

FREE PARENTING WORKSHOPS IN OAK PARK

FOR 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

What Helps You When Parenting is Tough?

Wednesday, March 7
10:00-11:30 am
405 S Euclid Ave.
Oak Park

Mouse or Monster How Do YOU Handle Conflict?

Wednesday, March 14
10:00-11:30 am
405 S Euclid Ave.
Oak Park

Parent Creativity & Connection Morning

Tuesday, Mar. 20
9:30-11:30 am
405 S Euclid Ave.
Oak Park

Morning Parent Meet Up Drop In Program

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

Community Activities

One Earth Film Festival Family Program
Saturday, March 10 at 9:00 am
Thatcher Woods Pavilion, 8030 Chicago Ave.
www.oneearthfilmfest.org

Mother Goose Cafe @ River Forest Library
Tuesday, March 13 - 10:00 am - 11:00 am
www.riverforestlibrary.org

More detailed workshop descriptions are on the back of this page.



What Helps You When Parenting is Tough?

What do you do when the challenges of life come your way; when it seems like you cannot make it or when things do not go as you planned? Do you become discouraged and give up or do you stay positive and believe things will get better? Join Teresa Jackson, New Moms' Spiritual Formation Intern, for this session to talk about it! The workshop will offer support and information as we share our struggles and joys and remind ourselves that no matter how challenging our situation is now, it does not have to be the same way tomorrow. This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today!

Facilitated by: Teresa Jackson, New Moms' Seminary Intern in Spiritual Formation

Mouse or Monster - How Do YOU Handle Conflict?

Dealing effectively with conflict is critical to bringing important issues to life, opening the lines of communication, and strengthening relationships. Do you approach confrontation with confidence or do you cower at the thought of disagreement? Join us and learn how to fight fairly and handle difficult parenting situations without being timid or explosive. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - RSVP today!

Facilitated by: Kimm Pilditch, LCSW + Noemy Cespedes, LCSW, New Moms Family Support Specialists

Parent Creativity & Connection Morning

Spring cleaning brings a fresh opportunity for Creativity and Connection! Make decluttering your home fun this spring and join us as we make the space and time to explore your creative side! Bring your extra tissue paper for collages, cookie cutters for stencils, or other treasures for whatever your current project is. Watch and participate in arts and crafts demonstrations, 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 New Moms Family Support Specialist in attendance who will provide information on a useful parenting topic and remain available to discuss that topic or any other parenting challenges that individuals in the group are experiencing. This workshop is FREE and a limited number of FREE onsite childcare spaces are available - RSVP today!

Facilitated by: Kimm Pilditch, LCSW + Jessica Brekher B.F.A, M.Ed.

Morning Parent Meet Up - Kids Have Fun + Parents Get Things Done!

Join us every Monday and Thursday morning so your children (infant through 6 years old) can learn and play in our developmentally appropriate classrooms while you do the same 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 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. Sign up for a FREE first visit and tour by contacting oakparkprograms@newmoms.org and mentioning this newsletter.

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