



EDUCATION, FRIENDSHIP & SUPPORT

PACES is an educational support organization for parents of newborn to preschool age children. PACES offers family enrichment through expert parenting information, peer support, social activities and volunteer opportunities. A not-for-profit, all-volunteer organization centered in Chicago's suburbs, PACES promotes educated parenting without advocating specific theories or philosophies.

Purpose: To provide a peer group for families of young children committed to parental growth, family growth; to support educated parenting by providing the latest information on child-rearing.

Place: Life Church, 6600 W 127th St., Palos Heights
3rd Tuesday of the month, 9:30-11:30 am,

Date/Time: unless noted with an *
Available for a reasonable fee.

Babysitting: Call Dawn Mack (708) 422-2606.



Parent And Child
Education & Support Organization
P. O. Box 13, Lombard, IL 60148-9998
(630) 835-4111
Contact PACES on the web!
www.pacesmoms.org
Email us at: Info@pacesmoms.org

SEMINARS

PACES seminars provide an opportunity to meet and make new friends, to share ideas, concerns, "techniques" and to encourage realistic expectations of our children, families and selves. All are available for a nominal fee for non-members, free to members. New Motherhood and Older Babies seminars are scheduled as needed. All other seminars begin the second week of October, February and May. Advance registration is required. For registration information for any of the following seminars, call Victoria Hamel, 708-598-9415

NEW MOTHERHOOD SEMINAR

is for first-time mothers and their babies, birth to six months old.

OLDER BABIES SEMINAR

is for first-time parents and their babies, six to twelve months old.

TODDLER I SEMINAR

is for parents of 12- to 24-month-olds.

TODDLER II SEMINAR

is for parents of 24- to 36-month-olds.

PRESCHOOLER SEMINAR

is for parents of three- to five-year-olds.

SIBLINGS SEMINAR

is for parents of two or more children.

ADOPTIVE PARENT SEMINAR

is for parents of adoptive families.

WORKING MOTHERS SEMINAR

is for mothers working full- or part-time.

STAY AT HOME MOMS SEMINAR

is for mothers choosing motherhood as a career.

CHILDREN'S ENTERTAINMENT SERIES

PACES presents a variety of enjoyable programs for parents and children. See the PACESETTER for details.

NEWSLETTER

The PACESETTER is printed bi-monthly to publicize PACES activities and offer educational articles of special interest to parents. Mailed free to all members.

GROUP WORKSHOPS

*HOW-TO-TALK SO KIDS WILL LISTEN™ and *SIBLINGS WITHOUT RIVALRY™

These practical workshops by Faber and Mazlish are designed for individual parents or couples who want to improve communication within their families.

PLAYGROUP

Members and their children are invited to join playgroups which meet once a week at different members' homes throughout the region. To join a playgroup, contact: Dawn Mack (708) 422-2606

BABYSITTING CO-OP

The babysitting co-op gives members opportunities to exchange babysitting hours. Contact: Dana Bogathy, (708) 952-0867

SOCIAL GROUPS

PACES invites you and your friends to join in many of our social activities and outings for children, moms and couples. See regional newsletter for more details or contact: Jenna Hubble (708) 293-1029 or Lisa Pringle (708) 535-1438

PACES members and non-members are welcome to attend. A donation of \$2.00 from non-members will be asked to cover expenses. PACES also provides many other services and activities for parents of young children.

FOR MEMBERSHIP INFORMATION CALL:

Sharon Rohan 708-873-9428, srohan@msn.com

FOR DETAILS ON EVENTS, CONTACT REGIONAL COORDINATOR:

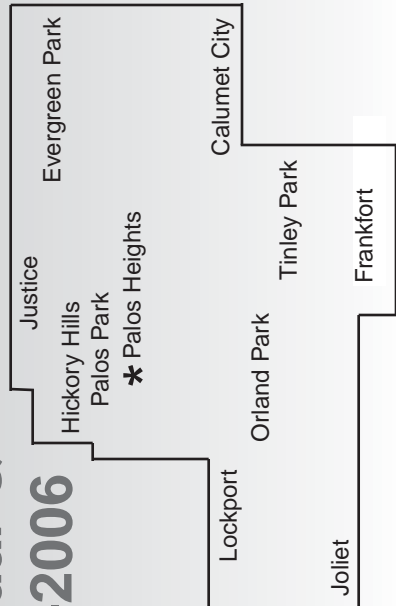
Victoria Hamel 708-598-9415

Email us at: pacespof@pacesmoms.org

PALOS/ORLAND/FRANKFORT

and neighboring communities

Regional Calendar & Activities 2005-2006



COMMUNITIES THIS REGION SERVES:

Alsip
Beverly
Blue Island
Bridgeview
Burbank
Calumet City
Calumet Park
Chicago
Chicago Ridge
Crestwood
Evergreen Park
Frankfort
Hickory Hills
Joliet
Justice
Lansing
Lockport
Midlothian
Mokena
Mount Greenwood
Oak Forest
Oak Lawn
Orland Hills
Orland Park
Palos Heights*
Palos Hills
Palos Park
Tinley Park
Worth

* Community where meetings are held.



Parent And Child
Education & Support Organization

ASK THE PROS....

SEP 20
TUE 7 pm*

KEEPING YOUR MARRIAGE ALIVE AFTER CHILDREN

Dads and Moms, please join us for an evening of lessons and laughter. Having children is certainly a wonderful thing, but it can put a strain on any marriage. Dr. Michael Maniacci, a PACES favorite and expert child and family therapist, will help us rediscover our sense of humor and put some spirit back in our marriage. Come join us for an enriching evening. Additionally, PACES staff will be on hand with info about this year's events. Members who bring a non-member will get a chance to win a fabulous parenting prize. Also, one lucky non-member will win a one-year PACES membership. No babysitting available at this meeting.

OCT 18
TUE 9:30 am

WIGGLE, GIGGLE AND PLAY!

Learn to Soar at the Children's Museum of Oak Lawn! Keeping your kids entertained can be hard work! Come learn from Beth Gelman, Director of the Children's Museum in Oak Lawn the tricks of playing like a child. Learn what the museum has to offer and give your opinion on what you would like to see in the new museum, due to open in 2006. A special kid's Halloween party to follow so be sure to bring treats to pass out and wear your costume!

Get a jump on your holiday shopping at our 3rd Annual Holiday Vendor Shop! Shop local vendors and home businesses.

NOV 15
TUE 9:30 am

TEACHING CHILDREN HOW TO HANDLE ANGER

Handling anger efficiently is a problem for many people. Not knowing how to handle anger effectively can lead to problems in health at school and later in life. The earlier children are taught how to effectively handle anger better. Come join us as Dr. Zovodny Director/Clinical Psychologist of the Institute for Family Development in Orland Park shows us how we can learn some effective anger management strategies that you can teach your children and use to make your home a happier one.

DEC 13*
TUE 9:30 am

KIDS CAN COOK AND HOLIDAY POTLUCK

Kids + Cooking = YUMMY FUN! The kitchen is a wonderful classroom capable of teaching many subjects- Math, Science, Health, Social Skills, Etiquette, etc. And best of all children get the instant gratification of enjoying their hard learned lesson by tasting it! Dana Bogathy from Kids Can Cook of the Burbank Park District will create a tasty treat with the kids. A Holiday Potluck will follow; bring your favorite dish to share!

JAN 16
TUE 9:30 am

GET YOUR CHILD INSTRUCTION MANUAL HERE!

Did you lose your child instruction manual? Are you ready to stop giving your cash to the Pampers and Huggies companies? Have you heard the saying, "they won't be wearing diapers to college" and don't believe it? Are you longing for a night of solid sleep? Does your toddler live on Fruit Loops, Hot dogs and Goldfish? Join us to learn more about the topics of potty training, sleeping through the night, getting kids to eat healthy, mommy/daddy burnout and much more! This will be an informative open forum on the hot buttons that make parenting adventuresome!

FEB 21
TUE 9:30 am

SELF DEFENSE FOR WOMEN

Be Smart, Be Safe, Be Strong. Learn the basics of woman's self defense from Sergeant Mary Ann Doherty Defensive Tactics Instructor of the Hickory Hills Police. Learn to be safe on the street by recognizing criminal's warning signs and how to respond to potential attack. Sergeant Doherty will teach attendees what they need to know to be safe in their day to day lives.

MAR 21
TUE 9:30 am

ENCOURAGING EARLY CHILDHOOD DEVELOPMENT

Understanding how your child learns is important to their development. Dr. Valerie L. Nowinski, PSY.D. of the Neuropsychology Diagnostic Center for Autism & Related Developmental Disorders in Orland Park and PACES professional sponsor will present the most current research when it comes to pediatric neuropsychology. She will present information that will help us better understand learning with respect to the child when it comes to attention and reading. Attention Deficit Disorder and dyslexia will also be addressed under this umbrella of understanding early childhood learning.

APR 18
TUE 7 pm*

FITNESS FOR MOMS

Do you want to look and feel like a million bucks? Being tired and out of shape is not in the job description of a MOM. Staying healthy and physically fit not only benefits you but also your family. Join us and Kari Ziemba, MPT of WCS Rehabilitation/Sports Medicine to learn how to be and stay a fit mom. She will give us the secrets of safe prenatal and postnatal exercise and give us tips on staying healthy. SHOP AT OUR 3rd ANNUAL SPRING FLING VENDOR NIGHT! Shop local vendors and home businesses. No babysitting available.

MAY 16
TUE 9:30 am

SIBLING RIVALRY AND OTHER FORMS OF FAMILY STRESS

Trouble and children walk hand in hand! We all have parenting questions, whether they are how to correct a behavior or how to get your kids to get along better. Carla Fick, Psy.D. of Pediatric Psychology Associates will give us insight on how to handle these challenging parenting issues.

JUN 13
TUE 11 am*

CELEBRATE SUMMER! PACES PICNIC AND PLAYTIME

Raindate JUNE 20

Summer is here and it's time to get the kids out to the park for some fun physical activity (they'll take great naps later!). Pack up your kids and bring a dish to share to Centennial Park in Orland Park. Enter the park at the water park entrance and follow the signs to the soccer fields. Park and follow the path to the covered Pavilion. Details in the newsletter and at monthly meetings.

