WEST COUNTY FIRST 5 CENTER: NOVEMBER 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 ***CENTER CLOSED*** **Help Me Grow (1.5-5y)** 9:15-10:15 am	**3** **Snuggles & Cuddles (0-10m)** 9:30-10:30 am **Roadmap to Kinder (4y)** 10:00-11:30 am **Keeping Karamu (2-3y)** 11:30-12:30 pm **Let it Snow! (2-3y)** 1:00-2:00 pm **Collective Mindfulness (3-5y)** 2:30-3:30 pm **Nurturing Parents (ENG)** 5:30-7:30 pm	**4** **Baby Signs (6-23m)** 10:00-11:00 am **Fall Explorers (2-3y)** 10:30-11:30 am **The Kindness Club (3-5y)** 12:30-1:30 pm **VIRTUAL: Tiempo de Té (SPAN)** 1:00-2:30 pm **Emotion Explorers (3-5y)** 2:30-3:30 pm **VIRTUAL: Family Transitions (SPAN)** 5:00-7:00 pm	**5** **Tiny Tunes (0-12m)** 9:30-10:30 am **Swap** 10:00-11:00 am **Magical Winter (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 **Magical Winter (2-3y)** 12:30-1:30 pm **Grateful Grooves (2-3y)** 1:30-2:30 pm	**6** **Busy Bees (12-23m)** 10:00-11:00 am **Ready, Set Play! (0-5y)** 10:00-11:00 am **VIRTUAL: Making Parenting a Pleasure (ENG)** 10:00-11:30 am **Exploring Together (2-3y)** 11:30-12:30 pm **Crafty Caterpillars (12-23m)** 12:30-1:30 pm	**7**
9 **Help Me Grow (1.5-5y)** 9:15-10:15 am **Unity Council Tabling** 10:00-11:00 am **Wonder Tots (12-23m)** 10:00-11:00 am **From Leaves to Snowflakes (2.5-3y)** 10:30-11:30 am **From Leaves to Snowflakes (3-4y)** 12:00-1:00 pm **Polar Bear and Winter Friends (2-3y)** 12:30-1:30 pm	**10** **Snuggles & Cuddles (0-10m)** 9:30-10:30 am **VIRTUAL: Cooking Matters (SPAN)** 10:00-12:00 pm **Roadmap to Kinder (4y)** 10:00-11:30 am **Keeping Karamu (2-3y)** 11:30-12:30 pm **Let it Snow! (2-3y)** 1:00-2:00 pm **Collective Mindfulness (3-5y)** 2:30-3:30 pm **Nurturing Parents (ENG)** 5:30-7:30 pm	**11** ***CENTER CLOSED*** 	**12** **Tiny Tunes (0-12m)** 9:30-10:30 am **Storytime w/ Ms. Bella (1-5y)** 10:00-11:00 am **Magical Winter (2-3y)** 10:00-11:00 am **VIRTUAL: The Village (ENG)** 10:30-11:30 am **Magical Winter (2-3y)** 12:30-1:30 pm **Grateful Grooves (2-3y)** 1:30-2:30 pm	**13** **Busy Bees (12-23m)** 10:00-11:00 am **VIRTUAL: Kidpower Workshop (ENG)** 10:00-11:00 am **Ready, Set Play! (0-5y)** 10:00-11:00 am **VIRTUAL: Making Parenting a Pleasure (ENG)** 10:00-11:30 am **Crafty Caterpillars (12-23m)** 12:30-1:30 pm	**14** **Story Train w/ Mr. Ty (2-5y)** 10:00-10:45 am **Read Aloud w/ Mr. Ty (0-5y)** 11:00-12:00 pm
16 **Help Me Grow (1.5-5y)** ***END*** 9:15-10:15 am **Wonder Tots (12-23m)** 10:00-11:00 am **From Leaves to Snowflakes (2.5-3y)** 10:30-11:30 am **From Leaves to Snowflakes (3-4y)** 12:00-1:00 pm **Polar Bear and Winter Friends (2-3y)** 12:30-1:30 pm	**17** **Snuggles & Cuddles (0-10m)** 9:30-10:30 am **VIRTUAL: Cooking Matters (SPAN)** 10:00-12:00 pm **Roadmap to Kinder (4y)** 10:00-11:30 am **Keeping Karamu (2-3y)** 11:30-12:30 pm **Let it Snow! (2-3y)** 1:00-2:00 pm **Collective Mindfulness (3-5y)** 2:30-3:30 pm **Nurturing Parents (ENG)** 5:30-7:30 pm	**18** **Baby Signs (6-23m)** 10:00-11:00 am **Fall Explorers (2-3y)** 10:30-11:30 am **The Kindness Club (3-5y)** 12:30-1:30 pm **VIRTUAL: Tiempo de Té (SPAN)** 1:00-2:30 pm **Emotion Explorers (3-5y)** 2:30-3:30 pm **VIRTUAL: Family Transitions (SPAN)** 5:00-7:00 pm	**19** **Tiny Tunes (0-12m)** 9:30-10:30 am **VIRTUAL: The Village (ENG)** 10:30-11:30 am **Dad & Me Adventures (2-5y)** 11:30-12:30 pm **Grateful Grooves (2-3y)** 1:30-2:30 pm	**20** **Busy Bees (12-23m)** 10:00-11:00 am **VIRTUAL: Kidpower Workshop (SPAN)** 10:00-11:00 am **Ready, Set Play! (0-5y)** 10:00-11:00 am **VIRTUAL: Making Parenting a Pleasure (ENG)** 10:00-11:30 am **Exploring Together (2-3y)** 11:30-12:30 pm **Crafty Caterpillars (12-23m)** 12:30-1:30 pm	**21** **Story Train w/ Mr. Ty (2-5y)** 10:00-10:45 am **Read Aloud w/ Mr. Ty (0-5y)** 11:00-12:00 pm
23 **Help Me Grow (1.5-5y)** 9:15-10:15 am **From Leaves to Snowflakes (2.5-3y)** 10:30-11:30 am **From Leaves to Snowflakes (3-4y)** 12:00-1:00 pm	**24** **Roadmap to Kinder (4y)** 10:00-11:30 am **Keeping Karamu (2-3y)** 11:30-12:30 pm **Turkey Raffle Giveaway** 1:30-2:30 pm **Collective Mindfulness (3-5y)** 2:30-3:30 pm **Nurturing Parents (ENG)** 5:30-7:30 pm	**25** ***CENTER CLOSED THANKSGIVING BREAK***	**26** ***CENTER CLOSED THANKSGIVING BREAK*** 	**27** ***CENTER CLOSED THANKSGIVING BREAK***	**28** ***CENTER CLOSED THANKSGIVING BREAK***
30 **Help Me Grow (1.5-5y)** 9:15-10:15 am **Wonder Tots (12-23m)** 10:00-11:00 am **From Leaves to Snowflakes (2.5-3y)** 10:30-11:30 am **From Leaves to Snowflakes (3-4y)** 12:00-1:00 pm **Polar Bear and Winter Friends (2-3y)** 12:30-1:30 pm			**CENTER HOURS** **MON, WED, THURS, FRI: 9:00AM-5:00PM** **TUES: 9:00AM-7:30PM** **SAT: 9:30AM-1:30PM**	**PLAYROOM HOURS** **TUES: 12PM-4PM** **WED: 12PM-4PM** **THURS: 12PM-4PM** **FRI: 12PM-4PM** **SAT: 9:30AM-12:30PM**	**CLASS SIGN-UPS**

HIGHLIGHTED = Parent 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

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.

Busy Bees (12-23 months)
An active sensory storytime and art class! We start with an interactive book, then dive into hands-on painting, squishing, and scooping to build toddler fine motor skills.

Collective Mindfulness (3-5 years)
Recognizing, it does take a village and we can extend the love we have through collective mindfulness and play. Engaging in some grounding and mindful exercises with emphasis on sharing and taking turns with activities. A table of books for reference will be available.

Crafty Caterpillars (12-23 months)
Spark curiosity through stories and textures! After a colorful weekly storytime, toddlers explore unique sensory bins and safe crafting materials to build confidence and coordination.

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.

Emotion Explorers (3-5 years)
Big feelings, creative fun! Preschoolers explore an interactive storytime and dive into colorful art projects that help them name, understand, and express their emotions in a positive way.

Exploring Together (2-3 years)
Through hands-on activities, creative experiences, movement, and play, children will have opportunities to explore, discover, and learn in a supportive environment. Each week offers new ways to encourage curiosity, imagination, social interaction, and early learning skills while having fun together.

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.

From Leaves to Snowflakes (2.5-3 years)
A playful seasonal class where little explorers discover the magic of fall and winter through hands-on crafts, sensory play, music, storytelling, and imaginative activities. From colorful leaves and pumpkins to snowflakes and winter fun, children will create, explore, and learn through play while developing creativity, fine motor skills, language, social skills, and sensory awareness.

From Leaves to Snowflakes (3-4 years)
A playful seasonal class where young explorers discover the magic of fall and winter through hands-on crafts, sensory play, music, storytelling, and imaginative activities. From colorful leaves and pumpkins to snowflakes and winter fun, children will create, explore, and learn through play while developing creativity, fine motor skills, language, problem-solving abilities, and social-emotional skills.

Grateful Grooves (2-3 years)
Exploring movement through various songs and activities while emphasizing gratitude and the season! Movement is prioritized with a few activity stations set up. A table of books for reference will be available.

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.

Keeping Karamu (2-3 years)
Specific for African-American families, all are welcome. Gather for a traditional Karamu celebration. Focus heavily on lighting the Kinara and discussing how the family can practice the seven principles (Nguzo Saba) in the coming year. A table of books for reference will be available.

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!

Polar Bear & Winter Friends (2-3 years)
In this playful winter class, children will explore the magical world of the polar bear through music, movement, sensory experiences, art, and imaginative play. Our classroom will become a winter wonderland filled with white and blue colors, pretend snow, ice, soft textures, and polar bear friends. Children will be encouraged to touch, discover, move, dance, create, and learn through hands-on experiences.

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.

Ready, Set, Play! (0-5 years)
Ready, Set, Play is a fun and engaging drop-in style class for families with children ages 0–5. Join us for songs, storytelling, and open play designed to support early learning, social development, and family connection.

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.

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.

The Kindness Club (3-5 years)
Art with a heart! We pair engaging storybooks about friendship with collaborative art projects, helping children practice naming feelings, sharing, and working together.

Tiny Tunes (0-12 months)
Bond with your baby through music and books! Enjoy gentle rhythms, lullabies, and a cozy musical storytime designed to support early language development and learning.

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.

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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: Cooking Matters (SPAN)** Discover fun and practical ways to prepare healthy meals for your family! In this interactive class, families will learn about choosing fruits and vegetables, making nutritious substitutions for everyday foods, planning healthy meals, and creating positive grocery shopping experiences with children. Participants will also receive a weekly bag of groceries to use during the virtual cooking activities, making it easy to practice new skills and recipes at home. **VIRTUAL: Family Transitions (SPAN)** For parents who need extra support as they transition through separation or divorce. This multi-week course focuses on tools for resolving conflicts with former partners, effective co-parenting, and coping with stress. **Due to the intensive nature of the program, parents must attend all classes to receive their certificate of completion, and no make-ups are allowed for missed classes.* **VIRTUAL: Making Parenting a Pleasure (ENG)** 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.

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COMMUNITY EVENTS

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

Storytime with Ms. Bella (1-5 years): November 12th, 10:00-11:00 am

***VIRTUAL* KidPower - Managing Aggressive Behaviors in Young Children Workshop (ENG):** November 13th, 10:00-11:00 am

***VIRTUAL* KidPower - Managing Aggressive Behaviors in Young Children Workshop (SPAN):** November 20th, 10:00-11:00 am

Turkey Raffle Giveaway: November 24th, 1:30-2:30 pm

Diaper Distribution (0-5 years): December 8th, 10:00-11:00 am

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

Kwanzaa Celebration (0-5 years): December 15th, 12:00-1:00 pm

Toys for Tots (0-5 years): December 18th, 10:00-12:00 pm