



# THE PREP

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



## Get Out and Enjoy! Filter "Outdoor" for Fresh Air Events Near You

Outdoor Events Near You

## Free Events This Week!

### 1. Stay-at-Home Parent Support Group



**Monday, Nov. 13th at 9 am**  
Virtual.

Topics will include anxiety, anxiety in relationships, and self-compassion.

### 2. Career Tasting: Food Scientist



**Tuesday, Nov. 14th at 4:30 pm**  
At Northside Public Library.

Design your own ice cream flavor and make whipped cream!

### 3. Baby Sign Storytime



**Wednesday, Nov. 15th at 9:30 am**  
At Benbrook Public Library.

Learn basic sign language to communicate before your baby can speak.

### 4. Zenflow for Teens



**Friday, Nov. 17th at 4 pm**  
At Riverside Public Library.

Teens are invited to a relaxing hour of stretches, meditation, and games.

### 5. Carter Playdate: Collect and Create



**Saturday, Nov. 18th at 11:30 am**  
At Amon Carter Museum.

What can we do with a pile of junk?  
Make a masterpiece of course!

Visit **Parent Pass™** to access the full list of events near you.

## More in the App!

### Questions?



#### Ask Local Parents

Chat is a great way to get advice from experienced parents. And you can post anonymously!

Ask away in **CHAT**.

### New Baby at Home?



#### Pregnancy + Maternal Health

List free services from Postpartum at-home visits to where you can get free diapers.

There is free support, find it in **CONNECT**.

### Wondering About School Options?



#### We've Got You Covered!

Schoolahoop explores PK-12 schools near you based on what's important for your child.

Education Support in **CONNECT**.

Visit **Parent Pass™** to access the full list of resources for you.