



June 2010



The Monument Community First 5 Center
 1736 Clayton Rd. Concord, CA (925) 808-7359
www.monumentcommunity.org



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Memorial Day	1 Ready, Set, Go! 9-10am #5 My Gym 9-10am #5 My Gym 10-11am Parents As Teacher 10-2pm Family Literacy 11:45-2:30pm	2 MCP Staff Meeting 10-2pm Parents As Teacher 9:30-2:30 Family Literacy 11:45-2:30pm	3 #1 Yoga with Mommy 9-10am Family Literacy 11:45-2:30pm #21 Nurturing Parents 5:45-8:30	4 Parents As Teacher 10-12 Story Time 1:00-1:30 Facilitated Play 1:30-3pm	5 MCP Pride Festival 11-4pm 1500 Monument Blvd.
6	7 #8 Terrific Twos 10-12pm Center Closed 12pm Staff Training 1:30-4:30pm	8 Ready, Set, Go! 9-10am #6 My Gym 9-10am #6 My Gym 10-11am #1 TIGO 10-11:30am Parents As Teacher 10-2pm Family Literacy 11:45-2:30pm	9 Parents As Teacher 9:30-2:30 Family Literacy 11:45-2:30pm	10 #2 Yoga with Mommy 9-10am Family Literacy 11:45-2:30pm #22 Nurturing Parents 5:45-8:30	11 Parents As Teacher 10-12 #2 TIGO 10-11:30am Story Time 1:00-1:30 Facilitated Play 1:30-3pm	12
13	14 #9 Terrific Twos 10-12pm #1 Art with Mommy (2yrs old) 1:30-3:30pm	15 Ready, Set, Go! 9-10am #3 TIGO 10-11:30am Parents As Teacher 10-2pm	16 Parents As Teacher 9:30-2:30 End of the Year Literacy Celebration 12-3pm	17 #3 Yoga with Mommy 9-10am #23 Nurturing Parents 5:45-8:30	18 Parents As Teacher 10-12 #4 TIGO 10-11:30am Story Time 1:00-1:30 Facilitated Play 1:30-3pm	19 Multi Cultural Fair 11-3pm Ellis Park
20	21 #10 Terrific Twos 10-12pm #2 Art with Mommy (2yrs old) 1:30-3:30pm	22 Ready, Set, Go! 9-10am Parents As Teacher 10-2pm	23	24 #4 Yoga with Mommy 9-10am #24 Nurturing Parents 5:45-8:30	25 Center Closed	26
27	28 Center Closed In House Training	29 Center Closed In House Training	30 Center Closed In House Training			

Program Descriptions

Art with Mommy (2 years) 2 Sessions 6/14/10 – 6/21/10

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 develop 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.

Facilitated Play Time: 1:30-3:30pm Friday

Children Age 0 to 5 yrs old will have the opportunity to interact with each other and parents through child –directed play in a safe environment.

Family Literacy: 11:45-2:30pm (Parents with children 0-3 years) Ending 6/10/10

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.

Gym 9-10am (1-2½ years) 6 sessions (5/4/10 – 6/8/10)

This class will include a vast array of fantastic and stimulating experiences for children ages 1-2½ and their parents, including warm-up tumbling skills, gymnastics, music, puppets, games and irresistible group activities to keep the little ones moving.

Gym 10-11am (2½ - 4 years) 6 sessions (5/4/10 – 6/8/10)

This class offers more independent and advanced opportunities for children ages 2½-4 and their parents, including warm-up more advanced tumbling skills and gymnastics, music, puppets, games and irresistible to keep the little ones moving.

Nurturing Parents: 5:45-8:30pm 24 Sessions (1/7/10 – 7/1/10)

The Nurturing Parent Program is a 24 week group-based program. This series focuses on the following topics: recognizing and understanding feelings, nurturing parenting routines, handling stress, alternatives to hitting, communication, child development, and ways to build self-esteem in adults and children. Children participate in age-specific classes, focusing on examining feelings, positive self-talk, communication, making choices and developing personal power. Class is for families with children ages 0-5, and is in English. Dinner provided.

Parents as Teachers: Ages 3-5, 6 sessions (By appointment)

Meet with a parent educator individually for 6 weeks to learn about your child's development thru activities.

Ready, Set, Go! Ages 3-5, 9-10am 5 Sessions

Preschool activities for parents and children

Story Time: 10-11am (3-5 years) ONGOING

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

Terrific Twos 10:00 a.m. – 12:00 noon 10 sessions (4/12/10 – 6/21/10)

This parenting training intervention is focused on strengthening parenting competencies, (monitoring, positive discipline, confidence) and fostering parents' involvement in children's experiences in order to promote children's academic and social competencies and reduce conduct problems.

TIGO 4 Sessions (6/8/10 - 6/18/10)

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.

Yoga with Mommy: 4 Sessions (6/3/10 – 6/24/10)

The Family Yoga program is designed for parent/child pairs to engage in expressive movement, yoga poses, and fun games. Family yoga encourages bonding of parent and child through the process of yoga fitness. The class teaches that overall fitness begins young and is a life-long process, and makes this awareness fun for both children ages 2-5 and parents.

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

For information, please call: (925) 808-7359 General number

Program Specialist: Rosa Hurtado 808-7360

Jacinda Palmer 808-7358 & Roxana Carrasco 270-1994

<http://www.monumentcommunity.org/first-five.htm>

Hours of Operation:

M-F 8:30-4:00 pm