



parenthesis

Now a program of **NewMoms**

MAY ACTIVITIES

FREE FOR PARENTS OF YOUNG CHILDREN • FREE CHILDCARE!

Please RSVP to oakparkprograms@newmomsinc.org or 773.252.3253 x221

Parent Creativity Mornings: Create and Connect

Do you have piles of kids' artwork or remnants of overflowing goodie bags? Hoarding tissue paper or gift wrap? Use up the stuff you have for exciting collage layers. Make the space and time to explore your creative side! Watch and participate in arts and crafts demonstrations, network with other craftspeople, or just sit back and color. Feel free to bring extra materials to use or share. Limited free childcare is available, RSVP today!

Friday, May 5, 2017 AND Wednesday, May 24, 2017 from 9:30 am – 11:30 am

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

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

Workshop: Holistic Parenting – Living from the Inside Out

Planting the seeds in our children to grow character, faith, integrity, and social awareness is so important, but how do you do it? Ellen Kogstad will lead a discussion around ways to convey these vitally important "soft skills." Limited free childcare is available, RSVP today!

Wednesday, May 10, 2017 from 10:00 am – 11:00 am

Facilitated by: Ellen Kogstad, M.S., M.A., Founder of New Moms

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

3-Part Workshop Series: Interpersonal Mindfulness

In this 3-part series learn how to let go of worn-out, non-helpful thoughts and feelings and let the brightness of mindfulness allow your mind to become clear and radically present. Using six guidelines, you will be able to develop the mind/heart practices to better communicate with others and find more joy in your life. Choose the session that works best for your schedule. Limited free childcare is available, RSVP today!

Evening Session: Mondays, May 15, 22, and June 5, 2017 from 6:30 – 9:00 pm

Morning Session: Tuesdays, May 16, 23, and 30, 2017 from 9:00 – 11:30 am

Facilitated by: Margaret Kachadurian, LCSW

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



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ENJOY SOME FREE TIME! • FIND A NEW ACTIVITY!

Morning Parent Meet Up (MPM!)

Join us every Monday and Thursday morning at Parenthesis/New Moms where your children (infant through 6 years old) will learn and play in developmentally appropriate classrooms while you do the same in our Parent Parlor! Enjoy the Wi-Fi and work, do online errands, listen to music, or read. You can also chat with other parents and caregivers and take advantage of our parent programming. Contact oakparkprograms@newmomsinc.org for a complimentary first visit and tour.

PLEASE NOTE: Each session is \$25 per visit for one child, or \$30 per visit for two or more children. Scholarship funds are available to those who qualify. RSVP and non-refundable, pre-payment required. First visit is FREE!

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

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

Community Connections

Crafty Tots: Mother's Day Edition

Brought to you by the Oak Park Main Library in the First Floor Storytime Room

Friday, May 12, 2017 from 10:00 am – 12:00 pm

Make a craft for mom or other important ladies in your life. We supply the craft supplies, you supply the imagination. For kids of all ages.

Nature Story Time

Brought to you by the Trailside Museum of Natural History, 738 Thatcher Ave., River Forest

Thursday, May 18, 2017 at 10:30am

Enjoy nature-inspired stories, followed by a craft and snack. This activity is recommended for children ages 3-6 with an adult.