

### Welcome to the IBMC\*

\*The IBMC is located down the hall from the office, in Suite 100C. Call the office to register for classes: (847) 398-0400. Some classes have limited spots.

#### DECEMBER 2014

**Mother's Support Group**  
**Wednesdays, December 3, 10, 17, 24, 31,**  
**and Saturday, December 8**  
**10:00-11:30 am**

Open to all mothers, nursing and non-nursing to network and support one another, facilitated by our lactation consultants. Older siblings are welcome and light refreshments will be provided.  
*One time fee of \$25*

**Lamaze**  
**Tuesday, December 9, 5:00—8:00 pm**  
 Lactation consultant Karen Dickert will lead this class. *Fee: \$150*  
 Call to register. 847-398-0434

**Prenatal Breastfeeding Class**  
**Monday, December 15, 5:30—7:30 pm**  
 See January for description.  
 Call to register. 847-398-0434

**Working Mom's Class**  
**Wednesday, December 17, 12:30—2:00 pm**  
 Designed for mothers preparing to return to work and who want to know the best way to transition back into the work force.  
 Call to register. 847-398-0434 *Fee \$35*

**Matt Cohen—Advocacy for Special Ed Children**  
**Saturday, December 6, 9:30—11:00 am**  
 Attend this workshop to learn more about how to advocate for the rights of children with AD/HD. Led by Matt Cohen, who is well known for his work in special education law and has extensive experience in health care and mental health law. He has been the principal litigator in a number of important special education cases and is the primary or collaborating author of several amendments to the mental health and special education laws of Illinois  
 Call to register. 847-398-0400



Arlington Pediatrics, Ltd.

#### JANUARY 2015

**Mother's Support Group**  
**Wednesdays, January 7, 14, 21, 28**  
**and Saturday, January 10**  
**10:00-11:30 am**

See December for description.  
*One time fee of \$25*

**Prenatal Breastfeeding Class**  
**Monday, January 19, 5:30-7:30 pm**  
 This class is two hours in length and explores the many benefits of breastfeeding, and helps a mother understand how she can start off on the right foot with breastfeeding. Breastfeeding is both instinctive and a learned behavior. Even if you have not made up your mind about breastfeeding, this is an excellent class to find out more about it, and based on that information, make an informed decision about feeding your baby.  
 Call to register. 847-398-0434

**Working Mom's Class**  
**Wednesday, January 28, 12:30—2:00 pm**  
 Designed for mothers preparing to return to work and who want to know the best way to transition back into the work force.  
 Call to register. 847-398-0434 *Fee \$35*

**Reaching Full Potential: Managing Learning Difficulties and other Related Behavioral Disorders in Children**  
**Tuesday, January 20, 6:30—8:00 pm**  
 This class is designed to help parents identify signs of common thinking and behavioral disorders in children and adolescents, including learning disabilities, attention-deficit/hyperactivity disorder (ADHD), and social disorders. Information will be provided to help parents determine if their child is reaching maximum learning potential and discuss methods of assessment used to guide treatment planning and initiate advocacy for educational services. This workshop will be led by Drs. Christina Vocos and Graciela Franzwa, who specialize in pediatric neuropsychology at the Thomson Memory Center  
 Call to register. 847-398-0400