

WEST COUNTY FIRST 5 CENTER: MAY 2026

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-1PM	CLASS SIGN-UPS 		Swap 10:00-11:00 am	
Help Me Grow Developmental Playgroup (1.5-5y) 4 9:15am-10:15 am Baby Zumbini (11-23m) 9:30-10:15 am Tiny Explorers Adventure Club (2.5-3y) 10:30-11:30 am Zumbini (2-3y) 10:30-11:15 am Nature Walk (3-5y) 12:00-1:00 pm Tiny Explorers Adventure Club (2.5-3y) 12:00-1:00 pm	Mindful Memories (2-3y) 5 9:30-10:30 am Pathways to Preschool (3-4y) 10:00-11:30 am Dads' Active Play Hour (2-5y) 11:30-12:30 pm I Spy Nature (2-3y) 1:00-2:00 pm Cultural Celebration (2-3y) 1:30-2:30 pm Nurturing Parents (SPAN) 5:45-7:45 pm	Bees, Grasshoppers & Hummingbirds (12-23m) 6 9:30-10:30 am Animal Abstract (2-3y) 11:30-12:30 pm Infant Massage (0-12m) 11:30-12:30 pm Tiempo de Te (SPAN) 1:00-2:30 pm Johnnie Greenstock & the 4 P's of Nutrition (3-5y) 5:30-6:30 pm	Autism Playgroup (2-5y) 7 9:30-10:30 am Under the Big Blue Sky (2-3y) 10:00-11:00 am The Village (ENG) 10:30-11:30 am Under the Big Blue Sky (2-3y) 12:00-1:00 pm Roots of Love (3-5y) 1:30-2:30 pm	Baby Art Attack: Color Mission! (12-23 m) 8 9:00-10:00 am Bonjour Paris, Atelier des Petits (2-3y) 9:30-10:30 am Eating Smart & Being Active (ENG) 10:00-11:00 am Color Club: Art Adventure (12-23m) 10:15-11:15 am Snuggles & Cuddles (0-10m) 12:30-1:30 pm	Story Train w/ Mr. Ty (2-5y) 9 10:00-10:45 am Read Aloud w/ Mr. Ty (0-5y) 11:00-12:00 pm Mommy & Me Celebration 12:00-1:00 pm Johnnie Greenstock & the 4 P's of Nutrition (3-5y) 12:00-1:00 pm Stronger Starts 1:00-2:00 pm
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CENTER CLOSED FOR MEMORIAL DAY 	Mindful Memories (2-3y) 26 9:30-10:30 am Pathways to Preschool (3-4y) 10:00-11:30 am Dads' Active Play Hour (2-5y) 11:30-12:30 pm I Spy Nature (2-3y) 1:00-2:00 pm Cultural Celebration (2-3y) 1:30-2:30 pm Nurturing Parents (SPAN) 5:45-7:45 pm	Bees, Grasshoppers & Hummingbirds (12-23m) 27 9:30-10:30 am Perinatal Circle of Care (ENG) 10:30-11:30 am Animal Abstract (2-3y) 11:30-12:30 pm Infant Massage (0-12m) 11:30-12:30 pm Tiempo de Te (SPAN) 1:00-2:30 pm Johnnie Greenstock & the 4 P's of Nutrition (3-5y) 5:30-6:30 pm	Autism Playgroup (2-5y) 28 9:30-10:30 am Under the Big Blue Sky (2-3y) 10:00-11:00 am Peekaboo Baby (0-12m) 10:00-11:00 am The Village (ENG) 10:30-11:30 am Baby Signs (6-23m) 11:30-12:30 pm Under the Big Blue Sky (2-3y) 12:00-1:00 pm Roots of Love (3-5y) 1:30-2:30 pm	Baby Art Attack: Color Mission! (12-23 m) 29 9:00-10:00 am Bonjour Paris, Atelier des Petits (2-3y) 9:30-10:30 am Eating Smart & Being Active (ENG) 10:00-11:00 am Color Club: Art Adventure (12-23m) 10:15-11:15 am Snuggles & Cuddles (0-10m) 12:30-1:30 pm Kidpower Parent Workshop (SPAN) 3:00-4:00 pm	Story Train w/ Mr. Ty (2-5y) 30 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

HIGHLIGHTED = Virtual Classes HIGHLIGHTED = Community Events SPAN = Spanish parent classes ENG = English parent classes

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Class Descriptions

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

CHILD CLASSES

Animal Abstract (2-3 years)

Animal Abstract is an adventurous class for 2-3 year olds, focusing on different animals and learning more about the animal with a story. Each class will incorporate a level of adventure, active play, and activities to engage with families during the class time.

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!

Art Studio (2-5 years)

Explore the joy of transformation and discovery through art using a variety of materials and techniques to create works of art inspired by color, shape and line. Children will learn the importance of cooperation, self-help and responsibility as they work together to create a shared art experience. The process of art-making is emphasized over the product!

Autism Playgroup (2-5 years)

Join us for a 4-week playgroup created for children diagnosed with autism, filled with sensory play, movement activities, and a welcoming space for families to learn and grow together.

Baby Art Attack: Color Mission! (12-23 months)

Watch out, little artists on the loose! In this space, art is experienced hands-on and getting messy is a must. We trade the rules for wild textures and vibrant colors. Here, your baby builds motor skills and curiosity while creating an unforgettable artistic 'mess' together with others. Bring clothes that can get messy and get ready for lots of laughs!

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.

Bees, Grasshoppers & Hummingbirds (12-23 months)

Bees are buzzing, grasshoppers leap through the grass, and hummingbirds sip sweet nectar! In this class, children will explore the outdoors using all five senses, discovering the sights, sounds, textures, and scents of the natural world.

Bonjour Paris, Atelier des Petits (2-3 years)

A playful journey to Paris where children explore French culture through art, sculpture and building expressing their creativity and imagination, while listening to gentle French music to inspire their adventure.

Color Club: Art Adventure (12-23 months)

Here, art isn't just seen, it's felt! Join this sensory adventure where little ones explore the world with their own hands. With wild textures and safe paints, we support motor development while discovering a universe of colors. Come get messy, play, and create in the most fun-loving community. Bring clothes ready for action!

Cultural Celebration (2-3 years)

For Black/African-American children aged 2-3. Join us for Cultural Celebration, a welcoming space for all families to explore, appreciate, and celebrate Black and African American culture, including Juneteenth traditions from around the world.

Dads' Active Play Hour (2-5 years)

This energetic class invites dads and their little ones to move, play, and explore together. Activities may include obstacle courses, movement songs, ball play, cooperative games, and simple crafts. A welcoming space for father engagement and family fun.

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.

Infant Massage (0-12 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.

I Spy Nature (2-3 years)

Nature and natural items provide infinite benefits to children: a sense of beauty and calmness; exposure to things that are alive and growing; increased curiosity and exploration. Imagination increases the fun as children use natural items to create stories and play.

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

Through his special book and fun activities, "Johnnie Greenstock" teaches families the four pillars of nutrition: Planting, Plate, Palate, and Play. Children learn how food grows, how fruits and vegetables are prepared, and how food becomes the energy they need to play and grow.

Mindful Memories (2-3 years)

Mindful Memories is an exploratory class to learn more about mindful movement through crafts while listening to calming, soothing music. Children will have an opportunity to play with various sensory stations and activities before jumping into the calming craft each week.

Nature Walk (3-5 years)

Join us as we explore the wonders of nature all around us! This fun, hands-on class includes outdoor adventures and discovery-based learning inspired by weather and the natural world. Little explorers will observe, ask questions, and connect with nature through playful, engaging activities.

Pathways to Preschool (3-4 years)

Learn about what to expect when your child enters preschool, while children participate in a separate preschool-simulated class that prepares them for preschool. Topics for parents include social-emotional awareness, separation, routines, and how children learn.

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.

Roots of Love (3-5 years)

For Black/African American children aged 3-5. Roots of Love is a welcoming space for all families to explore family trees, ancestry, and a sense of belonging. Through hands-on crafts and plant exploration, children will learn about growth, connection, and hear meaningful stories about identity and belonging, while celebrating Black and African American heritage.

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

Infant massage and baby cuddling results in long term social benefits for children, including self confidence, empathy, friendships, and the ability to cope with stress. Parents will engage in conversation about how to develop these experiences through infant massage, song 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 Explorers Adventure Club (2.5-3 years)

Welcome to Tiny Explorers Adventure Club where curiosity leads the way and every day is a brand-new adventure! In this joyful, hands-on class, little ones dive into creative play that sparks imagination and helps them to build confidence. Explorers enjoy outdoor sensory play, squishing, scooping, pouring, and discovering while building fine motor skills and creativity. They'll create meaningful art to take home and have fun getting a little messy!

Under the Big Blue Sky (2-3 years)

Goodbye clouds, hello clear skies! This class celebrates the beauty of natural light and the changing season. Children will gather garden flowers, then explore cool, shaded spaces beneath the trees, enjoying the fresh air and warm, radiant light that the new season brings.

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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Class Descriptions

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PARENT CLASSES

IN PERSON

VIRTUAL

Infant Massage (ENG/SPAN)

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.

Nurturing Parents (SPAN)

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.

Perinatal: Circle of Care (ENG)

This 7 week perinatal class, led by the Early Childhood Mental Health Program, offers support for expecting and new parents as they navigate pregnancy, birth, and early parenting. The class focuses on emotional wellbeing, attachment, and understanding infant cues, while providing tools to support bonding and reduce stress during the perinatal period. Families are welcomed into a safe, supportive space to learn, share, and build confidence in their parenting journey.

VIRTUAL: Eating Smart & Being Active (ENG)

Join "UC Connects to You" for a free online course focused on building healthy habits! Learn how to make nutritious food choices, stay active, and save money while shopping. Each session covers practical tips to support your well-being, and participants who complete the course will receive a graduation certificate and a recipe book.

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/WORKSHOPS

Swap: May 1st, 10:00-11:00 am

Mommy & Me Celebration: May 9th, 12:00-1:00 pm

Stronger Starts: May 9th, 1:00-2:00 pm

Storytime with Ms. Bella: May 14th, 11:00-12:00 pm

VIRTUAL PARENT WORKSHOP (ENG): Kidpower: Protecting & Empowering Very Young Children: May 22nd, 3:00-4:00 pm

VIRTUAL PARENT WORKSHOP (SPAN): Kidpower: Protecting & Empowering Very Young Children: May 29th, 3:00-4:00 pm

Storytime with Ms. Bella: June 11th, 11:00-12:00 pm

Parents Leading Change Workshop: June 11th 3:00-4:00 pm

Diaper Distribution: June 16th, 9:00-12:00 pm

Juneteenth: Honoring Freedom & Resilience: June 18th, 12:00-1:00 pm

Parents Leading Change Workshop: June 18th, 3:00-4:00 pm

Father's Day Family Fest: June 22nd, 3:00-6:00 pm

Pathway to Preschool - Car Seat Event: June 24th, 10:00-12:00 pm

Parents Leading Change Workshop: June 25th, 3:00-4:00 pm