The West County First 5 Center *November 2017*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Incredible Infants 10-12	2 Circle of Security 10-12 * (last) Triple P (Span) Calls	3 Cooking Matters (Span) 9:30-11:30	4 Story Cycles 10-11:30 *
6 Help Me Grow 11-12 (last)	7 Storytime 10-11 (drop in)* Lil Munchkins 9:30-10:30 Baby & Me Play 10-11 Discovering Stories 1-2 Roadmap to Kindergarten 1-2:30 Nurturing Parents (Eng) 5:30-7:30	8 Powerful Me 10:30-11:30* Inspirakids 10:30-11:30 Incredible Infants 10-12 Science Adventures 1-2	9 Kahawia Uzazi (Eng) 10-11:30 (drop in)* Inspirakids 1-2 * Growing & Learning 9:30-10:30 Little Readers 10-11 Baby Discovery 10:30-11:30 (drop in) Math all Around Me 1-2 Beloved Mommas 2:30-4 (drop in) Triple P (Span) 5:30-8	10 Center Closed 	11 Story Cycles 10-11:30 * Amazing Self 10:30-11:30
13 Bright Ones 10-11* Book Bees 1-2* Baby Signs 9:30-10:30 Jr. Picasso's 10-11 Circle of Security 10-12 Help Me Grow 11-12 Fit & Happy 1-2 Little Readers 1-2	14 Center closed for Staff Training Except: Nurturing Parents (Eng) 5:30-7:30	15 NO Powerful Me today* Workshop: Care, Cope, Connect 10-11:30* Infant Lapsit with SP librarian 9:30-10 Toddler Storytime with SP librarian 10-10:30 Inspirakids 10:30-11:30 Incredible Infants 10-12 (last) Science Adventures 1-2	16 Kahawia Uzazi (Eng) 10-11:30 (drop in)* Inspirakids 1-2 * Growing & Learning 9:30-10:30 Little Readers 10-11 Baby Discovery 10:30-11:30 (drop in) Math all Around Me 1-2 Beloved Mommas 2:30-4 (drop in) Triple P (Span) 5:30-8 (last)	17 Baby Massage & More 10:30-12* Cooking Matters (Span) 9:30-11:30 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	18 Story Cycles 10-11:30 (last)* Amazing Self 10:30-11:30
20 Bright Ones 10-11* Book Bees 1-2* Baby Signs 9:30-10:30 Jr. Picasso's 10-11 Circle of Security 10-12 Help Me Grow 11-12 Fit & Happy 1-2 Little Readers 1-2	21 Storytime 10-11 (drop in)* Lil Munchkins 9:30-10:30 Baby & Me Play 10-11 Discovering Stories 1-2 Roadmap to Kindergarten 1-2:30 Nurturing Parents (Eng) 5:30-7:30	22 – 26 Center Closed 			
27 Bright Ones 10-11* Book Bees 1-2* Baby Signs 9:30-10:30 Jr. Picasso's 10-11 Circle of Security 10-12 Help Me Grow 11-12 Fit & Happy 1-2 Little Readers 1-2	28 Storytime 10-11 (drop in)* Lil Munchkins 9:30-10:30 Baby & Me Play 10-11 Temperament Workshop: I am who I am 11-12:30 Discovering Stories 1-2 Roadmap to Kindergarten 1-2:30 Nurturing Parents (Eng) 5:30-7:30	29 Powerful Me 10:30-11:30* Infant Massage 10-11 Inspirakids 10:30-11:30 Science Adventures 1-2	30 Kahawia Uzazi (Eng) 10-11:30 (drop in) Inspirakids 1-2 * Growing & Learning 9:30-10:30 Little Readers 10-11 Baby Discovery 10:30-11:30 (drop in) Math all Around Me 1-2 Beloved Mommas 2:30-4 (drop in)	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.

10/18/17

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

Classes Beginning 11/3/17

Amazing Self (11,189)

Ages: 2 Years - 3 Years
Come learn why you and your child are amazing beings, through music, art and more!
Instructor:
11/11/17-12/16/17 Saturdays 10:30-11:30 AM

Baby Discovery (Drop In) (11,180)

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:
11/9/17-12/7/17 Thursdays 10:30-11:30 AM

Baby & Me Play (11,250)

Ages: 0 Months - 12 Months
Come and share fun activities that you can do with your infant through songs and games that encourage attachment, bonding, social and gross motor skills. Includes activities that develop the baby's five senses.
Instructor:
11/7/17-12/12/17 Tuesdays 10:00-11:00 AM

Baby Signs (11,166)

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:
11/13/17-12/11/17 Mondays 9:30-10:30 AM

Beloved Mommas (11,184)

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:
11/9/17-12/14/17 Thursdays 2:30-4:00 PM

Book Bees (Drop In) (11,187)

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:
11/17/17-12/8/17 Fridays 9:30-10:30 AM

Circle of Security (11,171)

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:
11/13/17-12/11/17 Mondays 10:00-12:00 PM

Cooking Matters (Spanish) (11,186)

Ages: - Adults Only
Learn the fundamentals of healthy cooking for your family! Topics include choosing fruit and veggies, healthy and yummy substitutes for traditional not-so-healthy foods, strategies to have a productive trip to the grocery store with your child, and more! Includes group cooking activities.
Instructor:
11/3/17-12/15/17 Fridays 9:30-11:30 AM

Discovering Stories, (2-3) (11,175)

Ages: 2 Years - 3 Years
Each weekly story is designed to encourage a child's imagination, curiosity and play through hands-on activities which incorporate art, math, science, and creative movement concepts.
Instructor:
11/7/17-12/12/17 Tuesdays 1:00-2:00 PM

Fit & Happy (11,245)

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:
11/13/17-12/11/17 Mondays 1:00-2:00 PM

Growing & Learning (11,182)

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:
11/9/17-12/14/17 Thursdays 9:30-10:30 AM

Help Me Grow Developmental Playgroup (11,055)

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:
11/6/17-11/6/17 Mondays 11:00-12:00 PM

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

Classes Beginning 11/3/17

Help Me Grow Developmental Playgroup (11,206)

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:
11/13/17-1/22/18 Mondays 11:00-12:00 PM

Incredible Infants (11,056)

Ages: - Adults Only
Parents learn about the importance of being responsive to their infant's signals, sensitive to their individual differences, attentive to their needs, and aware of the infant's amazing abilities. Other discussion topics include information on infant development and temperament, safety, basic care, brain development in the first year, and understanding the importance of shared play.
Instructor:
11/8/17-11/15/17 Wednesdays 10:00-12:00 PM

Infant Massage (11,197)

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:
11/29/17-12/20/17 Wednesdays 10:00-11:00 AM

Inspirakids (11,198)

Ages: 3 Years - 5 Years
Children will be immersed in books and activities that highlight and encourage leadership in the simplest of actions. School readiness social emotional skills will be practiced as children work on positive and helpful interactions with each other.
Instructor:
11/8/17-12/13/17 Wednesdays 10:30-11:30 AM

Junior Picasso's (11,167)

Ages: 3 Years - 5 Years
This Class will foster creativity and promote preschool readiness in problem solving, critical thinking, cognitive concepts, social-emotional interaction, self-expression, appreciation for cultural diversity as well as other skills. Art is a means of self-expression and a tool for learning. This art class will enhance a foundation of core skills that will prepare them for their soon-to-be kindergarten experience.
Instructor:
11/13/17-12/11/17 Mondays 10:00-11:00 AM

Literacy Champions Cohort (11,246)

Ages: - Adults Only
Graduates of the Literacy Champions literacy training meet with Tandem/Bay Area trainers to enhance their knowledge of early literacy and practice storytelling strategies,
with the goal of sharing this information
with the community.
Instructor:
11/30/17-11/30/17 Thursdays 9:30-10:45 AM

Little Munchkins (11,172)

Ages: 12 Months - 23 Months
One year old are such curious and energetic children and are in a stage of their life were they are continuously learning through their surroundings. Come and join us in this class geared to one year olds, where we will learn thru story time, art, music and creative movement activities.
Instructor:
11/7/17-12/12/17 Tuesdays 9:30-10:30 AM

Little Readers (11,170)

Ages: 12 Months - 23 Months
Come and join us for stories, songs and rhymes with your toddler! This class will offer fun and creative ways to share the love of books and literacy related actvities with your toddler.
Instructor:
11/13/17-12/11/17 Mondays 1:00-2:00 PM

Little Readers (11,183)

Ages: 12 Months - 23 Months
Come and join us for stories, songs and rhymes with your toddler! This class will offer fun and creative ways to share the love of books and literacy related actvities with your toddler.
Instructor:
11/9/17-12/14/17 Thursdays 10:00-11:00 AM

Math all Around Me! (11,181)

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:
11/9/17-12/14/17 Thursdays 1:00-2:00 PM

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:
11/7/17-12/12/17 Tuesdays 5:30-7:30 PM

Onesies (Drop In) (11,188)

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:
11/17/17-12/8/17 Fridays 11:00-12:00 PM

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2707 Dover Avenue
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Classes Beginning 11/3/17

Parent Café (11,204)

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:
12/21/17-12/21/17 Thursdays 10:00-12:00 PM

Parent Café Training (11,203)

Ages: - Adults Only
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:
12/14/17-12/14/17 Thursdays 10:00-12:00 PM

Positive Development for Young Children (11,205)

Ages: 0 Months - 3 Years
This class offers an opportunity for parents to dialogue about how we can aid children develop in a positive manner, allowing them to grow happy, self-assured and confident. Childcare provided.
Instructor:
12/2/17-12/16/17 Saturdays 10:00-12:00 PM

Roadmap to K (11,176)

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:
11/7/17-12/12/17 Tuesdays 1:00-2:30 PM

Science Adventures (11,177)

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:
11/8/17-12/13/17 Wednesdays 1:00-2:00 PM

Story Time With San Pablo Library (0-18m) (11,199)

Ages: 0 Months - 18 Months
Join us for a fun filled lapsit storytime for infants to 18 months, presented by the San Pablo Library. Includes song, fingerplays, and props to bring the stories to life! This storytime happens once a month.
Instructor:
11/15/17-11/15/17 Wednesdays 9:30-10:00 AM

Story Time With San Pablo Library (0-18m) (11,201)

Ages: 0 Months - 18 Months
Join us for a fun filled lapsit storytime for infants to 18 months, presented by the San Pablo Library. Includes song, fingerplays, and props to bring the stories to life! This storytime happens once a month.
Instructor:
12/1/17-12/1/17 Fridays 9:30-10:00 AM

Story Time With San Pablo Library (18m-3y) (11,200)

Ages: 18 Months - 3 Years
Join us for a fun filled storytime presented by the San Pablo Library for children ages 18 months to 3 years. Includes song, fingerplays, and props to bring the stories to life! This storytime happens once a month.
Instructor:
11/15/17-11/15/17 Wednesdays 10:00-10:30 AM

Story Time With San Pablo Library (18m-3y) (11,248)

Ages: 18 Months - 3 Years
Join us for a fun filled storytime presented by the San Pablo Library for children ages 18 months to 3 years. Includes song, fingerplays, and props to bring the stories to life! This storytime happens once a month.
Instructor:
12/6/17-12/6/17 Wednesdays 10:00-10:30 AM

Temperament Workshop: Flexible and Firm (11,208)

Ages: - Adults Only
Flexibility and firmness might seem to be opposite styles when creating discipline with your child, but with practice, they can be very effective together! In this workshop, learn how to understand your child's and your own temperament while learning strategies for discipline that works for both of you.

Instructor:
12/5/17-12/5/17 Tuesdays 11:00-12:30 PM

Temperament Workshop: I am Who I am (11,207)

Ages: - Adults Only
I am who I am; my character, dispositions, and tendencies are revealed in my relationship with my child." Our natural tendencies to react and respond to our children's behavior are guided by our own temperament. Join us for a discussion on how, once we recognize our own temperament traits and triggers, we can reframe our perceptions of our children's behavior and respond in a more positive manner.
Instructor:
11/28/17-11/28/17 Tuesdays 11:00-12:30 PM

Triple P-Spanish (11,057)

Ages: - Adults Only
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:
11/9/17-11/16/17 Thursdays 5:30-8:00 PM

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 11/1/17

Baby Massage and More (11,185)

Ages: 0 Months - 12 Months
Come review infant massage routines and do yoga with your baby.
Instructor:
11/17/17-12/15/17 Fridays 10:30-12:00 PM

Book Bees (11,165)

Ages: 2 Years - 3 Years
Book Bees is a literacy-based class which presents a different book each week, with art, science, cooking, and creative movement activities to extend the learning!
Instructor:
11/13/17-12/11/17 Mondays 1:00-2:00 PM

Bright One's (11,164)

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:
11/13/17-12/11/17 Mondays 10:00-11:00 AM

Circle of Security (11,113)

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:
11/2/17-11/2/17 Thursdays 10:00-12:00 PM

Inspirakids (11,249)

Ages: 3 Years - 5 Years
Children will be immersed in books and activities that highlight and encourage leadership in the simplest of actions. School readiness social emotional skills will be practiced as children work on positive and helpful interactions with each other.
Instructor:
11/9/17-12/14/17 Thursdays 1:00-2:00 PM

Kahawia Uzazi (Drop-In) (11,179)

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:
11/9/17-12/14/17 Thursdays 10:00-11:30 AM

Powerful Me (11,178)

Ages: 2 Years - 2 Years
Come learn why you and your child are powerful beings, through music, art and more!
Instructor:
11/8/17-12/13/17 Wednesdays 10:30-11:30 AM

StoryCycles Richmond (SR) (11,025)

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:
11/4/17-11/18/17 Saturdays 10:00-11:30 AM

Story Time (11,173)

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:
11/7/17-12/12/17 Tuesdays 10:00-11:00 AM