



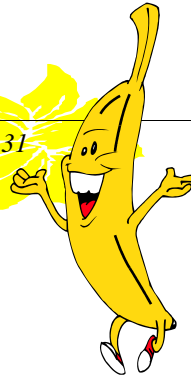
January 2009

The Monument Community First 5 Center

(925) 671-3264

1736 Clayton Rd Concord, CA

(925)-671-3268

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Happy New Year</i>		1 CENTER CLOSED	2 CENTER CLOSED	3
5 Play Time 10 a.m. -12 p.m.	6 	7 TIGO 10 -11:30 a.m.	8 Art with Mommy 9-10:30 a.m. Story Time 11-11:30 a.m. Family Literacy 11:45-2:15 pm Nutrition Class (Spanish) 2:30-4:00 p.m.	9 Mommy and Me Yoga 9-10 a.m. Play Time 1:30-3:30 p.m.	10
12 Play Time 10 a.m. -12 p.m. Wonderful Caregivers 1:30-3:30 p.m.	13 Music Together 9-10 a.m. Music Together 10-11a.m. Family Literacy 11:45-2:15 pm	14 Music Together 9-10 a.m. Music Together 10-11a.m. TIGO 10 -11:30 a.m. Family Literacy 11:45-2:15 pm	15 Art with Mommy 9-10:30 a.m. Story Time 11-11:30 a.m. Family Literacy 11:45-2:15 pm Nutrition Class (Spanish) 2:30-4:00 p.m.	16 Mommy and Me Yoga 9-10 a.m. Tobacco Education 10- 12 p.m. Play Time 1:30-3:30 p.m.	17 Art with Daddy 10:-11:30 a.m.
19 Play Time 10 a.m. -12 p.m.  Dr. Martin Luther King Day	20 Music Together 9-10 a.m. Music Together 10-11a.m. Family Literacy 11:45-2:15 pm Parents Raising Kids in Safe Environments 6-8 pm	21 Music Together 9-10 a.m. Music Together 10-11a.m. TIGO 10 -11:30 a.m. Family Literacy 11:45-2:15 pm	22 Art with Mommy 9-10:30 a.m. Story Time 11-11:30 a.m. Family Literacy 11:45-2:15 pm Nutrition Class (Spanish) 2:30-4:00 p.m.	23 Mommy and Me Yoga 9-10 a.m. Tobacco Education 10- 12 p.m. Play Time 1:30-3:30 p.m.	24
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Program Descriptions

Wonderful Caregivers (Mondays, 1:30-3:30 p.m.) (Caregivers of children 0-5 yrs.)

In collaboration with the Child Care Council this 2 hour workshop is for caregivers such as grandmothers, friends, neighbors, relatives, babysitters, nannies and/or parents who provide care for young children. The topics will cover health and safety issues, discipline, guidance and family support strategies; play as learning/teachable moments, and family literacy. This workshop will incorporate hands-on child-caregiver activities to help participants offer quality activities for children ages 0-5 who are in their care.

Mommy and Me Yoga (Fridays, 9:00-10:00 a.m.) (2 ½ - 5 yrs.)

Nutrition Class (Spanish 2:30-4:00 pm) (Parents with children 0-5 yrs.)

Demonstration and workshop (1 hour total) for parents of children ages 0-5 on how to read food labels. Parents will learn about how to choose healthy foods, and learn appropriate portion sizes for children according to their ages. Parents will learn healthy recipes to encourage the incorporation of more fruits and vegetables into their children's diet.

Play Time (Mondays 10 -12pm & Friday 10-12:00 p.m.)

Play time consists of 2 hours of parent-child age appropriate play. This activity encourages learning, bonding and parent-child interaction while playing and having fun.

Story Time (Thursdays, 10:30-11 a.m. (3-5 years)

Story time is for children ages 3-5, each story will include circle time, the story, song and related literacy and art.

Family Literacy 11:45-2 p.m. (Parent with children 0-3 years) - September 2008- June 2009

In collaboration with MDAE (Mt. Diablo Adult Education) English classes are offered to parent of children ages 0-3. Classes held on Tuesdays, Wednesdays and Thursdays, with a child component, where children come to classes also and learn according to their age development.

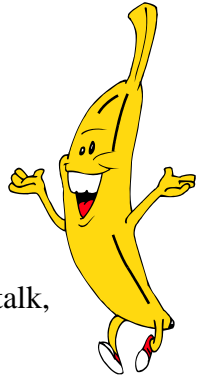
Music Together 9-10 a.m. (0-5 years) 10 Sessions

Music Together 10-11a.m. (0-5 years) 10 Sessions

In a relaxed, playful class children and their parents/caregivers sing, play instruments, and participate in creative movement, regardless of musical ability. Music is learned through developmentally appropriate activities that support and respect the unique learning styles of very young children. Class is for parents/caregivers and children ages 0 months-5 years.

TIGO (Wednesdays, 10:00-11:30 a.m.) (3-5 yrs.)

TIGO is a creative tool designed by First 5 Contra Costa to help parents be their child's first, and most important teacher. This practical resource contains high-quality children's books, learning material, and fun, engaging activities that encourage parents to talk, play, and read with their young children. TIGO is for children ages 3-5 who are not currently in preschool.



Parent Raising Kids in Safe Environments (Tuesdays, 6-8 p.m.) (0-5 years) 10 Sessions

Parents Raising Kids in Safe Environments is a curriculum developed by the American Psychological Association. The class will be conducted in English this session. The parents will learn;

1. how to understand their child's behavior, and learn the age developmental milestones
2. how violence is introduced to the child's life
3. how to will understand how parents can manage their own anger

Art with Daddy 10-11:30 a.m. (3-5 years) 3rd Saturday of the month

Aimed for daddies to bond with their children in a fun way-A class for children ages 3-5 designed for father and child interaction and learning experience. We will explore all kinds of materials, such as clay, gooey gunk, fun objects, paint, markers, stencils, and temperas. Some projects will have themes such as animals, ocean, pirate or construction worker, and others will just be for the sake of discovering material. This is a process-oriented class. Fathers must be present to participate and engage with their children. Class is limited to 12 children plus their parents.

Art with Mommy 9-10:30 a.m (2-5 years) 3 Sessions

Art with Mommy is a program that engages parent involvement with their child in activities that are not only relaxing but also fun for both the child and the parent. Art with Mommy develops essential skills in a pre-school child such as, fine motor skills, eye-hand coordination, and tactile development with exposure to different textures and media. One of the goals of art is the child's development of his/her creativity and self-esteem. We have a lot of fun in a nurturing and non-competitive creative environment at our classes. Art with Mommy is a program designed to developed self-expression, social skills, vocabulary development and an opportunity to begin to learn story telling; by presenting the child with open-ended questions about his/her art.



All Programs are free to children under 5 years old and their families

For information, please call:

Rosa at (925) 671-3268 or Marianela & Jacinda at (925) 671-3264

Hours of Operation

M-F 8:30-5:00 pm

Closed Sat/Sun

