

WEST COUNTY FIRST 5 CENTER: NOVEMBER 2025

2707 Dover Avenue, San Pablo, CA 94806 (510) 232-5650



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CENTER HOURS MON, WED, THURS, FRI: 9:00AM-5:00PM TUES: 9:00AM-7:30PM SAT: 9:30AM-1:30PM	PLAYROOM HOURS TUES: 2-4PM WED: 2-4PM THURS: 2-4PM FRI: 2-4PM SAT: 9:30AM-1:30PM	CLASS SIGN-UPS 			Autism Playgroup (2-5y) 10:00-11:30 am
Help Me Grow Developmental Playgroup (1.5-5y) 9:15am-10:15 am Fantastic Fall (2.5-3y) 10:30-11:30 am Fantastic Fall (2.5-3y) 12:00-1:00 pm		Swap 10:00-11:00 am Unity City Council Tabling 10:00-11:00 am		Sensory Explorers (12-23 m) 9:00-10:00 am Sensory Explorers (12-23m) 10:15-11:15 am	Art Studio (2-5y) 10:00-11:00 am The Village Gathering 11:00-12:30 pm
Help Me Grow Developmental Playgroup (1.5-5y) 9:15am-10:15 am Baby Zumbini (11-23m) 9:30-10:15 am Tiny Elves (2.5-3y) 10:30-11:30 am Zumbini (2-3y) 10:30-11:15 am Baby & Me Play (0-12m) 12:00-12:45 pm Tiny Elves (2.5-3y) 12:00-1:00 pm Pathway Program Zoom 6:00-7:30 pm	CENTER CLOSED 	Wonder Tots (12-23m) 10:00-11:00 am Welcome Happiness (2-3y) 10:00-11:00 am Making Parenting a Pleasure (SPAN) 12:30-1:30 pm Friendship Fun! (2-3y) 1:00-2:00 pm Tiempo de Te (SPAN) 1:00-2:30 pm Fatherhood Gathering 4:30-6:00	Peekaboo Baby (0-12m) 10:00-11:00 am Junior Picassos (2-3y) 9:30-10:30 am The Village (ENG) 10:30-11:30 am Baby Signs (6-23m) 11:00-12:00 pm Storytime w/ Bella (2-5y) 11:00-12:00 pm Stepping Stones (SPAN) 11:30-1:30 pm Art Masters (2-3y) 12:30-1:30 pm Play Forward (3-5y) 2:30-3:30 pm	Sensory Explorers (12-23 m) 9:00-10:00 am Magical Winter (2-3y) 9:30-10:30 am Sensory Explorers (12-23m) 10:15-11:15 am Next Chapter (3-5y) 11:30-12:30 pm Ready to Shine (3-5y) 1:30-2:30 pm	Story Train w/ Mr. Ty (2-5y) 10:00-10:45 am Art Studio (2-5y) 10:00-11:00 am Read Aloud w/ Mr. Ty (0-5y) 11:00-12:00 pm Johnnie Greenstock & the 4 P's of Nutrition (3-5y) 12:00-1:00 pm
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Class Descriptions

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CHILD CLASSES

Art Masters (2-3 years)

Through books and art, children will meet some of the world's greatest artists! Art and literacy will be explored through stories, shared literacy activities, mixed media, and the creation of their own museum walk!

Baby & Me Play (0-12 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.

Baby Signs (6-23 months)

Baby Signs 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.

Baby Zumbini (11-23 months)

Yay for Zumbini!!! Move, groove, and grow with can't-stop, won't-stop bonding, learning, and fun for you and your little one! This class is designed for infants/toddlers to introduce them to music and its benefits.

Bright Smiles (3-5 years)

A cheerful class that encourages preschoolers to learn, play, and grow with confidence. Children will enjoy interactive experiences that support creativity, communication, and cooperation in a warm and joyful setting.

Friendship Fun (2-3 years)

A lively class where toddlers build social skills while enjoying play and group activities. Children and families explore together, practice sharing, and discover the joy of learning with friends.

Hello Sunshine (1-2 years)

A joyful class for little ones to explore movement, sounds, and play in a welcoming space. Families and children will share simple activities that encourage curiosity, connection, and early learning.

Help Me Grow Developmental Playgroup (1.5-5 years)

These playgroups support child development, offer social interaction, and give parents tips for addressing developmental challenges. Referrals are based on First 5 developmental screenings—ask a First 5 Center staff member to request one.

Johnnie Greenstock & the 4 P's of Nutrition (3-5 years)

Through his special book and fun activities, "Johnnie Greenstock" helps parents and children easily connect the four pillars of nutrition: Planting, Plate, Palate, and Play. The four pillars help parents and children identify the basics of nutrition through connecting seeds to food, preparation of fruit and vegetables, and how food is turned into energy for play and exercise. In short, without seed we will not have food on our plates, our palates will not be pleased, and we will not have energy for play.

Junior Picassos (2-3 years)

This class will foster creativity and promote preschool readiness in problem solving, critical thinking, cognitive concepts, social-emotional interaction, self-expression, appreciation for cultural diversity as well as other skills. Art is a means of self expression and a tool for learning.

Let it Snow! (2-3 years)

Let it snow! Celebrate the cozy, colorful winter time with us. Let's do art and crafts surrounded by the sound of the bells and the softness of the snow.

Magical Winter (2-3 years)

Welcome to Magical Winter! In this creative class, children will explore the magic of winter and the seasons through art and play. Each session is filled with fun activities that inspire imagination and creativity. Join us for a cozy adventure filled with seasonal wonders!

Next Chapter (3-5 years)

A class designed for preschoolers who are ready to take big steps in learning and growing. Children build skills in communication, cooperation, and problem-solving through interactive play and group experiences.

Peekaboo Baby (0-12 months)

It's playtime with your baby! You have everything you need to sing, hug, tickle, and play with your baby while learning how to increase the baby's language and self identity.

Play Forward (3-5 years)

A class full of active play and discovery, helping toddlers grow in confidence and independence. Each session includes engaging activities that spark curiosity and support early development.

Read Aloud with Mr. Ty (0-5 years)

Join the Amazing Mr. Ty for fun virtual storytelling and circle time sessions for Black and African American children ages 0-5. These read-alouds support language, literacy, and cognitive development through songs, books, and family interactions.

Ready to Shine (3-5 years)

An energetic class that encourages imagination, confidence, and teamwork. Preschoolers enjoy activities that strengthen learning skills and prepare them for exciting new adventures ahead.

Roadmap to Kinder (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.

Sensory Explorers (12-23 months)

If you're the parent of a curious little one who's ready for adventure, then this class is for you. Welcome, sensory explorers! In this space designed for children 12 to 23 months old, curiosity and discovery take center stage in the learning experience. Through exploration in a safe and welcoming environment, children's senses will be stimulated while supporting their cognitive, motor, and emotional development.

Snuggles & Cuddles - Infant Massage (0-10 months)

Infant massage and cuddling boost social skills like confidence, empathy, and stress management. Parents will learn how to nurture these through massage, songs, and playtime

Story Train with Mr. Ty (2-5 years)

Join Mr. Ty for a fun storytime with stories, fingerplays, and interactive games! Children will explore creativity, routines, and sharing ideas with friends.

Tiny Elves (2.5-3 years)

A festive winter wonderland where toddlers become "little elves," exploring art, music, and sensory play. This session encourages fine motor development, creativity, and holiday joy through open-ended, hands-on activities. Little artists will paint, and create in this magical winter class filled with cheerful music and sparkly fun. We'll make simple ornaments, stamp festive wrapping paper, and explore sensory bins full of "snowy treasures." A perfect way to celebrate creativity and the cozy season together!

Welcome Happiness (2-3 years)

A gentle and joyful class that invites toddlers and families to explore, play, and connect. Simple activities support curiosity, growing independence, and the happiness of learning together.

Wonder Tots (12-23 months)

Come learn and discover with your wondrous and curious toddler! Exploration will include sensory, art, music and story time activities.

Zumbini (2-3 years)

Yay for Zumbini! Move, groove, and grow with can't-stop, won't-stop bonding, learning, and fun!

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PARENT CLASSES

Fatherhood Group (ENG/SPAN)

Calling all dads and father figures! Join us for a fun and supportive group just for you. This is a space to connect with other dads, share laughs, swap stories, and explore the ups and downs of parenting together. Whether you're a new dad or a seasoned pro, come hang out, get inspired, and enjoy some time dedicated to fatherhood—because dads deserve it too!

Nurturing Parents (ENG)

This program focuses on recognizing and understanding feelings, handling stress, communication, and child development. For parents of children ages 0-5 years. Dinner and childcare provided.

VIRTUAL: Making Parenting a Pleasure (SPAN)

Parents identify the values and goals they want for their child, as they "pack their child's suitcase". Parents learn to support their children's emotional development through emotion coaching and will strengthen the parent-child relationship with "Positive Attention Through Play". Learn about current brain development information and the "Effect of Stress" on child development, and more.

VIRTUAL: Stepping Stones (SPAN)

Stepping Stones Triple P has been developed for parents with children with a disability. It has been evaluated with families of children with a range of disabilities (e.g. intellectual disability, autism spectrum disorders, cerebral palsy) and elevated levels of disruptive behavior.

VIRTUAL: The Village (ENG)

Black parenting is a unique experience with challenges and joys, and "The Village" offers support for all caregivers. Share strategies, explore identity, and build community through conversations, support, and self-care activities.

VIRTUAL: Tiempo de Té (SPAN)

Increase personal empowerment in a space where you will find information, leadership and a community of women like you—free, brave and powerful. Achieve well-being through learning, love and self-care. A space where you can grow, empower yourself, bring pampering to your life and feel accomplished.

HIGHLIGHTED = Virtual Classes **SPAN** = Spanish parent classes **ENG** = English parent classes

COMMUNITY EVENTS

Autism Playgroup: November 1st, 10:00-11:30 am

Swap: November 5th, 10:00-11:00 am

The Village Gathering: November 8th, 11:00-12:30 pm

Storytime w/ Bella: November 13th, 11:00-12:00 pm & December 11th, 11:00-12:00 pm

Multicultural Potluck: November 19th, 1:30-2:30 pm

Turkey Raffle Giveaway: November 25th, 10:00-12:30 pm

Diaper Distribution: December 15th, 9:00-12:00 pm

Winter Celebration: December 15th 12:00-1:00 pm

Toys for Tots: December 18th, 10:00-12:00 pm