



The West County First 5 Center February 2020



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 StoryCycles 10-11:30
3 Infant Massage 9:30-10:30 Wee Play 10-11 Help Me Grow 11-12 Sensational Senses 1-2 Painters Like Van Gogh 1-2	4 Baby Fun Skills 10-11 Dance & Zoophonics 11-12 World Dance 1-2 Roadmap to K 1-2:30 Nurturing Parents (Eng.) 5:30-7:30	5 Circle of Security (Span.) 10-12 Weather Wiz Kids 10-11 Twinkle Twinkle Baby Star 10-11 World Dance 11:30-12:30 Dance & Zoophonics 1-2 Prenatal Yoga 1-2	6 Discovering Stories 10-11 LISTOS (Spa.) 10-12 Baby Discovery (Drop In)10:30-11:30 The Village (Eng.) (Drop In) 12:30-1:30 Messy Hands & Masterpieces 1-2 Baby Signs 1:30-2:30	7 Baby Signs 9:30-10:30 Book Bees (Drop In) 10-11 Onesies(Drop In) 11-12 Skillful Toddlers 1-2	8 StoryCycles 10-11:30
10 Infant Massage 9:30-10:30 Wee Play 10-11 Help Me Grow 11-12 Sensational Senses 1-2 Painters Like Van Gogh 1-2	11 Baby Fun Skills 10-11 Dance & Zoophonics 11-12 World Dance 1-2 Roadmap to K 1-2:30 Nurturing Parents (Eng.) 5:30-7:30	12 Circle of Security (Span.) 10-12 Weather Wiz Kids 10-11 Twinkle Twinkle Baby Star 10-11 World Dance 11:30-12:30 Dance & Zoophonics 1-2 Prenatal Yoga 1-2	13 Discovering Stories 10-11 LISTOS (Spa.) 10-12 Baby Discovery (Drop In)10:30-11:30 The Village (Eng.) (Drop In) 12:30-1:30 Messy Hands & Masterpieces 1-2 Baby Signs 1:30-2:30 Triple P (Span.) 5:30-8:30	14 Baby Signs 9:30-10:30 Book Bees (Drop In) 10-11 Onesies(Drop In) 11-12 Skillful Toddlers 1-2	15 StoryCycles 10-11:30 (last)
17 Presidents Day Center Closed	18 Baby Fun Skills 10-11 (last) NO Dance & Zoophonics NO World Dance 1-2 Roadmap to K 1-2:30 (last) Nurturing Parents (Eng.) 5:30-7:30	19 Circle of Security (Span.) 10-12 (last) Weather Wiz Kids 10-11 (last) Twinkle Twinkle Baby Star 10-11 (last) Parent Cafe Training 10-11 NO World Dance NO Dance & Zoophonics Prenatal Yoga 1-2	20 Discovering Stories 10-11 (last) LISTOS (Spa.) 10-12 (last) Baby Discovery (Drop In)10:30-11:30 (last) The Village (Eng.) (Drop In) 12:30-1:30 Messy Hands & Masterpieces 1-2 (last) Baby Signs 1:30-2:30 (last) Triple P (Span.) 5:30-8:30	21 Baby Signs 9:30-10:30 (last) Book Bees (Drop In) 10-11(last) Onesies(Drop In) 11-12(last) Skillful Toddlers 1-2 (last)	22
24 Infant Massage 9:30-10:30 Wee Play 10-11 Help Me Grow 11-12 Sensational Senses 1-2 Painters Like Van Gogh 1-2	25 Dance & Zoophonics 11-12 (last) World Dance 1-2 (last) Nurturing Parents (Eng.) 5:30-7:30	26 Parent Cafe 10-12 World Dance 11:30-12:30 (last) Dance & Zoophonics 1-2 (last) Prenatal Yoga 1-2 (last)	27 Workshop: Trauma & Brain Development 10-11:30 The Village (Eng.) (Drop In) 12:30-1:30 (last) Triple P (Span.) 5:30-8:30	28 Community Event 11-12:30	29

THE WEST COUNTY FIRST 5 CENTER | (510) 232-5650 | 2707 Dover Ave | San Pablo, CA, 94806

Please like us on Facebook to receive frequent updates.

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 1/1/20

Baby Discovery (Drop In) - 3864 (13133)

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: Evellyn Olivares

1/23/20-2/20/20 Thursdays 10:30AM - 11:30AM

Baby Fun Skills - 4793 (13122)

Ages: 1 Month - 10 Months

Parents and infants will discover and learn together with activities that allow parents to learn about their children's knowledge and abilities, and help support their development and learning in different developmental areas such as communication, gross & fine motor, problem solving, and personal social skills. Parents will complete the ASQ (Ages & Stages Questionnaire) over the course of the class.

Instructor: First 5 Center Staff West County

1/21/20-2/18/20 Tuesdays 10:00AM - 11:00AM

Baby Signs - 2828 (13129)

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: Suzanne Harkless

1/23/20-2/20/20 Thursdays 10:00AM - 11:00AM

Baby Signs - 2828 (13130)

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: Suzanne Harkless

1/24/20-2/21/20 Fridays 09:30AM - 10:30AM

Book Bees (Drop In) - 3938 (13134)

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:

1/24/20-2/21/20 Fridays 10:00AM - 11:00AM

Circle of Security - 5122 (13140)

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:

1/22/20-2/19/20 Wednesdays 10:00AM - 12:00PM

Discovering Stories 3-5 - 3931 (13127)

Ages: 3 Years - 5 Years

Each story encourages imagination, curiosity and story comprehension through hands-on activities which incorporate art, math, science, and creative movement concepts. Parents will learn preschool literacy foundations, how they are infused into a preschool environment, and how to incorporate language and literacy techniques into their everyday routines with children.

Instructor: Veronica Raya

1/23/20-2/20/20 Thursdays 10:00AM - 11:00AM

Infant Massage - 2914 (13120)

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: Janice Cummings

1/27/20-3/2/20 Mondays 09:30AM - 10:30AM

Listos Workshop - 4586 (13143)

Ages: 0 Months - 3 Years

The Listos curriculum focuses on low-cost to no-cost preparedness initiatives and provides tips that serve not only during disasters but also throughout the course of their everyday lives in order to keep their families safe. The Listos curriculum works to build communities and share resources which strengthens community ties through disaster preparedness awareness. The class is offered in Spanish.

Instructor:

1/30/20-2/20/20 Thursdays 10:00AM - 12:00PM

Messy Hands & Masterpieces - 4104 (13128)

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: Alisa Robinson

1/23/20-2/20/20 Thursdays 01:00PM - 02:00PM

Nurturing Parents - 2965 (13141)

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: Child Abuse Prevention Council

1/28/20-6/23/20 Tuesdays 05:30PM - 07:30PM

Onesies (Drop In) - 3685 (13135)

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: Veronica Raya

1/24/20-2/21/20 Fridays 11:00AM - 12:00PM



Classes Beginning 1/1/20

Parent Cafe - 4754 (13139)

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:

2/26/20-2/26/20 Wednesdays 10:00AM - 12:00PM

Parent Cafe Training - 4692 (13138)

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:

2/19/20-2/19/20 Wednesdays 10:00AM - 12:00PM

Roadmap to K - 4422 (13183)

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:

1/21/20-2/18/20 Tuesdays 01:00PM - 02:30PM

Sensational Senses - 4605 (13121)

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: First 5 Center Staff West County

1/27/20-3/2/20 Mondays 01:00PM - 02:00PM

Skillful Toddlers - 4806 (13131)

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:

1/24/20-2/21/20 Fridays 01:00PM - 02:00PM

StoryCycles - 4847 (13132)

Ages: 2 Years - 3 Years

Children start their journey to literacy at birth by watching, listening, and interacting with the world in a variety of daily experiences. Learn how to support your child's developing literacy, and what a quality literacy program in preschool looks like.

Instructor:

1/25/20-2/15/20 Saturdays 10:00AM - 11:30AM

Twinkle, Twinkle, Baby Star - 5243 (13126)

Ages: 0 Months - 12 Months

Sing, play, and hug your little one while showcasing a variety of music and instruments to stimulate your infant.

Instructor:

1/22/20-2/19/20 Wednesdays 10:30AM - 11:30AM

Weather Wiz Kids - 4712 (13125)

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:

1/22/20-2/19/20 Wednesdays 10:00AM - 11:00AM

Wee Play - 5361 (13144)

Ages: 12 Months - 23 Months

Children learn their best through play. This class emphasizes on the importance of play for toddlers in all aspects of their exploration of their world.

Instructor:

2/10/20-3/9/20 Mondays 10:00AM - 11:00AM

World Dance 3-5 - 5102 (13124)

Ages: 3 Years - 5 Years

This multicultural dance class will highlight preschool learning foundations. Including balance, follow the leader, clapping, having partners learning right and left side and having fun!

Instructor:

1/21/20-2/25/20 Tuesdays 01:00PM - 02:00PM