



# THE PREP

Everything you need to prepare for the week with PARENT PASS™



Read about what a woman needs after giving birth. Support for mom and baby.

[Go to Support After Birth](#)

## Free Events This Week!

### 1. Back to Basics for Better Health



**Monday, August 7th from 9 am - 2 pm**  
At East FW Montessori Academy.

Taking care of others, means taking care of yourself! Well woman exams & screenings.

### 2. Whiz Quiz



**Tuesday, August 8th at 4 pm**  
At RISE on Calmont Ave.

Family friendly game-show-style trivia!

### 3. ABC's of Babysitting



**Wednesday, August 9th at 1 pm**  
At Reby Cary Youth Library.

Learn important tips to start your babysitting journey!

### 4. Back to School Bash



**Friday, August 11th at 5 pm**  
At Clayton Community Center.

Games, Crafts, Water Activities, and More!  
No registration required.

### 5. Seven Back to School Events



**Saturday, August 12th from 10 am - 6 pm**  
All over Fort Worth and Tarrant County.

There are seven back to school giveaways happening all on one day!

Visit [Parent Pass™](#) to access the full list of events near you.

## More in the App!

### Need to Get School Immunizations?



**Search 'Immunizations'**

To find FREE immunization and school physical events happening around Fort Worth!

**Search** for 'Immunizations'.

### NICA Now in Parent Pass™



**FREE Food, Counseling, and Job Training**

All from one organization! NICA now listed throughout CONNECT according to category.

Find out more in **CONNECT**.

### Did You Know?



**You Can Add Events to Your Calendar**

Tap 'Going' to add events to your calendar.

Start adding **EVENTS** to your calendar today.

Visit [Parent Pass™](#) to access the full list of resources for you.

