



# The West County First 5 Center *May 2019*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>April 30</b> Roadmap to K 1-2:15	<b>1</b> Center Hours 11am-6:30pm Community Event 5-6:30pm	<b>2</b> Mind Matters 1:30-3	<b>3</b>	<b>4</b>
<b>6</b> Math All Around Me 10-11 Help Me Grow 11-12 Growing & Learning 1:30-2:30	<b>7</b> Infant Massage 9:30-10:45 Roadmap to K 1-2:15 Nurturing Parents (Eng.) 5:30-7:30	<b>8</b>	<b>9</b> Growing & Learning 9:30-10:30 Skillful Toddlers 1-2 Mind Matters 1:30-3:30 (Eng.) (last)	<b>10</b> Developmental Discoveries 9:15-10:15	<b>11</b> Story Cycles 10-11:30*
<b>13</b> Edible Art 10-11* Painters Like Van Gogh 1-2* Baby Fun Skills 9:30-10:30 Math All Around Me 10-11 Help Me Grow 11-12 Colorful World 1-2 Growing & Learning 1:30-2:30	<b>14</b> Storytime 10:30-11:30 (drop in)* Infant Massage 9:30-10:45 Sensational Senses 10-11 Roadmap to K 1-2:15 Wiggle, Jiggle, Jump! 1:30-2:30 Nurturing Parents (Eng.) 5:30-7:30	<b>15</b> Mind Body Movin' 10-11* Triple P (Span.) 9:30-12 Edible Art 10-11	<b>16</b> The Village (Eng.) 10-11:30* Reduce, Reuse, Recycle 1:30-2:30* Growing & Learning 9:30-10:30 Baby Discovery 10-11 (drop in) Discovering Stories 11:15-12:15 Skillful Toddlers 1:30-2:30 Mind Matters 2-3:30	<b>17</b> Infant Massage 10-11:15* Developmental Discoveries 9:15-10:15 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	<b>18</b> Story Cycles 10-11:30* Moving Bodies Growing Brains 10:30-11:30
<b>20</b> Edible Art 10-11* Painters Like Van Gogh 1-2* Baby Fun Skills 9:30-10:30 Math All Around Me 10-11 Help Me Grow 11-12 Colorful World 1-2 Growing & Learning 1:30-2:30	<b>21</b> Storytime 10:30-11:30 (drop in)* Infant Massage 9:30-10:45 Sensational Senses 10-11 Roadmap to K 1-2:15 Wiggle, Jiggle, Jump! 1:30-2:30 Nurturing Parents (Eng.) 5:30-7:30	<b>22</b> Mind Body Movin' 10-11* Triple P (Span.) 9:45-12 Edible Art 10-11	<b>23</b> The Village (Eng.) 10-11:30* Reduce, Reuse, Recycle 1:30-2:30* Growing & Learning 9:30-10:30 Baby Discovery 10-11 (drop in) Discovering Stories 11:15-12:15 Skillful Toddlers 1:30-2:30 Mind Matters 2-3:30	<b>24</b> Infant Massage 10-11:15* Developmental Discoveries 9:15-10:15 Book Bees 10-11 (drop in) Onesies 11-12 (drop in) Mother's Day Event 1:30-3	<b>25</b> Story Cycles 10-11:30* Moving Bodies Growing Brains 10:30-11:30
<b>27</b> Memorial Day Center Closed	<b>28</b> Storytime 10:30-11:30 (drop in)* Infant Massage 9:30-10:45 Sensational Senses 10-11 Roadmap to K 1-2:15 Wiggle, Jiggle, Jump! 1:30-2:30 Nurturing Parents (Eng.) 5:30-7:30	<b>29</b> Mind Body Movin' 10-11* Triple P (Span.) 9:45-12 Edible Art 10-11	<b>30</b> The Village (Eng.) 10-11:30* Reduce, Reuse, Recycle 1:30-2:30* Growing & Learning 9:30-10:30 Baby Discovery 10-11 (drop in) Discovering Stories 11:15-12:15 Skillful Toddlers 1:30-2:30 Mind Matters 2-3:30	<b>31</b> Infant Massage 10-11:15* Developmental Discoveries 9:15-10:15 Book Bees 10-11 (drop in) Onesies 11-12 (drop in)	

**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 5/6/19

### Baby Discovery (Drop In) (12,493)

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:

5/16/19-6/20/19      Thursdays      10:00-11:00 AM

### Book Bees (Drop In) (12,490)

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:

5/17/19-6/21/19      Fridays      10:00-11:00 AM

### Colorful World (12,501)

Ages: 3 Years - 5 Years

Children will explore several cultures throughout the world through stories, art, and cooking.

Instructor:

5/13/19-6/17/19      Mondays      1:00-2:00 PM

### Developmental Discoveries (12,509)

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:

5/10/19-6/7/19      Fridays      9:15-10:15 AM

### Discovering Stories, (2-3) (12,516)

Ages: 2 Years - 3 Years

Each weekly story is designed to encourage a child's imagination, curiosity and play through hands-on activities which incorporate art, math, science, and creative movement concepts.

Instructor:

5/16/19-6/20/19      Thursdays      11:15-12:15 PM

### Edible Art (12,506)

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:

5/15/19-6/19/19      Wednesdays      10:00-11:00 AM

### Growing & Learning (12,498)

Ages: 12 Months - 23 Months

Each week will focus on a different developmental area (language, motor, social, and problem solving skills) through play. Participants will complete an ASQ developmental screening for their child at the end of the class.

Instructor:

5/6/19-6/3/19      Mondays      1:30-2:30 PM

### Growing & Learning (12,507)

Ages: 12 Months - 23 Months

Each week will focus on a different developmental area (language, motor, social, and problem solving skills) through play. Participants will complete an ASQ developmental screening for their child at the end of the class.

Instructor:

5/9/19-6/6/19      Thursdays      9:30-10:30 AM

### Help Me Grow Developmental Playgroup (12,570)

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:

5/6/19-6/10/19      Mondays      11:00-12:00 PM

### Infant Massage (12,502)

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:

5/7/19-6/4/19      Tuesdays      9:30-10:45 AM

### Math all Around Me! (12,497)

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:

5/6/19-6/3/19      Mondays      10:00-11:00 AM

### Mind Matters-English (Pt 2) (12,489)

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:

5/16/19-6/20/19      Thursdays      2:00-3:30 PM



## Classes Beginning 5/6/19

### Moving Bodies Growing Brains (12,569)

Ages: 2 Years - 3 Years

The brain and body are united as a whole, come play, move and learn in endless exploratory ways!

Instructor:

5/18/19-6/22/19 Saturdays 10:00-11:30 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:

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

### Onesies (Drop In) (12,491)

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:

5/17/19-6/21/19 Fridays 11:00-12:00 PM

### Parent Café (12,513)

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:

6/18/19-6/18/19 Tuesdays 10:00-12:00 PM

### Parent Café Training (12,514)

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:

6/12/19-6/12/19 Wednesdays 10:00-12:00 PM

### Positive Development for Young Children (12,495)

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:

6/15/19-6/29/19 Saturdays 10:00-12:00 PM

### Roadmap to K (12,503)

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:

5/7/19-6/4/19 Tuesdays 1:00-2:30 PM

### Sensational Senses (12,562)

Ages: 12 Months - 23 Months

Slippery, slimy and squishy fun! Come with us on a journey to explore our world through our senses with activities that will include smelling, touching, feeling, hearing, seeing and even tasting!

Instructor:

5/14/19-6/18/19 Tuesdays 10:00-11:00 AM

### Skillful Toddlers (12,508)

Ages: 2 Years - 2 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:

5/9/19-6/6/19 Thursdays 1:00-2:00 PM

### Triple P-Spanish (12,505)

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:

5/15/19-6/19/19 Wednesdays 9:30-12:00 PM

### Wiggle, Jiggle, Jump! (12,504)

Ages: 2 Years - 2 Years

Let's jump, run, shake, and be active! Activities include obstacle courses, creative movement, and fun group activities.

Instructor:

5/14/19-6/18/19 Tuesdays 1:30-2:30 PM



## Classes Beginning 5/6/19

### Edible Art (12,499)

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:

5/13/19-6/17/19 Mondays 10:00-11:00 AM

### Story Time (12,496)

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:

5/14/19-6/11/19 Tuesdays 10:30-11:30 AM

### Infant Massage (12,510)

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:

5/17/19-6/14/19 Fridays 10:00-11:15 AM

### The Village (12,492)

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:

5/16/19-6/20/19 Thursdays 10:00-11:30 AM

### Mind Body Movin (12,568)

Ages: -

Come experience various tools of movement and play to calm yourself and your child.

Instructor:

5/15/19-6/19/19 Wednesdays 10:00-11:00 AM

### Painters like Van Gogh (12,500)

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:

5/13/19-6/17/19 Mondays 1:00-2:00 PM

### Reduce, Reuse, Recycle (12,515)

Ages: 3 Years - 5 Years

Does your child know where the trash or recycling go once taken away by the garbage truck? Join us as we explore how we can reduce, reuse, and recycle, while learning math, art, literacy, social studies, technology, and problem solving skills.

Instructor:

5/16/19-6/20/19 Thursdays 1:30-2:30 PM

### StoryCycles Richmond (SR) (12,494)

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:

5/11/19-6/15/19 Saturdays 10:00-11:30 AM