The West County First 5 Center *May 2018*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Nurturing Parents 5:30-7:30	2 Tumblin' 2s 10-11 (last)	3 Workshop: Ignite Your Story! 10-11 Triple P 5:30-8	4	5 Story Cycles 10-11:30*
7 Infant Massage 10-11:15 Int'l Literacy, Music & Art 10-11 Help Me Grow 11-12 Skillful Toddlers 1-2 Baby Fun Zone 1-2 WCRG 6-8	8 Pathways to Preschool 1-2:30 Nurturing Parents 5:30-7:30 WCRG 3:45-6	9	10 Workshop: Kidpower 10-12 Triple P 5:30-8	11	12 Story Cycles 10-11:30*
The Richmond Satellite Site is closed this week, May 7-11, please call the San Pablo site for assistance					
14 Wondrous Artists 9:30-10:30* Conductor Ones 11:30-12:15* Infant Massage 10-11:15 Int'l Literacy, Music & Art 10-11 Help Me Grow 11-12 Skillful Toddlers 1-2 Baby Fun Zone 1-2 WCRG 6-8	15 Richmond site closed today My New World 10-11 Pathways to Preschool 1-2:30 Nurturing Parents 5:30-7:30	16 Baby Massage & More 10:30-11:45* Cooking Matters (Span.) 9:30-11:30 Wow, I Did It! 10-11 Learning with Eric Carle 1-2	17 World Dance (3-5y) 1-2* Wow, I Did It! 9:30-10:30 Baby Discovery 10:30-11:30 (drop in) World Dance (0-3 y) 11-12 Workshop: Your Leadership 12-1 Developmental Discoveries 1-2 Mind Matters 1:30-3 Triple P 5:30-8	18 Little Yogi's 10:30-11:30* Math Play 9:30-10:30 Storytime with Librarian 9:30-10 (18m-3y) Storytime with Librarian 10-10:30 (0-18m) Onesies 11-12 (drop in)	19 Story Cycles 10-11:30* Yogi Adventures 10:30-11:30
21 Wondrous Artists 9:30-10:30* Conductor Ones 11:30-12:15* Infant Massage 10-11:15 Int'l Literacy, Music & Art 10-11 Help Me Grow 11-12 Skillful Toddlers 1-2 Baby Fun Zone 1-2	22 Storytime 10-11 (drop in)* World Dance (0-3 y) 9:15-10:15 My New World 10-11 Baby Signs 11-12 Pathways to Preschool 1-2:30 Nurturing Parents 5:30-7:30	23 Baby Massage & More 10:30-11:45* Cooking Matters (Span.) 9:30-11:30 Wow, I Did It! 10-11 Prenatal Yoga 1-2 Learning with Eric Carle 1-2	24 World Dance (3-5y) 1-2* Wow, I Did It! 9:30-10:30 Baby Discovery 10:30-11:30 (drop in) World Dance (0-3 y) 11-12 Developmental Discoveries 1-2 Mind Matters 1:30-3 Triple P 5:30-8	25 Little Yogi's 10:30-11:30* Math Play 9:30-10:30 Book Bees 10-11 (drop in) Onesies 11-12 (drop in) Mother's Day Celebration 2-3:30	26 Story Cycles 10-11:30* Yogi Adventures 10:30-11:30
28 Center Closed for Memorial Day	29 Storytime 10-11 (drop in)* World Dance (0-3 y) 9:15-10:15 *No My New World today* Baby Signs 11-12 *No Pathways to Preschool today* Nurturing Parents 5:30-7:30	30 Baby Massage & More 10:30-11:45* Cooking Matters (Span.) 9:30-11:30 *No Wow, I Did It! today* Prenatal Yoga 1-2 Learning with Eric Carle 1-2	31 World Dance (3-5y) 1-2* Wow, I Did It! 9:30-10:30 Baby Discovery 10:30-11:30 (drop in) World Dance (0-3 y) 11-12 Workshop: Powerful Communities 12-1 Developmental Discoveries 1-2 Mind Matters 1:30-3 Triple P 5:30-8	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.

5/4/18

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

Classes Beginning 5/7/18

Baby Discovery (Drop In) (11,659)

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:
5/17/18-6/21/18 Thursdays 10:30-11:30 AM

Baby Fun Zone (11,646)

Ages: 0 Months - 12 Months
This class includes songs, games, and other activities that stimulate brain development in infants, and reinforce attachment and bonding between parent and child. Child development concepts are shared
Instructor:
5/7/18-6/18/18 Mondays 1:00-2:00 PM

Baby Signs (11,651)

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:
5/22/18-6/19/18 Tuesdays 11:00-12:00 PM

Book Bees (Drop In) (11,685)

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:
5/25/18-6/15/18 Fridays 10:00-11:00 AM

Cooking Matters (Spanish) (11,654)

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:
5/16/18-6/20/18 Wednesdays 9:30-11:30 AM

Developmental Discoveries (11,675)

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:
5/17/18-6/21/18 Thursdays 1:00-2:00 PM

Help Me Grow Developmental Playgroup (11,551)

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:
5/7/18-6/11/18 Mondays 11:00-12:00 PM

Infant Massage (11,643)

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: Mabel Ortiz
5/7/18-6/18/18 Mondays 10:00-11:15 AM

International Literacy, Music & Art (11,644)

Ages: 3 Years - 5 Years
promote literacy, music and art from around the world
Instructor:
5/7/18-6/18/18 Mondays 10:00-11:00 AM

Kidpower Workshop (11,701)

Ages: - Adults Only
Take action! Teach effective skills to protect children from bullying. We will introduce concepts of how children can protect themselves from bullying, create positive peer interactions, build healthy relationships, and manage their own emotions and impulses. Learn strategies to teach social skills, social problem-solving, empathy and assertiveness; using games, adult modeling, books, conversations, and more.
Instructor:
5/10/18-5/10/18 Thursdays 10:00-12:00 PM

Learning with Eric Carle (11,697)

Ages: 2 Years - 3 Years
Let's dive into the world of Eric Carle, play with his marvelous animals, and make new friends! Art, friendship, emotions, discovery...we'll cover it all!
Instructor:
5/16/18-6/20/18 Wednesdays 1:00-2:00 PM

Listos Workshop (11,712)

Ages: 0 Months - 3 Years
The Listos curriculum focuses on low-cost to no-cost preparedness initiatives and provides tips that serve not only during disasters but also throughout the course of their everyday lives in order to keep their families safe. The Listos curriculum works to build communities and share resources which strengthens community ties through disaster preparedness awareness. The class is offered in Spanish.
Instructor:
6/6/18-6/13/18 Wednesdays 5:30-8:00 PM

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San Pablo, CA 94806
(510) 232-5650

Classes Beginning 5/7/18

Math Play (11,681)

Ages: 3 Years - 5 Years
Math is all around us, and we experience it every day. Come join us in this class where children will explore with number sense, classification, measurements, and identification of shapes while doing creative movement, art and cooking activities. CA Preschool Learning Foundations for Math are incorporated into the activities.
Instructor:
5/18/18-6/15/18 Fridays 9:30-10:30 AM

Mind Matters-English (Pt 1) (11,679)

Ages: - Adults Only
Mind Matters- English' practical, hands-on lessons explore the effects of adversity and toxic stress along with the healing process. Each week includes activities that build resilience and increase hope. Topics include managing stress, increasing mindfulness and empathy, and developing a support system.
Instructor:
5/17/18-6/21/18 Thursdays 1:30-3:00 PM

My New World (11,696)

Ages: 0 Months - 12 Months
Welcome baby to this new and exciting world! Join other parents of infants in conversations about how to support baby's identity and development while providing a fun environment to play, experience, and explore with baby.
Instructor:
5/15/18-6/19/18 Tuesdays 10:00-11:00 AM

Nurturing Parents (11,407)

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:
5/8/18-6/19/18 Tuesdays 5:30-7:30 PM

Onesies (Drop In) (11,687)

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:
5/18/18-6/15/18 Fridays 11:00-12:00 PM

Parent Café (11,705)

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:
6/22/18-6/22/18 Fridays 10:00-12:00 PM

Parent Café Training (11,703)

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:
6/8/18-6/8/18 Fridays 10:00-12:00 PM

Pathways to Preschool (11,652)

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:
5/8/18-6/19/18 Tuesdays 1:00-2:30 PM

Positive Development for Young Children (11,691)

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:
6/9/18-6/23/18 Saturdays 10:00-12:00 PM

Prenatal Yoga (11,656)

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:
5/23/18-6/20/18 Wednesdays 1:00-2:00 PM

Skillful Toddlers (11,645)

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: Mabel Ortiz
5/7/18-6/18/18 Mondays 1:00-2:00 PM

Story Time With San Pablo Library (0-18m) (11,689)

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:
5/18/18-5/18/18 Fridays 10:00-10:30 AM

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Instructor:
6/15/18-6/15/18 Fridays 10:00-10:30 AM

Story Time With San Pablo Library (18m-3y) (11,688)

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:
5/18/18-5/18/18 Fridays 9:30-10:00 AM

Story Time With San Pablo Library (18m-3y) (11,692)

Ages: 18 Months - 3 Years
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Instructor:
6/15/18-6/15/18 Fridays 9:30-10:00 AM

Triple P-English (11,527)

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:
5/10/18-6/7/18 Thursdays 5:30-8:00 PM

World Dance (11,650)

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:
5/22/18-6/19/18 Tuesdays 9:15-10:15 AM

World Dance (11,660)

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:
5/17/18-6/14/18 Thursdays 11:00-12:00 PM

Wow, I did it! (11,655)

Ages: 12 Months - 23 Months
Children will participate in the discovery of the world around them, exploring and experimenting with elements around the house. Experimenting with activities that show cause and effect will allow the child to understand why and how things work.
Instructor:
5/16/18-6/20/18 Wednesdays 10:00-11:00 AM

Wow, I did it! (11,658)

Ages: 12 Months - 23 Months
Children will participate in the discovery of the world around them, exploring and experimenting with elements around the house. Experimenting with activities that show cause and effect will allow the child to understand why and how things work.
Instructor:
5/17/18-6/21/18 Thursdays 9:30-10:30 AM

Yogi Adventures (11,690)

Ages: 2 Years - 3 Years
Come and move creatively to flex, focus and have fun. Join in interactive storytelling while learning different ways to move!
Instructor:
5/19/18-6/23/18 Saturdays 10:30-11:30 AM

est County First 5 Center-Richmond Satellite Site
Operated by
Bay Area Community Resources
317 11th Street
Richmond, CA, 94806
(510) 233-5890

Classes Beginning 5/1/18

Baby Massage and More (11,653)

Ages: 0 Months - 12 Months
Come review infant massage routines and do yoga with your baby.
Instructor:
5/16/18-6/20/18 Wednesdays 10:30-11:45 AM

Conductor Ones (11,648)

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:
5/14/18-6/25/18 Mondays 11:30-12:15 PM

Little Yogi's (11,698)

Ages: - 2 Years
Come move with your little yogi in mindful movements and play!
Instructor:
5/18/18-6/15/18 Fridays 10:30-11:30 AM

Parent Café (11,704)

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:
6/14/18-6/14/18 Thursdays 10:00-12:00 PM

StoryCycles Richmond (SR) (11,521)

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:
5/5/18-6/2/18 Saturdays 10:00-11:30 AM

Story Time (11,649)

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:
5/22/18-6/19/18 Tuesdays 10:00-11:00 AM

Temperament Workshop: Flexible and Firm (11,707)

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:
6/27/18-6/27/18 Wednesdays 10:00-11:30 AM

Temperament Workshop: I am Who I am (11,706)

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:
6/22/18-6/22/18 Fridays 10:00-11:30 AM

Wondrous Artists (11,647)

Ages: 2 Years - 3 Years
Young children will discover and create art through engaging in nature and other inviting environments.

Instructor:
5/14/18-6/25/18 Mondays 9:30-10:30 AM

World Dance 3-5 (11,657)

Ages: 3 Years - 5 Years
This multicultural dance class will highlight preschool learning foundations. Including balance, follow the leader, clapping, having partners learning right and left side and having fun!
Instructor:
5/17/18-6/14/18 Thursdays 1:00-2:00 PM