



The West County First 5 Center March 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Wonderful Ones 10-12	2	3 Community Event 11-12:30	4 Story Cycles 10-11:30*
6 Parents Raising Safe Kids 10-12 Help Me Grow 11-12	7 Storytime 10-11 (drop in)* Dance & Zoophonics 1-2 Cuddles & Snuggles 9:30-10:30 World Dance 11-12 Sign & Bounce 1-2 Nurturing Parents – English 5:30-7:30	8 Wonderful Ones 10-12	9 Sign & Bounce 9:30-10:30 Cuddles & Snuggles 1-2 Triple P 5:30-8 phone consultation	10	11 Story Cycles 10-11:30* EcoKids 10:30-11:30
13 Baby Doodles 10-11 * Curious Toddlers 1-2 * Creative Flow 10-11 Parents Raising Safe Kids 10-12 Help Me Grow 11:15-12:15 Growing & Learning 1-2	14 Storytime 10-11 (drop in)* Dance & Zoophonics 1-2 Cuddles & Snuggles 9:30-10:30 Fit & Happy 10-11 World Dance 11-12 Sign & Bounce 1-2 Roadmap to K 1-2:30 Nurturing Parents – English 5:30-7:30	15 Parenting Counts 10-11:15* We Can Cook 10-11 Wonderful Ones 10-12 Workshop: Using Props with Storytime 10:30-12:30 Prenatal Yoga 1-2 Gifting Smiles 1-2	16 Kahawia Uzazi – English 10-11:30 (drop in)* Art Jungle 1-2 * Sign & Bounce 9:30-10:30 Baby Discovery 10:30-11:30 (drop in) Hungry Caterpillar & Friends 11-12 Cuddles & Snuggles 1-2 Opening Doors 2-4 Triple P 5:30-8	17 EcoKids 10:30-11:30* Music & Movement 9:30-10:15 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	18 Story Cycles 10-11:30* EcoKids 10:30-11:30
20 Baby Doodles 10-11 * Curious Toddlers 1-2 * Creative Flow 10-11 Parents Raising Safe Kids 10-12 Help Me Grow 11-12 Growing & Learning 1-2	21 Storytime 10-11 (drop in)* Dance & Zoophonics 1-2 Cuddles & Snuggles 9:30-10:30 Fit & Happy 10-11 World Dance 11-12 Sign & Bounce 1-2 Roadmap to K 1-2:30 Nurturing Parents – English 5:30-7:30	22 Parenting Counts 10-11:15* We Can Cook 10-11 Wonderful Ones 10-12 (last) Prenatal Yoga 1-2 Gifting Smiles 1-2	23 Kahawia Uzazi – English 10-11:30 (drop in)* Art Jungle 1-2 * Sign & Bounce 9:30-10:30 Baby Discovery 10:30-11:30 (drop in) Hungry Caterpillar & Friends 11-12 Cuddles & Snuggles 1-2 Opening Doors 2-4 Triple P 5:30-8 (last)	24 EcoKids 10:30-11:30* Music & Movement 9:30-10:15 Storytime with SP Library 9:30-10 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	25 Story Cycles 10-11:30* (last) No EcoKids today
27 Baby Doodles 10-11 * Curious Toddlers 1-2 * Creative Flow 10-11 Parents Raising Safe Kids 10-12 Help Me Grow 11-12 Growing & Learning 1-2	28 Storytime 10-11 (drop in) (last)* Dance & Zoophonics 1-2 Cuddles & Snuggles 9:30-10:30 Fit & Happy 10-11 World Dance 11-12 Sign & Bounce 1-2 Roadmap to K 1-2:30 Nurturing Parents – English 5:30-7:30	29 Parenting Counts 10-11:15* We Can Cook 10-11 Prenatal Yoga 1-2 Gifting Smiles 1-2	30 Kahawia Uzazi – English 10-11:30 (drop in)* Art Jungle 1-2 * Sign & Bounce 9:30-10:30 Baby Discovery 10:30-11:30 (drop in) Hungry Caterpillar & Friends 11-12 Cuddles & Snuggles 1-2 Opening Doors 2-4	31 EcoKids 10:30-11:30* Music & Movement 9:30-10:15 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	SATELLITE SITE The West County First 5 Center in Richmond * 317 11 th St. Richmond, CA 94801

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.

Classes Beginning 3/7/17

Baby Discovery (Drop In) (10,569)

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:

3/16/17-4/20/17 Thursdays 10:30-11:30 AM

Book Bees (Drop In) (10,574)

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:

3/17/17-4/21/17 Fridays 10:00-11:00 AM

Creative Flow (10,505)

Ages: 3 Years - 5 Years

Parents and their children have fun together while playing different musical instruments, learning songs, learning numbers, counting, reading music notes, practicing different rhythms and patterns, and playing musical games. Activities

reinforce the concept that math can be found all over!

Instructor:

3/13/17-4/10/17 Mondays 10:00-11:00 AM

Cuddles & Snuggles (10,586)

Ages: 0 Months - 12 Months

Baby cuddling results in long term social benefits for children, including self confidence, empathy, friendships, and the ability to cope with stress. This class incorporates song, infant massage, and playtime to model the multitude of ways that we can cuddle and snuggle with our little loved ones.

Instructor:

3/7/17-4/11/17 Tuesdays 9:30-10:30 AM

Cuddles & Snuggles (10,589)

Ages: 0 Months - 12 Months

Baby cuddling results in long term social benefits for children, including self confidence, empathy, friendships, and the ability to cope with stress. This class incorporates song, infant massage, and playtime to model the multitude of ways that we can cuddle and snuggle with our little loved ones.

Instructor:

3/9/17-4/13/17 Thursdays 1:00-2:00 PM

Eco Kids (10,591)

Ages: 2 Years - 3 Years

Children will engage in creative activities that incorporate concepts of reducing, reusing, and recycling. Each week we will focus on a different theme, including literacy, math, music, science, dramatic play, and art, while introducing earth friendly activities.

Instructor:

3/11/17-4/22/17 Saturdays 10:30-11:30 AM

Fit & Happy (10,560)

Ages: 2 Years - 3 Years

This class combines parent education with parent/child activities, and looks at tobacco education and the effects of second-hand smoke with a focus on art, science, cooking, healthy habits and learning activities.

Instructor:

3/14/17-4/18/17 Tuesdays 10:00-11:00 AM

Growing & Learning (10,506)

Ages: 12 Months - 23 Months

Each week will focus on a different developmental area (language, motor, social, and problem solving skills) through play. Participants will complete an ASQ developmental screening for their child at the end of the class.

Instructor:

3/13/17-4/17/17 Mondays 1:00-2:00 PM

Hungry Caterpillar & Friends (10,570)

Ages: 3 Years - 5 Years

Come and join us as we have fun-filled adventures with Eric Carle's books through literacy, creative movement, art and cooking activities.

Instructor:

3/16/17-4/20/17 Thursdays 11:00-12:00 PM

Music & Movement (10,573)

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:

3/17/17-4/21/17 Fridays 9:30-10:15 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:

3/7/17-6/20/17 Tuesdays 5:30-7:30 PM

Onesies (Drop In) (10,575)

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:

3/17/17-4/21/17 Fridays 11:00-12:00 PM

Classes Beginning 3/7/17

Opening Doors! (10,572)

Ages: - Adults Only

Opening Doors is a parent education class based on cultural values, strengths and experiences of parents. The session is a shortened version of 5 weeks, and the class covers topics such as school readiness, health, social-emotional well being, parenting styles and leadership.

Instructor:
3/16/17-4/20/17 Thursdays 2:00-4:00 PM

Parent Café (10,583)

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:
4/18/17-4/18/17 Tuesdays 10:00-12:00 PM

Parent Café Training (10,582)

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:
4/11/17-4/11/17 Tuesdays 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:
3/13/17-3/20/17 Mondays 10:00-12:00 PM

Prenatal Yoga (10,566)

Ages: - Adults Only

Prenatal Yoga improves energy, decrease tension, improves posture, and prepares your body and mind for labor and delivery. Childcare provided. For pregnant women.

Instructor:
3/15/17-4/12/17 Wednesdays 1:00-2:00 PM

Roadmap to K (10,562)

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:
3/14/17-4/18/17 Tuesdays 1:00-2:30 PM

Sign & Bounce (10,587)

Ages: 12 Months - 23 Months

Join us for a fun-filled class that will encourage creativity, problem solving, social connections, and motor skills. Activities include basic signs to encourage communication, art, music, sensory exploration, physical activity, and free play.

Instructor:
3/7/17-4/11/17 Tuesdays 1:00-2:00 PM

Sign & Bounce (10,588)

Ages: 12 Months - 23 Months

Join us for a fun-filled class that will encourage creativity, problem solving, social connections, and motor skills. Activities include basic signs to encourage communication, art, music, sensory exploration, physical activity, and free play.

Instructor:
3/9/17-4/13/17 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:
3/9/17-3/16/17 Thursdays 5:30-8:00 PM

Using Props with Storytime (10,593)

Ages: - Adults Only

Participants will practice read-alouds using a variety of props, including toys, instruments, puppets, or even blocks! Ideas for homemade props will be shared. Participants can lead storytimes at the Center as a result of their participation in this workshop.

Instructor:
3/15/17-3/15/17 Wednesdays 10:30-12:30 PM

We Can Cook! (10,565)

Ages: 2 Years - 3 Years

Come join us in this cooking class where parent/caregivers and their toddlers will learn how to cook healthy, fun and easy recipes. Toddlers will practice using their fine-motor skills, language skills, math skills and literacy skill as they explore using different kinds of foods, following recipes, and using their five senses. Each child will receive a recipe book at the end of the class.

Instructor:
3/15/17-4/19/17 Wednesdays 10:00-11:00 AM

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:
3/8/17-3/22/17 Wednesdays 10:00-12:00 PM



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



Classes Beginning 3/7/17

World Dance (10,559)

Ages: 0 Months - 3 Years

This multicultural dance exercise class is filled with fun and dancing with costumes for the participants. Includes balance, following the leader, clapping, having partners, learning right and left side of the body, and having fun!

Instructor:

3/7/17-4/4/17 Tuesdays 11:00-12:00 PM

Classes Beginning 3/7/17

Art Jungle (10,568)

Ages: 2 Years - 3 Years

Children will explore animals and nature through art, creative movement, and storytelling.

Instructor:

3/16/17-4/20/17 Thursdays 1:00-2:00 PM

Baby Doodles (10,504)

Ages: 6 Months - 12 Months

Babies will have the opportunity to explore different textures and colors through creating art. Visual and sensory stimulation will be emphasized through edible art activities.

Instructor:

3/13/17-4/17/17 Mondays 10:00-11:00 AM

Curious Toddlers (10,592)

Ages: 15 Months - 23 Months

Parents and their one-year olds play in a vibrant environment. Parents will have the opportunity to observe how their toddlers learn while they practice their developmental skills in the areas of communication, fine and gross motor, problem solving, and personal social. Parents will complete the ASQ (Ages & Stages Questionnaire) during class.

Instructor:

3/13/17-4/17/17 Mondays 1:00-2:00 PM

Dance & Zoo Phonics (10,558)

Ages: 3 Years - 5 Years

Dance & Zoo Phonics uses animals to teach the alphabet focusing on shapes & sounds. Children practice spelling & sounding out names using animal movements and dance to salsa, hip hop, african, & hawaiian dance. Kids can take Dance & Zoo Phonics two sessions in a row, as lower case & upper case letters are reviewed in separate sessions.

Instructor:

3/7/17-4/4/17 Tuesdays 1:00-2:00 PM

Eco Kids (10,590)

Ages: 2 Years - 3 Years

Children will engage in creative activities that incorporate concepts of reducing, reusing, and recycling. Each week we will focus on a different theme, including literacy, math, music, science, dramatic play, and art, while introducing earth friendly activities.

Instructor:

3/17/17-4/21/17 Fridays 10:30-11:30 AM

Kahawia Uzazi (Drop-In) (10,567)

Ages: - Adults Only

African American parenting is a wonderful and sometimes challenging experience in today's society. Collective support can be very helpful. Come share your parenting strategies and experiences about being a parent. Includes self-care activities, arts & crafts, cooking ideas and more. Childcare provided.

Instructor:

3/16/17-4/20/17 Thursdays 10:00-11:30 AM

Parenting Counts (10,563)

Ages: - Adults Only

This series covers child development concepts including temperament, emotions, setting limits with love, routines, and encouraging play and curiosity in your child.

Instructor:

3/15/17-4/19/17 Wednesdays 10:00-11:15 AM

StoryCycles (10,399)

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:

3/11/17-3/25/17 Saturdays 10:00-11:30 AM

Story Time (10,507)

Ages: 0 Months - 3 Years

Each storytime includes a song, story, and creative extension activities related to art, science, math, music, nature, and culture.

Instructor:

3/7/17-3/28/17 Tuesdays 10:00-11:00 AM

Teaching Kids to Problem Solve (10,584)

Ages: - Adults Only

Parents will learn practical strategies to teach children how to problem solve using stories, puppets, and other visuals.

Instructor:

4/24/17-4/24/17 Mondays 10:30-12:00 PM