



The West County First 5 Center *February 2019*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Yoga, Music & Me 10:30-11:30* Movement & Mindfulness! 9:30-10:30 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	2 Story Cycles 10-11:30* Music Moves Me 10:30-11:30
4 Infant Massage 10-11:15* Weather Wiz Kids 1:30-2:30* Bebop & Hop 9:30-10:30 Best Buddies 10-11 Baby Signs 1-2 Edible Art 1-2	5 Storytime 10-11 (drop in)* Learning with Eric Carle 9:30-10:30 Explore Galore 10-11 Amazing Creations 1-2 Roadmap to K 1-2:30 Nurturing Parents (Eng.) 5:30-7:30	6 Baby Signs 10-11* Amazing Creations 10-11 Circle of Security (Spa.) 10-12 Prenatal Yoga 1-2	7 The Village 10-11:30* What We Wear 1-2* Stories that Nurture 9:30-10:30 Baby Discovery 10-11 (drop in) Bebop & Hop 11-12 Infant Massage 1-2:15 Beloved Mommas 2-3:30 (drop in)	8 Yoga, Music & Me 10:30-11:30* Movement & Mindfulness! 9:30-10:30 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	9 Story Cycles 10-11:30* Music Moves Me 10:30-11:30
11 Infant Massage 10-11:15* Weather Wiz Kids 1:30-2:30* Bebop & Hop 9:30-10:30 Best Buddies 10-11 Help Me Grow 11-12 Baby Signs 1-2 Edible Art 1-2	12 Storytime 10-11 (drop in)* Learning with Eric Carle 9:30-10:30 Explore Galore 10-11 Parent Café Training 10-12 Amazing Creations 1-2 Roadmap to K 1-2:30 Nurturing Parents (Eng.) 5:30-7:30	13 Baby Signs 10-11* Amazing Creations 10-11 Circle of Security (Spa.) 10-12 Prenatal Yoga 1-2	14 The Village 10-11:30* What We Wear 1-2* Stories that Nurture 9:30-10:30 Baby Discovery 10-11 (drop in) Bebop & Hop 11-12 Infant Massage 1-2:15 Beloved Mommas 2-3:30 (drop in)	15 Yoga, Music & Me 10:30-11:30* Movement & Mindfulness! 9:30-10:30 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	16 Story Cycles 10-11:30* Music Moves Me 10:30-11:30
18 Presidents Day Center Closed	19 Storytime 10-11 (drop in) (last)* Learning with Eric Carle 9:30-10:30 (last) Explore Galore 10-11 (last) Amazing Creations 1-2 (last) Roadmap to K 1-2:30 Nurturing Parents (Eng.) 5:30-7:30	20 Baby Signs 10-11 (last)* Amazing Creations 10-11 (last) Circle of Security (Spa.) 10-12 Prenatal Yoga 1-2	21 The Village 10-11:30 (last)* What We Wear 1-2 (last)* Stories that Nurture 9:30-10:30 (last) Baby Discovery 10-11 (drop in) (last) Bebop & Hop 11-12 (last) Infant Massage 1-2:15 (last) Beloved Mommas 2-3:30 (drop in) (last)	22 Yoga, Music & Me 10:30-11:30 (last)* Movement & Mindfulness! 9:30-10:30 (last) Book Bees 10-11 (drop in) (last) Onesies 11-12 (drop in) (last)	23 Story Cycles 10-11:30 (last)* Music Moves Me 10:30-11:30 (last)
25 Infant Massage 10-11:15 (last)* Weather Wiz Kids 1:30-2:30 (last)* Bebop & Hop 9:30-10:30 (last) Best Buddies 10-11 (last) Help Me Grow 11-12 Baby Signs 1-2 (last) Edible Art 1-2 (last)	26 Parent Café 10-12 Roadmap to K 1-2:30 (last) Nurturing Parents (Eng.) 5:30-7:30	27 Circle of Security (Spa.) 10-12 Prenatal Yoga 1-2	28 Community Event 10:30-12	SATELLITE SITE * The West County First 5 Center in Richmond * 317 11 th 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 1/1/19

Amazing Creations (12,221)

Ages: 2 Years - 3 Years

It is wonderful to see what our children can do when we allow them to express themselves freely. Through this art class children will practice self-expression, self-regulation, language skills and their fine-motor skills as they have fun exploring with using different mediums of art, different textures, and colors!

Instructor:

1/22/19-2/19/19 Tuesdays 1:00-2:00 PM

Amazing Creations (12,228)

Ages: 2 Years - 3 Years

It is wonderful to see what our children can do when we allow them to express themselves freely. Through this art class children will practice self-expression, self-regulation, language skills and their fine-motor skills as they have fun exploring with using different mediums of art, different textures, and colors!

Instructor:

1/23/19-2/20/19 Wednesdays 10:00-11:00 AM

Baby Discovery (Drop In) (12,231)

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:

1/24/19-2/21/19 Thursdays 10:00-11:00 AM

Baby Signs (12,214)

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: Mabel Ortiz

1/14/19-2/25/19 Mondays 1:00-2:00 PM

Bebop & Hop! (12,213)

Ages: 12 Months - 23 Months

Bebop and hop with your little one! Play and explore instruments together, sing and move to music, hear and act out simple stories and rhymes! These activities will delight and engage your child, and at the same time build their self-confidence, self-control, and language.

Instructor:

1/14/19-2/25/19 Mondays 9:30-10:30 AM

Bebop & Hop! (12,232)

Ages: 12 Months - 23 Months

Bebop and hop with your little one! Play and explore instruments together, sing and move to music, hear and act out simple stories and rhymes! These activities will delight and engage your child, and at the same time build their self-confidence, self-control, and language.

Instructor:

1/24/19-2/21/19 Thursdays 11:00-12:00 PM

Beloved Mommas (12,234)

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:

1/24/19-2/21/19 Thursdays 2:00-3:30 PM

Best Buddies (12,215)

Ages: 3 Years - 5 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, yoga and art activities.

Instructor:

1/14/19-2/25/19 Mondays 10:00-11:00 AM

Book Bees (Drop In) (12,237)

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:

1/25/19-2/22/19 Fridays 10:00-11:00 AM

Circle of Security (Spanish) (12,226)

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:

1/16/19-2/27/19 Wednesdays 10:00-12:00 PM

Edible Art (12,217)

Ages: 12 Months - 23 Months

Young children will be enticed to eat new and healthy foods while exploring different textures through the creation of fun art projects.

Instructor:

1/14/19-2/25/19 Mondays 1:00-2:00 PM

Explore Galore! (12,242)

Ages: 12 Months - 23 Months

We'll explore with one year olds the many different ways that math, dramatic play; art, literacy, and music appear in their world.

Instructor:

1/22/19-2/19/19 Tuesdays 10:00-11:00 AM

Classes Beginning 1/1/19

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:
 1/7/19-2/4/19 Mondays 11:00-12:00 PM

Help Me Grow Developmental Playgroup (12,216)

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:
 2/11/19-4/8/19 Mondays 11:00-12:00 PM

Infant Massage (12,194)

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:
 1/14/19-2/25/19 Mondays 10:00-11:15 AM

Infant Massage (12,233)

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:
 1/24/19-2/21/19 Thursdays 1:00-2:15 PM

Learning with Eric Carle (12,220)

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:
 1/22/19-2/19/19 Tuesdays 9:30-10:30 AM

Movement & Mindfulness! (12,235)

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:
 1/18/19-2/22/19 Fridays 9:30-10:30 AM

Music Moves Me (12,240)

Ages: 2 Years - 3 Years
 Come join us in movement, rhythm and play with your child in a fun interactive way this summer!
 Instructor:
 1/26/19-2/23/19 Saturdays 10:30-11:30 AM

Nurturing Parents (12,252)

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:
 1/29/19-6/25/19 Tuesdays 5:30-7:30 PM

Onesies (Drop In) (12,238)

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:
 1/25/19-2/22/19 Fridays 11:00-12:00 PM

Parent Café (12,225)

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:
 2/26/19-2/26/19 Tuesdays 10:00-12:00 PM

Parent Café Training (12,224)

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:
 2/19/19-2/19/19 Tuesdays 10:00-12:00 PM

Prenatal Yoga (12,267)

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:
 1/30/19-2/27/19 Wednesdays 1:00-2:00 PM



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



Classes Beginning 1/1/19

Roadmap to K (12,223)

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:

1/22/19-2/26/19 Tuesdays 1:00-2:30 PM

Stories That Nurture (12,230)

Ages: 2 Years - 3 Years

Children's stories that will foster positive self esteem, emotional strength, and resiliency through songs, movement, play, and literature.

Instructor:

1/24/19-2/21/19 Thursdays 9:30-10:30 AM



Classes Beginning 1/1/19

Baby Signs (12,227)

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:

1/23/19-2/20/19 Wednesdays 10:00-11:00 AM

StoryCycles Richmond (SR) (12,239)

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:

1/25/19-2/22/19 Fridays 10:00-11:30 AM

Story Time (12,219)

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:

1/22/19-2/19/19 Tuesdays 10:00-11:00 AM

The Village (12,229)

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:

1/24/19-2/21/19 Thursdays 10:00-11:30 AM

Weather Wiz Kids (12,212)

Ages: 2 Years - 3 Years

Weather Wiz Kids is a class where children will explore the different weather changes that occur during the year. We will explore topics like rain, thunder, and snow; thru fun literacy, art, science and creative movement activities.

Instructor:

1/14/19-2/25/19 Mondays 1:30-2:30 PM

What We Wear (12,241)

Ages: 3 Years - 5 Years

Clothing is very interesting to children, and they quickly develop preferences for colors, fabrics, and styles. This interest provides the foundation for a creative look at ways that math, technology, literacy, social studies, and the arts connect with clothing. Learn about different kinds of clothes and jobs/traditions that go with them, how clothes are made, and how children can take care of them.

Instructor:

1/17/19-2/21/19 Thursdays 1:00-2:00 PM

Yoga, Music, & Me (12,236)

Ages: 12 Months - 23 Months

Share your unique rhythm and groove with us through yoga and music!

Instructor:

1/25/19-2/22/19 Fridays 10:30-11:30 AM