



# The West County First 5 Center April 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 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	<b>2</b> Storytime 10:30-11:30 (drop in)* Dental Van (apt. only) 9-12 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	<b>3</b> 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 Prenatal Yoga 1-2	<b>4</b> The Village 10-11:30* Buildings, Buildings Everywhere 1:30-2:30* Lil Einsteins 9:15-10:15 Baby Discovery 10-11 (drop in) Safe Technology Tips for Kids 10-11:30 Let's Play 11-12 Sign & Bounce 1-2 Mind Matters 1:30-3 Triple P (Eng.) 5:30-8	<b>5</b> Baby Discovery 10:30-11:30* Fit & Happy 9:15-10:15 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	<b>6</b> Story Cycles 10-11:30* Nature Surrounds Me 10:30-11:30
<b>8</b> 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	<b>9</b> Storytime 10:30-11:30 (drop in)* Dance & Zoophonics 9:30-10:30 (last) Story Adventures 10-11 World Dance 11-12 (last) My New World 1-2 Roadmap to K 1-2:15 Nurturing Parents (Eng.) 5:30-7:30	<b>10</b> Little Wiggle Groovers 10-11* Baby & Me Play 9:30-10:30 Healthy Lifestyles with Plant Based Diets 10-11:30 NO Cooking Matters (Span.) Musical Munchkins 11-12 I can Do That! 1-2 Prenatal Yoga 1-2 (last)	<b>11</b> 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.) Calls	<b>12</b> Baby Discovery 10:30-11:30* Fit & Happy 9:15-10:15 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	<b>13</b> Story Cycles 10-11:30* Nature Surrounds Me 10:30-11:30
<b>15</b> Musical Munchkins 10-11* Exciting Experiments 1-2 (last)* Baby Fun Zone 9:15-10:15 Parenting Counts (Span.) 10-11:30 Help Me Grow 11-12 I Am A Leader 1-2 (last) Stories for Tots 1:30-2:30 (last)	<b>16</b> Storytime 10:30-11:30 (drop in)* Story Adventures 10-11 My New World 1-2 Roadmap to K 1-2:15 Nurturing Parents (Eng.) 5:30-7:30	<b>17</b> 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 (last)	<b>18</b> The Village 10-11:30 (last)* Buildings, Buildings Everywhere 1:30-2:30* Lil Einsteins 9:15-10:15 Baby Discovery 10-11 (drop in) (last) Let's Play 11-12 (last) Sign & Bounce 1-2 (last) Mind Matters 1:30-3 Triple P (Eng.) 5:30-8 (last)	<b>19</b> Baby Discovery 10:30-11:30* Fit & Happy 9:15-10:15 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	<b>20</b> Story Cycles 10-11:30* Nature Surrounds Me 10:30-11:30
<b>22</b> Musical Munchkins 10-11 (last)* Baby Fun Zone 9:15-10:15 (last) Parenting Counts (Span.) 10-11:30 (last) Help Me Grow 11-12 Affordable Housing & Cars 1-2	<b>23</b> Storytime 10:30-11:30 (drop in) (last)* Story Adventures 10-11 (last) My New World 1-2 (last) Roadmap to K 1-2:15 (last) Nurturing Parents (Eng.) 5:30-7:30	<b>24</b> Little Wiggle Groovers 10-11 (last)* Baby & Me Play 9:30-10:30 (last) Cooking Matters (Span.) 9:30-11:30 (last) Musical Munchkins 11-12 (last)	<b>25</b> Buildings, Buildings Everywhere 1:30-2:30 (last)* Lil Einsteins 9:15-10:15 (last) Mind Matters 1:30-3 (last)	<b>26</b> Baby Discovery 10:30-11:30 (last)* Fit & Happy 9:15-10:15 (last) Book Bees 10-11 (drop in) (last) Onesies 11-12 (drop in) (last)	<b>27</b> Story Cycles 10-11:30 (last)* Nature Surrounds Me 10:30-11:30 (last)
<b>29</b> Help Me Grow 11-12	<b>30</b> Nurturing Parents (Eng.) 5:30-7:30	May 1* Center Hours 11am-6:30pm Community Event 5-6:30pm	SATELLITE SITE * The West County First 5 Center in Richmond * 317 11 <sup>th</sup> 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 3/4/19

### 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:

3/14/19-4/18/19      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:

3/18/19-4/22/19      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:

3/20/19-4/24/19      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:

3/15/19-4/26/19      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:

3/13/19-4/24/19      Wednesdays      9:30-11:30 AM

### Daddy and I Plant Together (12,446)

Ages: 0 Months - 3 Years

The young brain develops like the roots of a plant. This one time activity will cover basic brain development in children and how to nourish it, while the little ones and their "supermen" also welcome spring with a fun planting activity.

Instructor:

3/22/19-3/22/19      Fridays      5:30-6:30 PM

### 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:

3/12/19-4/9/19      Tuesdays      9:30-10:30 AM

### Datakids (12,448)

Ages: - Adults Only

Review Go Public School's Annual student Outcomes Report, a little booklet that covers the importance of advocacy in the schools, data from student performance, how does the data relate to your goals for your child, and other education-related information for parents.

Instructor:

3/8/19-3/8/19      Fridays      10:00-12:00 PM

### 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:

3/15/19-4/26/19      Fridays      9:15-10:15 AM

### Healthy Lifestyles with Plant Based Diets (12,445)

Ages: - Adults Only

Learn simple ways to incorporate a more plant-based diet into your family's lifestyle to reduce the risk of type 2 diabetes while saving money on groceries. Facilitator will explain how the body works and how type 2 diabetes affects it.

Instructor:

4/10/19-4/10/19      Wednesdays      10:00-11:30 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:

3/4/19-4/8/19      Mondays      11:00-12:00 PM

## Classes Beginning 3/4/19

### 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:

3/11/19-4/15/19 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:

3/13/19-4/17/19 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

### 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:

3/21/19-4/25/19 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: Mabel Ortiz

3/21/19-4/25/19 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:

3/21/19-5/2/19 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:

3/20/19-4/17/19 Wednesdays 11:00-12:00 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:

3/12/19-4/23/19 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:

3/16/19-4/20/19 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:

3/5/19-6/25/19 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:

3/15/19-4/26/19 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:

3/18/19-4/22/19 Mondays 10:00-11:30 AM

## Classes Beginning 3/4/19

### Prenatal Yoga (12,424)

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:

3/13/19-4/10/19      Wednesdays      1:00-2:00 PM

### 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:

3/14/19-4/18/19      Thursdays      5:30-8:30 PM

### 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:

3/19/19-4/23/19      Tuesdays      1:00-2:30 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:

3/12/19-4/9/19      Tuesdays      11:00-12:00 PM

### Safe Technology Tips for Kids (12,447)

Ages: - Adults Only

This workshop is led by a Center participant, and will share tips for parents to implement safe limits for technology use with their children.

Instructor:

4/4/19-4/4/19      Thursdays      10:00-11:30 AM

### 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:

3/14/19-4/18/19      Thursdays      1:00-2:00 PM

### 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:

3/11/19-4/15/19      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:

3/19/19-4/23/19      Tuesdays      10:00-11:00 AM



## Classes Beginning 3/4/19

### Baby Discovery (12,388)

Ages: 0 Months - 12 Months

This 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:

3/15/19-4/26/19      Fridays      10:30-11:30 AM

### Buildings, Buildings, Everywhere! (12,418)

Ages: 3 Years - 5 Years

Does your child love watching the action happening at construction sites? Do they marvel at the height of skyscrapers? Children will learn about different types of buildings and their construction, as well as social studies concepts related to shelter, jobs, and while we explore the buildings right around our Center!

Instructor:

3/21/19-4/25/19      Thursdays      1:30-2:30 PM

### Exciting Experiments (12,420)

Ages: 2 Years - 3 Years

Science is a natural part of children's everyday experiences; they are excited and curious about what they see, and constantly analyze what they observe. Through fun hands on activities that allow opportunities for children to experiment and discover, children will practice scientific questioning and thinking

Instructor:

3/11/19-4/15/19      Mondays      1:00-2:00 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:

3/4/19-3/4/19      Mondays      10:00-11:15 AM

### Little Wiggle Groovers (12,415)

Ages: 2 Years - 3 Years

Come and get your groove on and learn through sound, sight, and touch with art, instruments and more!

Instructor:

3/20/19-4/24/19      Wednesdays      10:00-11:00 AM

### Musical Munchkins (12,419)

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:

3/18/19-4/22/19      Mondays      10:00-11:00 AM

### StoryCycles Richmond (SR) (12,392)

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:

3/23/19-4/27/19      Saturdays      10:00-11:30 AM

### Story Time (12,375)

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:

3/19/19-4/23/19      Tuesdays      10:30-11:30 AM

### The Village (12,381)

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:

3/14/19-4/18/19      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:

3/4/19-3/4/19      Mondays      1:30-2:30 PM