



The West County First 5 Center *March 2019*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SATELLITE SITE * The West County First 5 Center in Richmond * 317 11th St. Richmond, CA 94801			1 Community Event 10:30-12	2
4 Infant Massage 10-11:15 (last)* Help Me Grow 11-12 Workshop: Data Kids (Eng.) 10-12	5 Nurturing Parents (Eng.) 5:30-7:30	6 Depression Workshop 10-11:30	7	8 Workshop: Data Kids (Span.) 10-12	9
11 Exciting Experiments 1-2* Help Me Grow 11-12 I Am A Leader 1-2 Stories for Tots 1:30-2:30	12 Dance & Zoophonics 9:30-10:30 World Dance 11-12 My New World 1-2 Nurturing Parents (Eng.) 5:30-7:30	13 Cooking Matters (Span.) 9:30-11:30 I can Do That! 1-2	14 The Village 10-11:30* Baby Discovery 10-11 (drop in) Let's Play 11-12 Sign & Bounce 1-2 Triple P (Eng) 5:30-8:30	15 Baby Discovery 10:30-11:30* Fit & Happy 9:15-10:15 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	16 Nature Surrounds Me 10:30-11:30
18 Musical Munchkins 10-11* Exciting Experiments 1-2* Baby Fun Zone 9:15-10:15 Parenting Counts (Span.) 10-11:30 Help Me Grow 11-12 I Am A Leader 1-2 Stories for Tots 1:30-2:30	19 Storytime 10:30-11:30 (drop in)* Dance & Zoophonics 9:30-10:30 Story Adventures 10-11 World Dance 11-12 My New World 1-2 Roadmap to K 1-2:15 Nurturing Parents (Eng.) 5:30-7:30	20 Little Wiggle Groovers 10-11* Baby & Me Play 9:30-10:30 Cooking Matters (Span.) 9:30-11:30 Musical Munchkins 11-12 I can Do That! 1-2	21 The Village 10-11:30* Buildings, Buildings Everywhere 1:30-2:30* Lil Einsteins 9:15-10:15 Baby Discovery 10-11 (drop in) Let's Play 11-12 Sign & Bounce 1-2 Mind Matters 1:30-3 Triple P (Eng) 5:30-8	22 Baby Discovery 10:30-11:30* Fit & Happy 9:15-10:15 Book Bees 10-11 (drop in) Onesies 11-12 (drop in) Workshop: Kidpower Skills 1-3	23 Story Cycles 10-11:30* Nature Surrounds Me 10:30-11:30
25 Musical Munchkins 10-11* Exciting Experiments 1-2* Baby Fun Zone 9:15-10:15 Parenting Counts (Span.) 10-11:30 Help Me Grow 11-12 I Am A Leader 1-2 Stories for Tots 1:30-2:30	26 Community Event 10:30-11:30* Dance & Zoophonics 9:30-10:30 Story Adventures 10-11 World Dance 11-12 NO My New World 1-2 Roadmap to K 1-2:15 Nurturing Parents (Eng.) 5:30-7:30	27 Little Wiggle Groovers 10-11* Baby & Me Play 9:30-10:30 Cooking Matters (Span.) 9:30-11:30 Musical Munchkins 11-12 I can Do That! 1-2	28 The Village 10-11:30* Buildings, Buildings Everywhere 1:30-2:30* Lil Einsteins 9:15-10:15 Baby Discovery 10-11 (drop in) Let's Play 11-12 Sign & Bounce 1-2 Mind Matters 1:30-3 Triple P (Eng) 5:30-8	29 Cesar Chavez Day	30 Story Cycles 10-11:30* Nature Surrounds Me 10:30-11:30

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 3/1/19

Baby Discovery (Drop In) (12,382)

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:

3/14/19-3/28/19 Thursdays 10:00-11:00 AM

Baby Fun Zone (12,416)

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:

3/18/19-3/25/19 Mondays 9:15-10:15 AM

Baby & Me Play (12,379)

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:

3/20/19-3/27/19 Wednesdays 9:30-10:30 AM

Book Bees (Drop In) (12,390)

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:

3/15/19-3/22/19 Fridays 10:00-11:00 AM

Cooking Matters (Spanish) (12,378)

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:

3/13/19-3/27/19 Wednesdays 9:30-11:30 AM

Dance & Zoo Phonics (12,371)

Ages: 3 Years - 5 Years

Dance & Zoo Phonics uses animals to teach the alphabet focusing on shapes & sounds. Children practice spelling & sounding out names using animal movements and dance to salsa, hip hop, african, & hawaiian dance. Kids can take Dance & Zoo Phonics two sessions in a row, as lower case & upper case letters are reviewed in separate sessions.

Instructor:

3/12/19-3/26/19 Tuesdays 9:30-10:30 AM

Depression Workshops (12,422)

Ages: - Adults Only

Parent Leader led workshop regarding depression and motherhood with tips on how to grow your parenting skills.

Instructor:

3/6/19-3/6/19 Wednesdays 10:00-11:30 AM

Fit & Happy (12,389)

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:

3/15/19-3/22/19 Fridays 9:15-10:15 AM

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:

3/4/19-3/25/19 Mondays 11:00-12:00 PM

I am a Leader (12,368)

Ages: 3 Years - 5 Years

Children have all types of personalities, and they can all be leaders! In this class, children will learn about the wide range of leadership qualities, and practice these different qualities through fun, interactive activities. Children will also explore how maintain leadership qualities even when they aren't feeling like a leader.

Instructor:

3/11/19-3/25/19 Mondays 1:00-2:00 PM

I Can Do That! (12,380)

Ages: 2 Years - 3 Years

Children will gain mastery and confidence in their self esteem and accomplishment as they practice their emerging skills through art projects and games, developing their fine and gross motor development.

Instructor:

3/13/19-3/27/19 Wednesdays 1:00-2:00 PM

Kidpower Skills Workshop (12,413)

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:

3/22/19-3/22/19 Fridays 1:00-3:00 PM



Classes Beginning 3/1/19

Let's Play! (12,383)

Ages: 2 Years - 3 Years
 Let's play, relax, and enjoy each other's company while reading stories, creating art, singing songs, and group building activities.
 Instructor:
 3/14/19-3/28/19 Thursdays 11:00-12:00 PM

Lil Einsteins (12,386)

Ages: 12 Months - 2 Years
 We know that toddlers are extraordinarily curious about the world around them. They are fascinated by objects, things, sights and sounds. In this class, toddlers will have an opportunity for discovery. Activities include dressing up in creative costumes, looking into the mirror, exploring with paint, learning animal names and sounds, music & movement, waterplay, textures, colors and scents from nature.
 Instructor:
 3/21/19-3/28/19 Thursdays 9:15-10:15 AM

Mind Matters-English (Pt 1) (12,387)

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:
 3/21/19-3/28/19 Thursdays 1:30-3:00 PM

Musical Munchkins (12,417)

Ages: 12 Months - 23 Months
 Immerse yourself in a musical world with your one year old. This class promises joyful play with song, instruments, and movement!
 Instructor:
 3/20/19-3/27/19 Wednesdays 11:00-12:00 PM

My New World (12,373)

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:
 3/12/19-3/19/19 Tuesdays 1:00-2:00 PM

My New World (12,374)

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:
 3/12/19-3/19/19 Tuesdays 1:00-2:00 PM

Nature Surrounds Me (12,412)

Ages: 2 Years - 3 Years
 Come explore nature through art, gardening, music and more!
 Instructor:
 3/16/19-3/30/19 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:
 3/5/19-3/26/19 Tuesdays 5:30-7:30 PM

Onesies (12,391)

Ages: 12 Months - 2 Years
 Looking for another class to take with your one year old? These drop-in sessions include art, music, storytelling, and fun games that help them with their social and gross motor skills! No rsvp; first 12 children.
 Instructor:
 3/15/19-3/22/19 Fridays 11:00-12:00 PM

Parenting Counts (Span) (12,370)

Ages: 0 Months - 3 Years
 Parents will learn strategies to support their child's development in the following areas; communication, learning thru exploration, language skills, emotions.
 Instructor:
 3/18/19-3/25/19 Mondays 10:00-11:30 AM

Roadmap to K (12,377)

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:
 3/19/19-3/26/19 Tuesdays 1:00-2:30 PM

Sign & Bounce (12,384)

Ages: 12 Months - 23 Months
 Join us for a fun-filled class that will encourage creativity, problem solving, social connections, and motor skills. Activities include basic signs to encourage communication, art, music, sensory exploration, physical activity, and free play.
 Instructor:
 3/14/19-3/28/19 Thursdays 1:00-2:00 PM

Classes Beginning 3/1/19

Stories for Tots (12,369)

Ages: 2 Years - 3 Years

These literacy-based sessions focus on a different book each week, with art, science, cooking, and creative movement activities to extend the learning!

Instructor:

3/11/19-3/25/19 Mondays 1:30-2:30 PM

Story Adventures, (2-3) (12,376)

Ages: 2 Years - 3 Years

Story Adventures focuses on one book, and explores a variety of extension activities related to the book's theme, including art, science, math, and creative movement. Parents are encouraged to extend storytelling at home.

Instructor:

3/19/19-3/26/19 Tuesdays 10:00-11:00 AM

Triple P-English (12,385)

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:

3/14/19-3/28/19 Thursdays 5:30-8:30 PM

World Dance (12,372)

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:

3/12/19-3/26/19 Tuesdays 11:00-12:00 PM