The West County First 5 Center February *2017*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Working It Out 10-11* Literacy Champions 9:30-12 Wonderful Ones 10-12	2 Kahawia Uzazi – English 10-11:30 (drop in)* Chef's Cafe 1-2 * Toddles & Doodles 9:30-10:30 Baby Discovery 10:30-11:30 (drop in) Little Feet Dance 11-12 Baby Signs 1-2 Amazing Creations 1-2 Beloved Mommas 2:30-4 Let's Play! 5-6 Triple P 5:30-8	3 Nature Enraptures me 10:30-11:30* Music & Movement 9:30-10:30 Book Bees 10-11 (drop in) Parent Leadership Café: Giving Hope 10-12 Onesies 11-12 (drop in)	4 Story Cycles 10-11:30* Nature Enraptures Me 10:30-11:30
6 Bright Babies 10-11 * Edible Art 1-2 * Music & Movement 9:30-10:15 Parents Raising Safe Kids 10-12 Story Cycles 1-2	7 Storytime 10-11 (drop in)* Math All Around Me 9:30-10:30 Pre K Music & Movement 10-10:45 Infant Massage 1-2:15 Roadmap to K 1-2:30 Nurturing Parents – English 5:30-7:30	8 Working It Out 10-11* Literacy Champions 9:30-12 Wonderful Ones 10-12	9 Kahawia Uzazi – English 10-11:30 (drop in)* Chef's Cafe 1-2 * Toddles & Doodles 9:30-10:30 Baby Discovery 10:30-11:30 (drop in) Little Feet Dance 11-12 Baby Signs 1-2 Amazing Creations 1-2 Beloved Mommas 2:30-4 Let's Play! 5-6 Triple P 5:30-8	10 Nature Enraptures me 10:30-11:30* Music & Movement 9:30-10:30 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	11 Story Cycles 10-11:30* Nature Enraptures Me 10:30-11:30
13 Bright Babies 10-11 * Edible Art 1-2 * Music & Movement 9:30-10:15 NO Parents Raising Safe Kids We have a New President! What to tell our Kids 10:30-12 Story Cycles 1-2	14 Storytime 10-11 (drop in)* Math All Around Me 9:30-10:30 (last) NO Pre K Music & Movement NO Infant Massage CAC Focus Group 10-11:30 Roadmap to K 1-2:30 Nurturing Parents – English 5:30-7:30	15 Working It Out 10-11* (last) Literacy Champions 9:30-12 (last) Wonderful Ones 10-12	16 Kahawia Uzazi – English 10-11:30 (drop in)* (last) Chef's Cafe 1-2 * (last) NO Toodles & Doodles Baby Discovery 10:30-11:30 (drop in) Little Feet Dance 11-12 Baby Signs 1-2 (last) NO Amazing Creations Beloved Mommas 2:30-4 Let's Play! 5-6 Triple P 5:30-8	17 Nature Enraptures me 10:30-11:30*(last) Music & Movement 9:30-10:30 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	18 Story Cycles 10-11:30* Nature Enraptures Me 10:30-11:30 (last)
20 Center Closed 	21 Storytime 10-11 (drop in)* (last) Pre K Music & Movement 10-10:45 (last) Infant Massage 1-2:15(last) Roadmap to K 1-2:30(last) Nurturing Parents – English 5:30-7:30	22 Workshop: Teaching Kids to Problem Solve 9:30-12 Wonderful Ones 10-12	23 Toddles & Doodles 9:30-10:30 (last) Baby Discovery 10:30-11:30 (drop in) (last) Little Feet Dance 10:30-12:30 (last) Amazing Creations 1-2 (last) Beloved Mommas 2:30-4 (last) Let's Play! 5-6 (last) Triple P Phone Consultations 5:30-8	24 Music & Movement 9:30-10:30 (last) Storytime with SP Library 9:30-10 Book Bees 10-11 (drop in) (last) Onesies 11-12 (drop in) (last)	25 Story Cycles 10-11:30*
27 Bright Babies 10-11 * (last) Edible Art 1-2 * (last) Music & Movement 9:30-10:15 (last) Parents Raising Safe Kids 10-12 Story Cycles 1-2 (last)	28 Nurturing Parents – English 5:30-7:30				SATELLITE SITE The West County First 5 Center in Richmond *

THE WEST COUNTY FIRST 5 CENTER | (510) 232-5650 | 2707 Dover Ave | San Pablo, CA, 94806

Families are welcome to use the drop-in room and outdoor play space at any time, provided childcare is not being offered in these spaces for a class. Please call ahead or stop by!
Classes are for parents/caregivers and children ages 0-5 to participate together. Please call (510) 232-5650 for more information.

1/26/17

West County First 5 Center
Operated by
Bay Area Community Resources
2707 Dover Avenue
San Pablo, CA 94806
(510) 232-5650

Classes Beginning 1/1/17

Amazing Creations (10,379)

Ages: 2 Years - 3 Years
It is wonderful to see what our children can do when we allow them to express themselves freely. Through this art class children will practice self-expression, self-regulation, language skills and their fine-motor skills as they have fun exploring with using different mediums of art, different textures, and colors!
Instructor:
1/19/17-2/16/17 Thursdays 1:00-2:00 PM

Baby Discovery (Drop In) (10,382)

Ages: 0 Months - 12 Months
This drop in class for infants includes a variety of fun activities that strengthen the bond between parent and child, as well as supporting physical, cognitive, and social-emotional development of infants. Lots of songs, games, and fun!!!
Instructor:
1/26/17-2/23/17 Thursdays 10:30-11:30 AM

Baby Signs (10,378)

Ages: 6 Months - 2 Years
This class teaches signing through songs and games. Sign language helps young children communicate what they need, see, and feel without having to resort to tears! Child development concepts are presented each week to reinforce how children benefit from signing. Participants will learn signs for a variety of topics, including mealtime, bedtime, play, feelings, and family.
Instructor:
1/19/17-2/16/17 Thursdays 1:00-2:00 PM

Beloved Mommas (10,383)

Ages: - Adults Only
Come explore the importance of self care - nourishing ourselves through art, food, exercise and awakening our self-confidence. Come be a support to others and yourself.
Instructor:
1/26/17-2/23/17 Thursdays 2:30-4:00 PM

Book Bees (Drop In) (10,413)

Ages: 2 Years - 3 Years
Book Bees (Drop In) is a literacy-based drop-in class which presents a different book each week, with art, science, cooking, and creative movement activities to extend the learning! No rsvp required. Please come 30 minutes early to reserve your space; the first 12 children are accepted.
Instructor:
1/27/17-2/24/17 Fridays 10:00-11:00 AM

Encouraging Children to Express their Thoughts (10,393)

Ages: 0 Months - 3 Years
Children are strong observers, and have feelings about what is going on in their environment. Parents can help children express their observations and thoughts so that even very young children can have their voices be heard. This is the first workshop in a series of three to support children in their ability to problem solve. CAC Recommendation Area!
Instructor:
1/19/17-3/16/17 Thursdays 5:30-8:00 PM

Help Me Grow Developmental Playgroup (10,242)

Ages: 20 Months - 3 1/2 Years
These playgroups will support children to improve their development, provide opportunities for interaction, and tips for parents on how to address their child's unique developmental challenges. Children will be referred to the playgroups based on results from developmental screenings provided by First 5 programs. Please contact a First 5 Center staff person if you would like your child to receive a screening.
Instructor:
1/9/17-1/30/17 Mondays 11:00-12:00 PM

Let's Play! (10,380)

Ages: 2 Years - 3 Years
Let's play, relax, and enjoy each other's company while reading stories, creating art, singing songs, and group building activities.
Instructor:
1/26/17-2/23/17 Thursdays 5:00-6:00 PM

Literacy Champions (10,408)

Ages: - Adults Only
Literacy Champions is a parent leadership development program that engages parent leaders in a series of trainings so they can then train other parents in their own communities on how to use everyday moments to build children's early literacy skills.
Instructor:
1/25/17-2/15/17 Wednesdays 9:30-12:00 PM

Little Feet Dance (10,377)

Ages: 3 Years - 5 Years
Children will become aware of their body and the different ways it can move to music and emotions. They will participate in activities that include creative and ethnic dance, singing in different languages and playing percussion instruments.
Instructor:
1/26/17-2/23/17 Thursdays 11:00-12:00 PM

Math all Around Me! (10,343)

Ages: 2 Years - 3 Years
Math is so much more than counting! This class introduces basic math concepts to young children through creative movement, cooking, art, literacy, and conversations between parents and children.
Instructor:
1/17/17-2/14/17 Tuesdays 9:30-10:30 AM

Music & Movement (10,372)

Ages: 12 Months - 3 Years
It's time to dance, sing, and play! Includes song, creative movement,and interactive activities between caregiver and child.
Instructor:
1/23/17-2/27/17 Mondays 9:30-10:15 AM

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Music & Movement (10,381)

Ages: 12 Months - 3 Years
It's time to dance, sing, and play! Includes song, creative movement,and interactive activities between caregiver and child.
Instructor:
1/27/17-2/24/17 Fridays 9:30-10:15 AM

Nature Enraptures Me (10,406)

Ages: 2 Years - 3 Years
Come explore the thrill of the wonders and intrigue of nature that surrounds us. The exploration of the alphabet in nature will be explored through art and movement.
Instructor:
1/21/17-2/18/17 Saturdays 10:30-11:30 AM

Nurturing Parents (10,375)

Ages: - Adults Only
This program focuses on recognizing and understanding feelings, handling stress, a, communication, child development. Children participate in age-specific classes, focusing on examining feelings, positive self-talk and developing personal power. For parents of children ages 0-5 years. Dinner and childcare provided.
Instructor:
1/24/17-6/20/17 Tuesdays 5:30-7:30 PM

Onesies (Drop In) (10,385)

Ages: 12 Months - 23 Months
Onesies drop-in sessions include art, music, storytelling, and fun games that help one year olds with their social and gross motor skills. No RSVP necessary; please come early to ensure a spot--first 12 children accepted.
Instructor:
1/27/17-2/24/17 Fridays 11:00-12:00 PM

Parent Café (10,454)

Ages: - Adults Only
The Parent Café is an opportunity to connect with, and learn from other Center families, by listening to others and exploring our own inner strength. Conversations will be based on the 5 Protective Factors, which help keep families strong.
Instructor:
2/3/17-2/3/17 Fridays 10:00-12:00 PM

Parent Café Training (10,453)

Ages: 0 Months - 5 Years
Learn the format and components of the Parent Café, and support Center staff in hosting future Parent Cafes. The Parent Cafes explore the 5 Protective Factors, and allow participants to reflect on the strengths of others and themselves.
Instructor:
1/27/17-1/27/17 Fridays 10:00-12:00 PM

Parents Raising Safe Kids-Spanish (10,373)

Ages: - Adults Only
This class is a component of the ACT Against Violence program, developed by American Psychological Association. Class covers: Understanding children's behavior and developmental milestones, anger management, resolving conflicts, positive discipline, and reducing influence of media on Children. Childcare provided.

Instructor:
1/23/17-3/20/17 Mondays 10:00-12:00 PM

Potty Training Workshop (10,390)

Ages: - Adults Only
In this Potty Training workshop, parents will learn when to start the potty training process, how to do it in a way that is considerate to the child, and things to remember through the process.
Instructor:
1/19/17-1/19/17 Thursdays 10:30-12:00 PM

Pre K Music & Movement (10,342)

Ages: 3 Years - 5 Years
Come join us in this fun music class where children will do activities that will help them feel part of the group, practice their gross-motor skills, solve problems, and develop and refine their listening skills as they notice change in tempo/pitch of music, adapt their movements accordingly, and practice listening to instructions. We will be following the California Preschool Learning Foundation.
Instructor:
1/17/17-2/14/17 Tuesdays 10:00-10:45 AM

Roadmap to K (10,344)

Ages: 4 Years - 4 Years
Journey with us on the Roadmap to Kindergarten. Parents will review topics including K entry requirements, social skills and practicing responsibility, healthy habits, safety, feelings, partnering with your child's teacher, practicing routines and separation, standards, and more. This class is for children entering kindergarten next year.

Instructor:
1/17/17-2/21/17 Tuesdays 1:00-2:30 PM

StoryCycles (10,374)

Ages: 2 Years - 3 Years
Children start their journey to literacy at birth by watching, listening, and interacting with the world in a variety of daily experiences. Learn how to support your child's developing literacy, and what a quality literacy program in preschool looks like.
Instructor:
1/23/17-2/27/17 Mondays 1:00-2:00 PM

Story Time with San Pablo Library (10,455)

Ages: 0 Months - 3 Years
Join us for a fun filled storytime presented by the San Pablo Library. Includes song, fingerplays, and props to bring the stories to life! This storytime happens once a month on a Friday.
Instructor:
1/27/17-1/27/17 Fridays 9:30-10:00 AM

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Story Time with San Pablo Library (10,456)

Ages: 0 Months - 3 Years
Join us for a fun filled storytime presented by the San Pablo Library. Includes song, fingerplays, and props to bring the stories to life! This storytime happens once a month on a Friday.
Instructor:
2/24/17-2/24/17 Fridays 9:30-10:00 AM

Teaching Kids to Problem Solve (10,409)

Ages: - Adults Only
Parents will learn practical strategies to teach children how to problem solve using stories, puppets, and other visuals.

Instructor:
2/22/17-2/22/17 Wednesdays 10:00-11:30 AM

Toodles & Doodles (10,376)

Ages: 12 Months - 2 1/2 Years
Toddlers will be enticed to eat healthy foods while exploring different textures and colors through the creation of fun art projects, many of which will include edible art.
Instructor:
1/19/17-2/16/17 Thursdays 9:30-10:30 AM

Triple P-English (10,412)

Ages: -
Triple P suggests simple routines that can make a big difference to your family and positive discipline with your child ages 0-5. Reflect on the things you already say, think, feel and do in new ways to help build positive relationships with your children. Consists of 7 weeks of class, and two weeks of phone consultation.
Instructor:
1/19/17-3/16/17 Thursdays 5:30-8:00 PM

Wonderful Ones (10,392)

Ages: - Adults Only
In Wonderful Ones parents discuss how to provide enough leeway so that their children can satisfy their needs for exploration and provide appropriate boundaries. Parents also learn skills in effective discipline, understanding temperament, healthy communication, child development, and the value of play. Childcare provided. For parents of children 8-23 mths.
Instructor:
1/18/17-3/22/17 Wednesdays 10:00-12:00 PM