





**Classes Beginning 11/3/18**

**Baby Discovery (Drop In) (12,081)**

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:  
 11/8/18-12/13/18      Thursdays      10:00-11:00 AM

**Beloved Mommas (12,084)**

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:  
 11/8/18-12/13/18      Thursdays      2:30-4:00 PM

**Blossoming Babies (12,109)**

Ages: 0 Months - 12 Months  
 Blossoming Babies: Come and join us in this fun class where you will bond with your baby while you learn how to stimulate your babies brain thru a variety of activities including literacy, music and art activities.  
 Instructor:  
 11/20/18-12/18/18      Tuesdays      10:00-11:00 AM

**Book Bees (Drop In) (12,097)**

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 15 children are accepted.  
 Instructor:  
 11/9/18-12/14/18      Fridays      10:00-11:00 AM

**Circle of Security (11,951)**

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:  
 11/5/18-11/5/18      Mondays      10:00-12:00 PM

**Circle of Security for Dads (12,123)**

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:  
 11/14/18-12/19/18      Wednesdays      5:30-7:30 PM

**Community Event (12,132)**

Ages: 0 Months - 5 Years  
 Enjoy our family based, community building events that include ice breakers, creative movement and art activities! Refreshments provided.  
 Instructor:  
 12/7/18-12/7/18      Fridays      1:30-3:00 PM

**Family Leaders Program (12,122)**

Ages: - Adults Only  
 The Family Leaders Program, offered by GO Public Schools, builds advocacy, leadership, and networking skills to support parents as decision makers, leaders, and collaborators. Topics include building relationships with school staff, taking on school leadership roles, and advocating for quality education. The curriculum also provides a guide to understand, nurture, and model leadership for young children.  
 Instructor:  
 11/7/18-12/19/18      Wednesdays      10:00-12:00 PM

**Help Me Grow Developmental Playgroup (11,979)**

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

**Help Me Grow Developmental Playgroup (11,999)**

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:  
 11/5/18-11/12/18      Mondays      9:30-10:30 AM

**Help Me Grow Developmental Playgroup (12,105)**

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:  
 11/19/18-1/28/19      Mondays      11:00-12:00 PM

**I am Me (12,115)**

Ages: 2 Years - 3 Years  
 I Am Me is a class that will encourage children to become more aware of their self identity through stories, games, pictures, cooking and art. As children reflect on their own identity-their likes/dislikes, skills, values, they will also practice respecting others through cooperative games and activities.  
 Instructor:  
 11/20/18-12/18/18      Tuesdays      10:00-11:00 AM

**Classes Beginning 11/3/18**

**Imagineers (12,121)**

Ages: 12 Months - 23 Months  
 Every waking hour, young children are discovering and learning. They touch each new object with excitement and curiosity. All of this is a part of science! In this class, one year olds will build their learning and understanding about the world through play!

Instructor:  
 11/7/18-12/12/18 Wednesdays 10:00-11:00 AM

**Kidpower for Dads (12,125)**

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:  
 11/3/18-11/3/18 Saturdays 10:00-12:00 PM

**Kidpower Skills Workshop (12,126)**

Ages: - Adults Only  
 This is a safety class taught by F5C staff using the wonderful Kidpower program and other resources. Participants will learn ways to protect kids from harm and how to prepare them to take charge of their own safety.

Instructor:  
 12/14/18-12/14/18 Fridays 1:00-3:00 PM

**Little Munchkins (12,102)**

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:  
 11/19/18-12/17/18 Mondays 9:30-10:30 AM

**Math all Around Me! (12,080)**

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:  
 11/8/18-12/13/18 Thursdays 9:15-10:15 AM

**Messy Hands & Masterpieces (12,103)**

Ages: 2 Years - 3 Years  
 Enjoy a fun-filled exploration of colors, textures, paints, glitter and glue designed to spark your child's imagination. Classes combine stories, music and art as we experience seasons and holidays.

Instructor:  
 11/19/18-12/17/18 Mondays 10:00-11:00 AM

**Movement & Mindfulness! (12,096)**

Ages: 3 Years - 5 Years  
 Movement & Mindfulness integrates stories, exercise & self-regulation to improve fitness, attention, early literacy, direction following, learning readiness, self-control, stress management, resilience, & responsible behavior. Parents will learn how themes from Learning Foundations are included in the curriculum, & have an increased awareness of how intentional play based learning prepares children for school.

Instructor:  
 11/9/18-12/14/18 Fridays 9:30-10:30 AM

**Music & Movement (12,130)**

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:  
 11/14/18-12/19/18 Wednesdays 1:00-1:45 PM

**Music & Movement (12,131)**

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:  
 11/19/18-12/17/18 Mondays 1:00-2:00 PM

**My New World (12,116)**

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:  
 11/20/18-12/18/18 Tuesdays 1:00-2:00 PM

**Nurturing Parents (11,848)**

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:  
 11/6/18-12/18/18 Tuesdays 5:30-7:30 PM

**Onesies (Drop In) (12,098)**

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 15 children accepted.

Instructor:  
 11/9/18-12/14/18 Fridays 11:00-12:00 PM

## Classes Beginning 11/3/18

### Parent Café (12,128)

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:

12/20/18-12/20/18      Thursdays      10:00-12:00 PM

### Parent Café Training (12,127)

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:

12/13/18-12/13/18      Thursdays      10:00-12:00 PM

### Roadmap to K (12,117)

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:

11/20/18-12/18/18      Tuesdays      1:00-2:30 PM

### Science Adventures (12,107)

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:

11/19/18-12/17/18      Mondays      1:00-2:00 PM

### Triple P-Spanish (11,966)

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 5 weeks of class, and one week of phone consultation.

Instructor:

11/8/18-11/8/18      Thursdays      5:30-8:00 PM

### We are Friends (12,083)

Ages: 2 Years - 3 Years

Come and join us in this fun class where you will learn how to support your child in developing their social skills. Each week we will read a book that focuses on a specific social-emotional skill, and engage in creative movement, games and art activities that will help promote dealing with feelings, transitions, cooperating, sharing and playing with others, and self-identity.

Instructor:

11/8/18-12/13/18      Thursdays      1:00-2:00 PM

### Wonderbug Explorers (12,100)

Ages: 2 Years - 3 Years

Explore the wonders of nature through science, art, and hands on activities that will ignite your child's curiosity for nature and the outdoors.

Instructor:

11/10/18-12/15/18      Saturdays      10:30-11:30 AM

### Wow, I did it! (12,082)

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:

11/8/18-12/13/18      Thursdays      11:00-12:00 PM



## Classes Beginning 11/3/18

### Imagineers (12,124)

Ages: 12 Months - 23 Months

Every waking hour, young children are discovering and learning. They touch each new object with excitement and curiosity. All of this is a part of science! In this class, one year olds will build their learning and understanding about the world through play!

Instructor:

11/9/18-12/14/18      Fridays      10:30-11:30 AM

### I, the Explorer (12,120)

Ages: - 2 Years

I, the Explorer: Come observe and play with the wonder of your 2 year old through music, movement, and sensory exploration.

Instructor:

11/7/18-12/12/18      Wednesdays      10:00-11:00 AM

### Painters like Van Gogh (12,101)

Ages: 2 Years - 3 Years

We know that toddlers are extraordinarily curious about sensory development. They are fascinated by objects, things, sights and sounds. In this class, toddlers will have an opportunity to discover with paint and other art materials., learning animal names and sounds through music , and explore, textures, colors and scents ..

Instructor:

11/19/18-12/17/18      Mondays      1:00-2:00 PM

### Roll, Bounce! (12,129)

Ages: 3 Years - 5 Years

Children love balls! Balls are thrown, kicked, and rolled with endless delight. Children will learn science, vocabulary, social skills, and do art all while playing with balls!

Instructor:

11/8/18-12/13/18      Thursdays      1:30-2:30 PM

### Songbirds (12,119)

Ages: 0 Months - 12 Months

Did you know that through music, infants learn math, hand/eye coordination, new words, and how to talk? As infant experience instruments, rhythm and patterns, movement and song, their brains light up with connections. And add cuddling with a loved one to the mix? You've got the Songbirds class!

Instructor:

11/19/18-12/17/18      Mondays      10:00-11:00 AM

### StoryCycles Richmond (SR) (12,099)

Ages: 3 Years - 5 Years

It's time to cuddle books with your child! Support your child's developing literacy. 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. For 3-5 years but 0-3 are welcome.

Instructor:

11/10/18-12/15/18      Saturdays      10:00-11:30 AM

### Story Time (12,113)

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:

11/27/18-12/18/18      Tuesdays      10:00-11:00 AM

### The Village (12,078)

Ages: - Adults Only

African American parenting is a unique, wonderful, and sometimes challenging experience in today's society. The village can be helpful and empowering for all caregivers in a child's life. Come share your parenting strategies, experiences, concerns, and inspirations, while also exploring identity, community, and one's self. Includes self-care activities, arts & crafts, cooking ideas, and more.

Instructor:

11/8/18-12/13/18      Thursdays      10:00-11:30 AM