshop descriptions are on the back of this page.

Backyard Games and Activities to Keep your Little Ones Busy all Summer

Need new ideas for outdoor fun with your kids that won't break the bank? Join us as we learn ways to use sidewalk chalk, pool noodles, water balloons, and more to keep the kids engaged and busy plying outside this summer! This workshop is FREE and a limited number of FREE onsite childcare spaces are available. Facilitated by: Meg Bracco Liebreich, PT

Summer Eating - Quick + Healthy

Join us for this workshop to learn how eating on the go can be less hectic and more fun if you plan ahead and involve your family. You will learn right portion sizes, some quick budget friendly recipes, the art of one pot cooking, and how to add variety to your diet (instead of that typical mac and cheese). Because it can reach 100 degrees or more in your car, we will also address food safety issues and how to pack travel friendly foods that meet this challenge.

This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today! Facilitated by: Navneet Singh

Parent Creativity & Connection Mornings

Summer is finally here! Spruce up your garden or porch by decorating a pot. Bring along a pot or a tin can from the recycling bin and transform it. You can paint it, add ribbon, beads, or fabric. Feel free to bring your own embellishments! Explore your creative side in any way you choose. Bring along an existing project you've been intending to finish. Join us as we make the space and time to work on arts and crafts, learn new techniques, or just sit back and color in our free-flowing creative space and enjoy networking with other parents of young children. For the first hour of the workshop, there will be a speaker who will provide information on a useful parenting topic and remain available for discussion:

Friday, June 8 - Join Lindsay Ambrose, local OP mom and author of newly published book *Peaceful Mama: The Conscious Motherhood Manifesto*, for a talk about the MAMAHH moments framework for creating a more peaceful, connected, and/or compassionate motherhood experience.

Tuesday, June 19 - Join Kimm Pilditch, LCSW to *Rest, Reflect, and Set Goals For Your Summer*.

Parent Creativity and Connection Mornings 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.

Need a Break from Your Kids this Summer? 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!

For more information or to RSVP for a program, contact oakparkprograms@newmoms.org or 773.252.3253 x221.