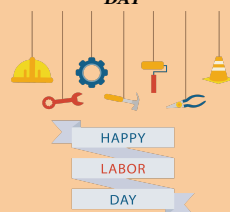


WEST COUNTY FIRST 5 CENTER: SEPTEMBER 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Help Me Grow (1.5-5y) 9:15-10:15 am VIRTUAL: UCCE Connects to You! Nutrition (SPAN) 10:00-11:30am Sensory, Art & Play (12-23m) 10:00-11:00 am Little Color Explorers: Paint, Play & Discover (2.5-3y) 10:30-11:30 am Sensory, Art & Play (12-23m) 12:00-1:00 pm Little Color Explorers: Paint, Play & Discover (3-4y) 12:00-1:00 pm	VIRTUAL: Triple P (SPAN) 9:00-10:00 am Snuggles & Cuddles (0-10m) 9:30-10:30 am Roadmap to Kinder (4y) 10:00-11:30 am Poetic Justice (2-3y) 11:30-12:30 pm Goodbye Summer, Hello Fall! (2-3y) 1:00-2:00 pm Mindful Movement (3-5y) 1:30-2:30 pm Nurturing Parents (ENG) 5:30-7:30 pm	My Sensory World (12-23m) 10:00-11:00 am VIRTUAL: Making Parenting a Pleasure (SPAN) 10:00-11:30am Fall Explorers (2-3y) 11:30-12:30 pm VIRTUAL: Tiempo de Té (SPAN) 1:00-2:30 pm Johnnie Greenstock & the 4 P's of Nutrition (3-5y) 5:30-6:30 pm	Harvest Magic (2-3y) 10:00-11:00 am VIRTUAL: The Village (ENG) 10:30-11:30 am Dad & Me Adventures (2-5y) 11:30-12:30 pm Harvest Magic (2-3y) 12:30-1:30 pm Rooted to Grow (2-3y) 1:30-2:30 pm	Colors of Fall (2-3y) 9:30-10:30 am Sensory, Art & Play (2-3y) 10:00-11:00 am Tandem Storytime (2-5y) 11:00-12:00 pm Playful Discoveries (2-3y) 11:30-12:30 pm Sensory, Art & Play (2-3y) 12:00-1:00 pm	CENTER CLOSED 
CENTER CLOSED IN OBSERVANCE OF LABOR DAY 	VIRTUAL: Triple P (SPAN) 9:00-10:00 am Snuggles & Cuddles (0-10m) 10:00-11:00 am Roadmap to Kinder (4y) 10:00-11:30 am Poetic Justice (2-3y) 12:30-1:30 pm Goodbye Summer, Hello Fall! (2-3y) 1:00-2:00 pm Mindful Movement (3-5y) 2:30-3:30 pm Nurturing Parents (ENG) 5:30-7:30 pm VIRTUAL: Triple P: Babies (ENG) 6:00-8:00 pm	My Sensory World (12-23m) 10:00-11:00 am VIRTUAL: Making Parenting a Pleasure (SPAN) 10:00-11:30am Bella Storytime (1-5y) 10:00-11:00 am Fall Explorers (2-3y) 11:30-12:30 pm VIRTUAL: Tiempo de Té (SPAN) 1:00-2:30 pm Johnnie Greenstock & the 4 P's of Nutrition (3-5y) 5:30-6:30 pm	Harvest Magic (2-3y) 10:00-11:00 am VIRTUAL: The Village (ENG) 10:30-11:30 am Dad & Me Adventures (2-5y) 11:30-12:30 pm Harvest Magic (2-3y) 12:30-1:30 pm Rooted to Grow (2-3y) 1:30-2:30 pm	Swap 9:00-10:00 am Colors of Fall (2-3y) 9:30-10:30 am Sensory, Art & Play (2-3y) 10:00-11:00 am Playful Discoveries (2-3y) 11:30-12:30 pm Sensory, Art & Play (2-3y) 12:00-1:00 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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HIGHLIGHTED = Parent Classes **HIGHLIGHTED** = Community Events **SPAN** = Spanish parent classes **ENG** = English parent classes

WEST COUNTY FIRST 5 CENTER: SEPTEMBER-OCTOBER 2026

Class Descriptions

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

CHILD CLASSES

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!

Colors of Fall (2-3 years)

Children will participate in outdoor exploration activities where they search for and discover natural items such as leaves, rocks, flowers, seeds, feathers, and animal tracks. This hands-on experience fosters observation, curiosity, and environmental awareness while encouraging respect and appreciation for nature. It also supports the development of teamwork, problem-solving skills, and a deeper connection to the natural world.

Dad & Me Adventures (2-5 years)

Join us for a fun and engaging class where children and their fathers or father figures can explore, create, and play together! Through hands-on art activities, imaginative play, movement, and exciting opportunities for discovery, families will build connections, make memories, and enjoy learning through fun and exploration in a welcoming environment.

Fall Explorers (2-3 years)

Fall Explorers is a sensory-driven movement class designed specifically for active toddlers. This course transforms the magic of autumn into an indoor and outdoor adventure playground. Toddlers will build essential gross motor skills, balance, and confidence through child-led, physical play. Each session offers a unique mix of structured games and open-ended exploration inspired by the changing season.

Goodbye Summer, Hello Fall! (2-3 years)

Let's celebrate the exciting change of seasons! Join us as we say goodbye to sunny summer days and welcome the colorful beauty of fall. Little ones will enjoy a joyful week filled with water play, colorful leaves, creative art, music, sensory activities, and outdoor adventures. Through hands-on exploration and playful learning, children will discover the wonders of nature while building friendships, confidence, creativity, and new skills. It's the perfect way to welcome a new season with smiles, laughter, and unforgettable memories!

Harvest Magic (2-3 years)

A playful introduction to the world of plants. Children will experience the wonder of planting a seed in their own little pot, enjoy watering the sprouts, and learn to care for their first green friends. The class is beautifully complemented by simple songs and stories about how the sun, water help fruits and vegetables and nature grow.

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" 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.

Little Color Explorers: Paint, Play & Discover! (2.5-3 years)

Get ready for a colorful adventure! Each class, we'll explore a new color through fun, hands-on art activities, sensory play, stories, and creative exploration. Children and caregivers will enjoy opportunities to play, create, make new friends, and discover the world around them in a fun and welcoming environment.

Little Color Explorers: Paint, Play & Discover! (3-4 years)

Join us for a colorful and creative class full of art, sensory activities, and hands-on fun! Each week, we'll explore a new color through exciting projects, imaginative play, and opportunities to learn and discover together. It's a great way for children and caregivers to connect, explore, and have fun while making lasting memories.

Mindful Movement (3-5 years)

Come learn more about mindful movement through sensory stations while listening to calming, soothing music. Children will have an opportunity to play with various sensory activities before jumping into some mindful, grounding movement (beginners yoga).

My Sensory World (12-23 months)

One year olds learn and discover best through their senses! Children will delight in sensory activities that will also highlight words like "squishy", "scented", "smooth", "sour", "floral", "textured" and more!

Playful Discoveries (2-3 years)

Join us for a fun and engaging class where children can explore, play, and discover! Through creative activities, hands-on exploration, and play, children will have opportunities to learn, build new skills, and enjoy new experiences alongside their families.

Poetic Justice (2-3 years)

Before children speak in full sentences, they connect through rhythm, movement, and sensory exploration. Through repetitive songs, instrument play, and joyful movement, your child will build their vocabulary while falling in love with communication. We will experiment with the texture of language through rhyming games, make up silly words to explore speech sounds, and use sensory stations to inspire curiosity and exploration.

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

Join the Amazing Mr. Ty for engaging and energetic storytelling and circle time sessions. These interactive read-aloud experiences support early language, literacy, and cognitive development through songs, books, and meaningful connections with family and community. Designed for Black and African American children ages 0-5 and their families, these sessions create a joyful space to learn, connect, and grow together.

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.

Rooted to Grow (2-3 years)

Focusing on the deep connection between African traditions and sacred trees, this interactive class brings cultural history to life. Toddlers will explore nature through music, movement, storytelling, and hands-on play designed to foster early identity, confidence, and a craft to reinforce environmental love.

Sensory, Art & Play (12-23 months)

Sensory, Art & Play is a fun one-hour parent-and-me class where children (12-23 months) and caregivers explore a new theme each week through stories, songs, instruments, sensory play, and art. Our play-based activities encourage creativity, learning, and connection while making memories together.

Sensory, Art & Play (2-3 years)

Sensory, Art & Play is a fun one-hour parent-and-me class designed for children ages 2-3 and their caregivers. Each week, families explore a new theme through stories, songs, instruments, sensory play, and art. Our play-based activities support creativity, early learning, social development, and connection while making memories together.

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.

WEST COUNTY FIRST 5 CENTER: SEPTEMBER-OCTOBER 2026

Class Descriptions

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PARENT CLASSES

IN PERSON

VIRTUAL

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: 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.

VIRTUAL: Triple P Babies (ENG)

Triple P Baby helps parents prepare for a positive transition to parenthood by promoting responsive care during the perinatal period. Parents learn strategies to build strong bonds, support their baby’s development, and teach new skills.

VIRTUAL Triple P for Parents with Children 0-5 years (SPAN)

A broad-based parenting intervention conducted over 6 weeks for parents of children up to 5 years old. Parents actively participate in a variety of exercises to learn about the causes of children’s behavior problems, setting specific goals, and using strategies to promote child development, manage misbehavior, and plan for high-risk situations.

VIRTUAL: UCCE Connects to You! (SPAN)

Learn how to be healthy at home with UCCE Connects to You! This free nutrition education program can be completed from the comfort of your home and is designed to help you improve your health and the health of your family. Each lesson includes healthy recipes, practical nutrition information, and tips for building healthy habits

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

COMMUNITY EVENTS

Tandem Storytime (2-5 years): September 4th, 11:00-12:00 pm

Storytime with Ms. Bella (1-5 years): September 9th, 10:00-11:00 am

Swap: September 14th, 10:00-11:00 am

Hispanic Heritage Month Family Celebration: September 25th, 4:00-5:00 pm

Storytime with Ms. Bella (1-5 years): October 14th, 10:00-11:00 am

Diaper Distribution: October 16th, 10:00-1:00 pm

Fall Festival: October 29th, 11:00-12:00 pm

Coco Family Movie Night: October 30th, 4:00-5:00 pm