

FREE OCTOBER WORKSHOPS

FOR PARENTS OF YOUNG CHILDREN • FREE CHILDCARE!

Please RSVP to oakparkprograms@newmoms.org or 773.252.3253 x221

Parent Creativity Mornings: Create and Connect

If you love the arts but find it hard to make the time, come and explore your creative side. Bring your own project or just sit back and color. Decompress with other parents and enjoy the meditative process of creating and exploring. Then take home your work. If you are an artist or craftsperson, a stay at home professional, or work part time, this is a great opportunity to network. All attendees are welcome to bring extra materials for using or sharing. This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today!

October Parent Creativity Mornings feature food for fall! Fall harvests inspire creative Midwesterners to welcome cooler temps with cozy cooking and baking. Feel free to bring a favorite easy recipe to share with the group and, if you're inspired, a sample for attendees to try.

Friday, October 13, 2017 AND Tuesday, October 24, 2017 from 9:30 am – 11:00 am

Facilitated by: Jessica Brekher, B.F.A., M.Ed., Art Educator

Location: New Moms, 405 S Euclid Ave., 2nd Floor in Oak Park

Workshop: Getting A Hold of Yourself in the Hard Moments of Parenting

In the heat of the moment it's virtually impossible for our brains to figure how do and say the things that will help a tense parenting situation the most. Our workshop leader, Sheryl Stoller, will give you a simple system, with easy steps to take that will allow you to quickly access better mindsets, thoughts, and behaviors. Learn to turn challenging moments into the creation of life skills and cultivate loving connections, self-awareness, and worth for both you and your child. This workshop is FREE and a limited number of FREE onsite childcare spaces are available – RSVP today!

Monday, October 16, 2017 from 6:30 – 8:00 pm

Facilitated by: Sheryl Stoller, PCI Certified Parent Coach®

Location: Pilgrim Community Nursery School, 460 Lake Street, Oak Park

Workshop: 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!

Tuesday, October 17, 2017 from 10:00 - 11:30 am

Facilitated by: Tina Birnbaum, LCPC

Location: New Moms, 405 S. Euclid Ave., 2nd Floor in Oak Park

OCTOBER ACTIVITIES

ENJOY SOME FREE TIME! • FIND A NEW ACTIVITY!

Please RSVP to oakparkprograms@newmoms.org or 773.252.3253 x221

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. Get your FREE first visit and tour by contacting oakparkprograms@newmoms.org and mentioning this newsletter.

Each session is \$25 per visit for one child or \$30 for two or more children. Scholarship funds are available to those who qualify. Reservation and a non-refundable pre-payment are required so that we can assure adequate staffing.

Mondays and Thursdays, 8:30 am – 11:30 am

Location: New Moms, 405 S Euclid Ave., 2nd Floor, Oak Park

Community Connections

Young and Restless Storytime

Brought to you by the Oak Park Public Library
Location: Dole Branch, 255 Augusta St., Oak Park
Tuesday, October 10, 2017 from 10:30 am – 11:00 am

This class is designed for one-on-one interactions between caregivers and children birth to 24 months. Babies and toddlers learn to associate books with fun and shared moments with their favorite adults.

Early Childhood Resource Fair

Brought to you by the Collaboration for Early Childhood
Location: Main Library, 834 Lake Street, Oak Park
Saturday, October 28, 2017 from 9:30 am - 12:00 pm

FREE Early Childhood Resource Fair for parents and caregivers with children ages birth - 5. Learn about a variety of early childhood resources and programs in the community and enjoy story times, activities, raffles, and more! For more information, visit info@collab4kids.org or call 708-613-6122.

Play Group Opportunities

Join a fun group of parents and their children ages 0-5 to meet, chat, and play in various locations around Oak Park.
New attendees are always welcome!

Tuesday, October 17, 2017 at 9:00 am

Stevenson Cub House, 415 Lake St., Oak Park
Cost is \$5 per child at the door.

Friday, October 27, 2017 at 3:00 pm

Oak Park Conservatory, 615 Garfield St., Oak Park
Come dressed for the outdoors.