



The West County First 5 Center August 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Storytime 10-11 (drop in)* Dance & Zoophonics 1-2* World Dance 10-11 Circle of Security 10-11:30 Pathway to Preschool 1-2:30 Nurturing Parents (Eng) 5:30-7:30	2 Infant Massage 10:30-11:45* Jazz Babies 9:30-10:15 Conductor Ones 11-11:45 I am a Leader 1-2 Prenatal Yoga 1-2	3 Kahawia Uzazi (Eng) 10-11:30 (drop in) Chef's Cafe 1-2* Bright Ones 9:30-10:30 Baby Discovery 10:30-11:30 (drop in) Skillful Toddlers 11-12 Bright Twos 1-2 Beloved Mommas 2:30-4	4 We Jam Too! 10:30-11:30* Developmental Discoveries 9:30-10:30 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	5 Story Cycles 10-11:30* Music Moves Me 10:30-11:30
7 Wonder Ones 10-11 (last)* Science Adventures 1-2 (last)* Bright Babies 9:30-10:30 Story Cycles 10-11 Nutrition & Physical Activity Promotion 11-12 Help Me Grow 11-12 Help Me Grow 12-1 Baby Signs 1-2	8 Storytime 10-11 (drop in)* Dance & Zoophonics 1-2* World Dance 10-11 Circle of Security 10-11:30 Pathway to Preschool 1-2:30 Nurturing Parents (Eng) 5:30-7:30	9 Infant Massage 10:30-11:45* Jazz Babies 9:30-10:15 Conductor Ones 11-11:45 I am a Leader 1-2 Prenatal Yoga 1-2	10 Kahawia Uzazi (Eng) 10-11:30 (drop in) (last) Chef's Cafe 1-2 (last)* Bright Ones 9:30-10:30 Baby Discovery 10:30-11:30 (drop in) Skillful Toddlers 11-12 Bright Twos 1-2 Beloved Mommas 2:30-4	11 We Jam Tool 10:30-11:30* Storytime w/ SP Library 9:30-10 Developmental Discoveries 9:30-10:30 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	12 Story Cycles 10-11:30* Music Moves Me 10:30-11:30
14 Bright Babies 9:30-10:30 (last) Story Cycles 10-11 (last) Nutrition & Physical Activity Promotion 11-12 (last) Help Me Grow 11-12 Help Me Grow 12-1 Baby Signs 1-2 (last)	15 No classes today due to staff training except: Nurturing Parents (Eng) 5:30-7:30	16 Infant Massage 10:30-11:45 (last)* Jazz Babies 9:30-10:15 (last) Conductor Ones 11-11:45 (last) I am a Leader 1-2 Prenatal Yoga 1-2 (last)	17 Bright Ones 9:30-10:30 Baby Discovery 10:30-11:30 (drop in) (last) Skillful Toddlers 11-12 (last) Bright Twos 1-2 Beloved Mommas 2:30-4 (last)	18 We Jam Tool 10:30-11:30 (last)* Developmental Discoveries 9:30-10:30 (last) Book Bees 10-11 (drop in) (last) Onesies 11-12 (drop in) (last)	19 Story Cycles 10-11:30 (last)* Music Moves Me 10:30-11:30 (last) Join us at the San Pablo Library's grand opening!
21 Parent Café Training 10-12 Help Me Grow 11-12 Help Me Grow 12-1	22 Storytime 10-11 (drop in)* Dance & Zoophonics 1-2* World Dance 10-11 Circle of Security 10-11:30 (last) Pathway to Preschool 1-2:30 Nurturing Parents (Eng) 5:30-7:30	23 Workshop: Upsets & Meltdowns 10-12 I am a Leader 1-2 (last)	24 Bright Ones 9:30-10:30 (last) Bright Twos 1-2 (last)	25 Community Event 11-12:30	26
28 Parent Café 10-12 Help Me Grow 11-12 Help Me Grow 12-1	29 Storytime 10-11 (drop in) (last)* Dance & Zoophonics 1-2 (last)* World Dance 10-11 (last) Pathway to Preschool 1-2:30 (last) Nurturing Parents (Eng) 5:30-7:30	30 Workshop: Tune into Temperament 10-12	31 SATELLITE SITE * The West County First 5 Center in Richmond * 317 11th 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 7/1/17

Baby Discovery (Drop In) (10,823)

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:

7/20/17-8/17/17 Thursdays 10:30-11:30 AM

Baby Signs (10,812)

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:

7/17/17-8/14/17 Mondays 1:00-2:00 PM

Beloved Mommas (10,826)

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:

7/20/17-8/17/17 Thursdays 2:30-4:00 PM

Book Bees (Drop In) (10,827)

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:

7/21/17-8/18/17 Fridays 10:00-11:00 AM

Bright Babies! (10,809)

Ages: 0 Months - 12 Months

You are your child's first teacher; come and participate in a variety of easy to implement parent/child interactive activities that stimulate learning and bonding time with your children! Activities can be done using items found in your own home and your own creativity!

Participants receive a copy of the activity cards.

Instructor:

7/17/17-8/14/17 Mondays 9:30-10:30 AM

Bright One's (10,822)

Ages: 12 Months - 23 Months

You are your child's first teacher; come and participate in a variety of easy to implement parent/child interactive activities for one year olds that stimulate learning and bonding time! Activities can be done using items found in your own home and your own creativity! Participants receive a copy of the activity cards.

Instructor:

7/20/17-8/17/17 Thursdays 9:30-10:30 AM

Bright Two's (10,878)

Ages: - 2 Years

You are your child's first teacher; come and participate in a variety of easy to implement parent/child interactive activities for one year olds that stimulate learning and bonding time! Activities can be done using items found in your own home and your own creativity! Participants receive a copy of the activity cards.

Instructor:

7/20/17-8/17/17 Thursdays 1:00-2:00 PM

Circle of Security (10,891)

Ages: - Adults Only

At times all parents aren't sure what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting program helps parents understand their child's emotional world by learning to read their emotional needs, support their child's ability to manage emotions, and nurture their child's developing self esteem.

Instructor:

7/18/17-8/22/17 Tuesdays 10:00-11:30 AM

Conductor Ones (10,877)

Ages: 12 Months - 23 Months

In this musical class, we'll toot, toot, toot and we'll strum, hum, hum with our little "ones."

Instructor:

7/19/17-8/16/17 Wednesdays 11:00-11:45 AM

Developmental Discoveries (10,829)

Ages: 3 Years - 4 Years

Discover creative ways to support children develop skills in areas of communication, fine and gross motor, problem solving and personal social skills. These skills will be supported through story time, creative movement and art activities. An ASQ (Ages and Stages Questionnaire) will be completed for each child.

Instructor:

7/21/17-8/18/17 Fridays 9:30-10:30 AM

Help Me Grow Developmental Playgroup (10,811)

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:

7/10/17-8/28/17 Mondays 11:00-12:00 PM

I am a Leader (10,834)

Ages: 3 Years - 5 Years

Children have all types of personalities, and they can all be leaders! In this class, children will learn about the wide range of leadership qualities, and practice these different qualities through fun, interactive activities. Children will also explore how maintain leadership qualities even when they aren't feeling like a leader.

Instructor:

7/26/17-8/23/17 Wednesdays 1:00-2:00 PM

Classes Beginning 7/1/17

Jazz Babies (10,894)

Ages: 0 Months - 18 Months

Children and families will be introduced to songs that may be new to add to their repertoire as well as some oldies but goodies! Infants and toddlers learn in so many ways when they are exposed to music, and it's a lovely way to bond with family members. Come out and join us as we embark on a journey of laughter and silly songs you can take home with you!

Instructor:

7/18/17-8/16/17 Wednesdays 9:30-10:15 AM

Music Moves Me (10,832)

Ages: 2 Years - 3 Years

Come join us in movement, rhythm and play with your child in a fun interactive way this summer!

Instructor:

7/22/17-8/19/17 Saturdays 10:30-11:30 AM

Nurturing Parents (10,814)

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:

7/18/17-12/12/17 Tuesdays 5:30-7:30 PM

Onesies (Drop In) (10,828)

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:

7/21/17-8/18/17 Fridays 11:00-12:00 PM

Parent Café (10,884)

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:

8/28/17-8/28/17 Mondays 10:00-12:00 PM

Parent Café Training (10,881)

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:

8/21/17-8/21/17 Mondays 10:00-12:00 PM

Pathways to Preschool (10,815)

Ages: 3 Years - 4 Years

Learn about what to expect when your child enters preschool, while children participate in a separate preschool-simulated class that prepares them for preschool. Topics for parents include social-emotional awareness, separation, routines, how children learn, and pre-k standards

Instructor:

7/18/17-8/22/17 Tuesdays 1:00-2:30 PM

Skillful Toddlers (10,825)

Ages: 23 Months - 3 Years

Toddlers are constantly building on the skills they have learned during infancy. Discover ways to support the growth and development of your little one as they learn through creative play, movement, art and music. An ASQ (Ages and Stages Questionnaire) will be completed for each child during the class. This class will cover the 24-33 month ASQ's, for children 24-34 months.

Instructor:

7/20/17-8/17/17 Thursdays 11:00-12:00 PM

StoryCycles (10,810)

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:

7/17/17-8/14/17 Mondays 10:00-11:00 AM

Successful Upsets and Meltdowns (10,885)

Ages: - Adults Only

Have you ever felt like you didn't know what to do when your toddler throws a tantrum? This workshop will cover why toddlers have tantrums and how to support your child, and yourself, so that the next upset or meltdown feels more manageable!

Instructor:

8/23/17-8/23/17 Wednesdays 10:00-12:00 PM

Tune into Temperament (10,888)

Ages: - Adults Only

Parents will learn that temperament describes how a child reacts to the world in their own personal style. They will better understand a child's behavior and the way they interact with others. Parents will reflect on their own temperament, and ways to positively communicate with their child that respects the temperaments of both parent and child. Topic recommended by the Center's CAC.

Instructor:

8/30/17-8/30/17 Wednesdays 10:00-11:30 AM

World Dance (10,818)

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:

7/25/17-8/22/17 Tuesdays 10:00-11:00 AM



West County First 5 Center-Richmond Satellite Site

Operated by

Bay Area Community Resources

317 11th Street

Richmond, CA, 94806

(510) 233-5890



Classes Beginning 7/1/17

Chef's Café (10,821)

Ages: 2 Years - 3 Years

Chef's Café allows children the opportunity to peel and cut fruits and veggies, pour and stir ingredients, pat and press dough, use basic utensils, follow recipes, and prepare a healthy snack or dish.

Instructor:

7/13/17-8/10/17 Thursdays 1:00-2:00 PM

Dance & Zoo Phonics (10,817)

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:

7/25/17-8/22/17 Tuesdays 1:00-2:00 PM

Infant Massage (10,819)

Ages: 0 Months - 12 Months

Parents strengthen their bond with their infant through massage techniques. Infant Massage increases parents' responsiveness to their infant and builds their child's self esteem, while providing ways to soothe infants.

Instructor:

7/19/17-8/16/17 Wednesdays 10:30-11:45 AM

Kahawia Uzazi (Drop-In) (10,820)

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:

7/13/17-8/10/17 Thursdays 10:00-11:30 AM

Science Adventures (10,808)

Ages: 3 Years - 5 Years

Children will make predictions, learn cause and effect, practice problem-solving skills, measurement and emergent writing, as they do activities using nature and everyday items. Participants will learn how to explore with science at home and about the developmental milestones for children ages 3-5. We will also share Kindergarten science standards.

Instructor:

7/10/17-8/7/17 Mondays 1:00-2:00 PM

StoryCycles Richmond (SR) (10,830)

Ages: 3 Years - 5 Years

It's time to cuddle books with your child! Learn how to support your child's developing literacy, and what a quality literacy program in preschool looks like. Families will rotate bags of 3 great books, and participate in a weekly literacy class, which includes activities that encourage a love of books in children.

Instructor:

7/15/17-8/19/17 Saturdays 10:00-11:30 AM

Story Time (10,816)

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:

7/25/17-8/22/17 Tuesdays 10:00-11:00 AM

We Jam Too! (10,833)

Ages: 2 Years - 2 Years

Two year olds love to run, jump, and most of all, enjoy music! Come join us in movement, rhythm and play with your child!

Instructor:

7/21/17-8/18/17 Fridays 10:30-11:30 AM

Wonder Ones (10,807)

Ages: 12 Months - 23 Months

Come and join us as we gather in a creative environment where children are encouraged to explore their artistic side! This class will explore creating artwork through the use of many different textures, colors, concepts, and materials.

Instructor:

7/10/17-8/7/17 Mondays 10:00-11:00 AM