FIRST 5 CONTRA COSTA
CHILDREN AND FAMILIES COMMISSION

May 2018

Aspiranet
HOPE FORWARD

East County First 5 Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Follow us on Facebook! East County First 5 Center Siguenos en Facebook! East County First 5 Center	1 CENTER CLOSED **Triple P (SP)** 9:00-11:30	2 CENTER CLOSED **Triple P (ENG)** 9:00-11:30 **Workshop** 1:30-2:30	3 CENTER CLOSED **Help Me Grow (18M-2y)** 9:30-11:00 **Workshop: Child Abuse Prevention** 11:00-12:00 **Help Me Grow (2-3y)** 1:15-2:45	4 CENTER CLOSED	5 CENTER CLOSED
7 **Nutrition & Self Care** 9:00-10:00 **Positive Minds (SP)** 9:30-11:00 **Making Parenting a Pleasure** 10:30-12:00 **Drop-In: Sensory Art (1-3y) 12:30-1:30** Art for Stress **(SP)** 2:30-4:00	8 **Triple P (SP)** 9:00-11:30 **Zoophonics (3 y)** 12:00-1:00 **Water Play (1-2y)** 1:30-2:30 **Handwriting w/o Tears (4-5y)** 3:00-4:00	9 **Triple P (ENG)** 9:00-11:30 **Jump Bunch (2.5-3y)** 1:00-2:00 **Cooking Matters** 3:00-5:00	10 **Help Me Grow (18M-2y)** 9:30-11:00 **Road Map & Kindertools (4-5y)** 11:15-12:45 **Help Me Grow (2-3y)** 1:15-2:45 **Photos and Memories** 3:00-5:00	11 **Zumbini (0-12M)** 9:00-10:00 **Understanding your Family** 10:30-12:00 **Board Game Fun (4-5y)** 1:30-2:30 **Water Babies (6-12M)** 2:45-3:45	12 **Daddy & Me (2-3.5Y)** 9:30-11:00 **Successful Co-Parenting** 11:30-1:00
14 **Nutrition & Self Care 9:00-10:00** **Positive Minds (SP)** 9:30-11:00 **Making Parenting a Pleasure** 10:30-12:00 **Drop-In: Sensory Art (1-3y) 12:30-1:30** Art for Stress **(SP)** 2:30-4:00	15 **Triple P (SP)** 9:00-11:30 **Zoophonics (3 y)** 12:00-1:00 **Water Play (1-2y)** 1:30-2:30 **Handwriting w/o Tears (4-5y)** 3:00-4:00	16 **Triple P (ENG)** 9:00-11:30 **Jump Bunch (2.5-3y)** 1:00-2;00 **Cooking Matters** 3:00-5:00	17 **Help Me Grow (18M-2y)** 9:30-11:00 **Road Map & Kindertools (4-5y)** 11:15-12:45 **Help Me Grow (2-3y)** 1:15-2:45 **Photos and Memories** 3:00-5:00	18 **Zumbini (0-12M)** 9:00-10:00 **Understanding your Family** 10:30-12:00 **Board Game Fun (4-5y)** 1:30-2:30 **Water Babies (6-12M)** 2:45-3:45	19 **Daddy & Me (2-3.5Y)** 9:30-11:00 **Successful Co-Parenting** 11:30-1:00
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28 CENTER CLOSED **Memorial Day** 	29 **Triple P (SP)** 9:00-11:30 **Zoophonics (3 y)** 12:00-1:00 **Water Play (1-2y)** 1:30-2:30 **Handwriting w/o Tears (4-5y)** 3:00-4:00	30 **Triple P (ENG)** 9:00-11:30 **Jump Bunch (2.5-3y)** 1:00-2:00 **Cooking Matters** 3:00-5:00	31 **Help Me Grow (18M-2y)** 9:30-11:00 **Road Map & Kindertools (4-5y)** 11:15-12:45 **Help Me Grow (2-3y)** 1:15-2:45 **Photos and Memories** 3:00-5:00		

DROP IN PLAY TIMEHOURS; MONDAY: 12:30-1:30

CENTER CLOSED FROM 12:30-1:00 FOR LUNCH

East County First 5 Center
3225 Willow Pass Road
Bay Point CA 94565

Phone: (925) 301-4040
www.First5coco.org

Last Updated on: 4/13

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Classes Beginning 5/1/18

Art for Stress Relief (11,616)

Ages: - Adults Only
Parents will learn how stress can affect parenting and explore art as a method to relieve stress. Relieving stress and self-care are essential in parenting and bonding. Parents will also focus on positive communication and child development.
Instructor: Loriv Lopez
5/8/18-6/19/18 Tuesdays 9:00-11:30 PM

Board Game Fun (11,642)

Ages: 4 Years - 5 Years
Students in this class will practice social and emotional skills like patience, taking turns, following directions, team building, and being a good sport. These are much needed skills that will be helpful in elementary school
Instructor: Rosie Lopez
5/11/18-6/22/18 Fridays 1:30-2:30 PM

Cooking Matters (11,631)

Ages: - Adults Only
To learn the importance of providing healthy meals and parents will learn to cook with local fresh fruits and vegetables and create new recipes.
Instructor: 18 Reasons Cooking Matters
5/9/18-6/20/18 Wednesdays 3:00-5:00 PM

Daddy & Me 2-3.5 yrs. (11,637)

Ages: 2 Years - 3 1/2 Years
This class is designed for fathers to have the opportunity to spend time together, Dads and children will create fun art projects while sharing someone-on-on time with dad.
Instructor: Rosie Lopez
5/12/18-6/23/18 Saturdays 9:30-11:00 AM

Drop-In Sensory Art 1-3 yrs. (11,615)

Ages: 12 Months - 2 Years
Explore the world through their senses. We will focus on the process not the product as children discover colors, textures and sounds through art.
Instructor: East County Staff
5/7/18-6/18/18 Mondays 12:30-1:30 PM

Handwriting w/o Tears 4-5 yrs. (11,618)

Ages: 4 Years - 5 Years
Parents are a child's first and most important teachers. Get Set for School materials encourage family involvement to continue learning activities at home. Lessons sometimes ask families to lend items from home to personalize activities. Many of the activities have taken home components to encourage children to form connections between home and school.

Instructor: Rosie Lopez

Help Me Grow Developmental Playgroup (11,588)

Ages: 18 Months - 3 Years
Help Me Grow class was created to address the needs of children based on their ASQ score. The class is designed to stimulate small motor skills, communication, and problem solving skills through addressing concepts of taking turns, identifying self and other, following directions and imitating gestures.
Instructor: WeCare agency
5/3/18-6/14/18 Thursdays 9:30-11:00 AM

Help Me Grow Developmental Playgroup (11,589)

Ages: 18 Months - 3 Years
Help Me Grow class was created to address the needs of children based on their ASQ score. The class is designed to stimulate small motor skills, communication, and problem solving skills through addressing concepts of taking turns, identifying self and other, following directions and imitating gestures.
Instructor: WeCare agency
5/3/18-6/14/18 Thursdays 1:15-2:45 PM

Jump Bunch (11,630)

Ages: 2 1/2 Years - 3 Years
Come learn more about how to engage children in the development of their gross motor skills while practicing sequencing patterns and group work by introducing them to the play of organized sports activities, to prepare them for success in life and school!
Instructor: Jump Bunch Johan Vethavanam
5/9/18-6/20/18 Wednesdays 1:00-2:00 PM

Kinder Tools 4-5 yrs. (11,633)

Ages: 4 Years - 5 Years
In this class we will support the children in developing the linguistic, cognitive, social and emotional building blocks for later development. Providing the foundation for learning both socially and academically that will help your child succeed in kindergarten. With the use of age appropriate curricula children will use their skills and knowledge to help them acquire new skills and knowledge
Instructor: Loriv Lopez
5/10/18-6/21/18 Thursdays 11:15-12:45 PM

Making Parenting a Pleasure (11,614)

Ages: - Adults Only
Parents will learn and discuss different parenting styles that will assist in taking care of their children in a positive environment.
Instructor: Marika Hinds
5/7/18-6/18/18 Mondays 10:30-12:00 PM

Mentes Positivas (Positive Minds) (11,562)

Ages: - Adults Only
Learn different techniques to manage stress and to improve your motivation.
Instructor: Monument Impact w/John Muir Health
5/7/18-5/14/18 Mondays 9:30-11:00 AM

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Nutrtition and Self-Care (11,613)

Ages: - Adults Only
This class is for parents. The class will provide parents with tools to help improve healthy family eating habits, physical activity and Self Care.
Instructor: Ana Betty Ayala
5/7/18-6/18/18 Mondays 9:00-10:00 AM

Photos and Memories (11,638)

Ages: - Adults Only
Parents will learn different ways to document their children's milestones. Every week we will working in a book to document memories through writing and photos.
Instructor: Rosie Lopez
5/10/18-6/21/18 Thursdays 3:00-5:00 PM

Road Map to Kindergarten (11,632)

Ages: 3 1/2 Years - 5 Years
This class is designed to help parents prepare for their child's transition to Kindergarten. Parents will receive a Road Map of the year that will help increase their knowledge of Child Development and school readiness indicators, as well as empower them to become active partners in their child's education.
Instructor: Marika Hinds
5/10/18-6/21/18 Thursdays 11:15-12:45 PM

Succesful Co-Parenting (11,641)

Ages: - Adults Only
In this class parents will learn about their personality traits and family history and how this influences their parenting. Class welcomes all parents whether married, single or co-parents.
Instructor: Rosie Lopez
5/12/18-6/23/18 Saturdays 11:30-1:00 PM

Triple P Parenting Class-English (11,629)

Ages: 0 Months - Adults Only
This is a ten week program with the principles to help you deal with almost any situation that might arise. You will also lean effective parenting strategies, how to promote your child's development and how to manage common behavioral issues.
Instructor: East County Staff
5/2/18-6/27/18 Wednesdays 9:00-11:30 AM

Triple P Parenting Class-Spanish (11,626)

Ages: 0 Months - Adults Only
This is a ten week program with the principles to help you deal with almost any situation that might arise. You will also lean effective parenting strategies, how to promote your child's development and how to manage common behavioral issues.
Instructor: East County Staff
5/1/18-6/26/18 Tuesdays 9:00-11:30 AM

Understanding your Family (11,639)

Ages: - Adults Only
Parents will learn what qualities make up their family and how they can use that information to better support their family's needs.

Instructor: Rosie Lopez
5/11/18-6/22/18 Fridays 10:30-12:00 PM

Water Babies 6-12m (11,636)

Ages: 6 Months - 12 Months
helps a child with gross motor skills. During water play, the children may be moving through sprinklers or filling buckets up with water and pouring the water out. Children will be introduced to science and math, through floating and sinking activities. Math, measuring amounts of water into a bucket, more and less by filling one bucket with more water and one bucket with less water.
Instructor: Loriv Lopez
5/11/18-6/22/18 Fridays 2:45-3:45 PM

Water Play (11,628)

Ages: 12 Months - 2 Years
Helps a child with gross motor skills. During water play, the children may be moving through sprinklers or filling buckets up with water and pouring the water out. Children will be introduced to science and math, through floating and sinking activities. Math, measuring amounts of water into a bucket, more and less by filling one bucket with more water and one bucket with less water.
Instructor: Loriv Lopez
5/8/18-6/19/18 Tuesdays 1:30-2:30 PM

Zoo Phonics 3yrs (11,617)

Ages: 3 Years - 3 Years
This class teaches children the alphabet using animal sounds, games and art. The children learn letter sounds while also learning how to form words.
Instructor: Renee Day Rosa
5/8/18-6/19/18 Tuesdays 12:00-1:00 PM

Zumbini 0-12 months (11,635)

Ages: 0 Months - 12 Months
Come join in the fun in bonding with your child through music and reading. This class will help in the social, emotional and cognitive skills in children.
Instructor: Ana Betty Ayala
5/11/18-6/8/18 Fridays 9:00-10:00 AM