



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Happy New Year!! <b>Center Closed</b>	2 <b>Center Closed</b>	3 <b>Center Closed</b>	4 <b>Center Closed</b>	5 <b>Center Closed</b>
7 Building with Legos (1.5-3y) 9:00-10:00 Let's Explore (1-2) 10:15-11:15 <b>5 Protective Factors</b> 11:30-12:30 1,2,3 Count with Me (2.5-3y) 1:15-2:15 <b>Drop-In Art for All (1-3y) 3:15-4:15</b>	8 Baby Fun Zone (0-6 m) 9:00-10:00 Read, Sing with Me (3y) 10:15-11:15 <b>Art for Stress Relief</b> 11:30-1:00 Alphabet Rocks (2-3y) 1:15-2:15	9 Fun Art (1-2y) 9:00-10:00 Kindertools & Road Map to Kinder (4-5y) 10:30-12:00 <b>Drop In: Pitter Patter</b> (6-12m) 2:00-3:00	10 Help Me Grow (18M-2y) 9:30-11:00 CRS Workshop 11:30-12:30 Help Me Grow (2-3y) 1:15-2:45	11 Staff Development 9-11 <b>Drop-In Play Wiggle Worm</b> (1-2y) 11:15-12:15 Art and Crafts (2-3y) 1:15-2:15 Math & Dancing (2.5-3) 2:30-3:30	12 <b>Daddy &amp; Me Dance Party</b> 10-12 
14 Building with Legos (1.5-3y) 9:00-10:00 Let's Explore (1-2) 10:15-11:15 <b>5 Protective Factors</b> 11:30-12:30 1,2,3 Count with Me (2.5-3y) 1:15-2:15 <b>Drop-In Art for All (1-3y) 3:15-4:15</b>	15 Baby Fun Zone (0-6 m) 9:00-10:00 Read, Sing with Me (3y) 10:15-11:15 <b>Art for Stress Relief</b> 11:30-1:00 Alphabet Rocks (2-3y) 1:15-2:15	16 Fun Art (1-2y) 9:00-10:00 Kindertools & Road Map to Kinder (4-5y) 10:30-12:00 <b>Drop In: Pitter Patter</b> (6-12m) 2:00-3:00	17 Help Me Grow (18M-2y) 9:30-11:00 CRS Workshop 11:30-12:30 Help Me Grow (2-3y) 1:15-2:45	18 Staff Development 9-11 <b>Drop-In Play Wiggle Worm</b> (1-2y) 11:15-12:15 Art and Crafts (2-3y) 1:15-2:15 Math & Dancing (2.5-3) 2:30-3:30	19 <b>Center Closed</b>
21 <b>Dr. Martin Luther King Holiday</b>  <b>Center Closed</b>	22 Baby Fun Zone (0-6 m) 9:00-10:00 Read, Sing with Me (3y) 10:15-11:15 <b>Art for Stress Relief</b> 11:30-1:00 Alphabet Rocks (2-3y) 1:15-2:15	23 Fun Art (1-2y) 9:00-10:00 Kindertools & Road Map to Kinder (4-5y) 10:30-12:00 <b>Drop In: Pitter Patter</b> (6-12m) 2:00-3:00	24 Help Me Grow (18M-2y) 9:30-11:00 CRS Workshop 11:30-12:30 Help Me Grow (2-3y) 1:15-2:45 <b>*Center will be closing at 3:00 p.m.</b>	25 CAC Meeting 9:00-11:00 <b>*Center will be closing at 11:00 a.m.</b>	26 <b>Center Closed</b>
28 <b>Center Closed</b> Follow Us and LIKE us on the EAST County First 5 Center Facebook page for updates regarding the move.	29 <b>Center Closed</b>	30 <b>Center Closed</b>	31 <b>Center Closed</b>	FOLLOW US ON facebook	 New Location: 355 East Leland Road Pittsburg, CA 94565

**Classes Beginning 1/1/19**

**1,2,3 Count with Me (12,244)**

Ages: 3 Years - 4 Years  
 This class will teach counting through play and conversations. You can present the idea of numbers when your child is as young as 12 months by counting small sets of items "How many buttons?" and singing songs and rhymes that include counting, such as "One, two, buckle my shoe."  
 Instructor:  
 1/7/19-2/25/19 Mondays 1:15-2:15 PM

**5 Protective Factors (12,222)**

Ages: - Adults Only  
 Parents will go into a deeper dive in learning more about the 5 Protective Factors that helps strengthen the families.  
 Instructor:  
 1/7/19-2/25/19 Mondays 11:30-12:30 PM

**Alphabet Rocks 2-3yrs (12,254)**

Ages: 2 Years - 3 Years  
 Alphabet Rocks is a fun and child centered approach to teaching literacy through synthetic phonics. With actions for each of the 26 letter sounds, the multi-sensory method is very motivating for children. Using different multi-sensory methods, children learn how to form and write the letters.  
 Instructor: East County Staff  
 1/8/19-2/26/19 Tuesdays 1:15-2:15 PM

**Art for Stress Relief (12,250)**

Ages: - Adults Only  
 Parents will learn how stress can affect parenting and explore art as a method to relieve stress. Relieving stress and self-care are essential in parenting and bonding. Parents will also focus on positive communication and child development.  
 Instructor: Gianna Baldazo  
 1/8/19-2/26/19 Tuesdays 11:30-1:00 PM

**Arts and Crafts (12,258)**

Ages: 3 Years - 5 Years  
 This art class provides a developmental approach to guide each child's self-expression parents and children will build skills engaging in creativity making art together.  
 This class also has a parent education component, designed to provide parents knowledge of how children's art develops through experiences  
 Instructor: East County Staff  
 1/11/19-2/22/19 Fridays 1:15-2:15 PM

**Baby Fun Zone 1yr (12,257)**

Ages: 12 Months - 12 Months  
 This class focuses on the developmental milestones of infants. We will do a variety of hands on activities that parents can continue at home with their child.  
 Instructor: East County Staff  
 1/8/19-2/26/19 Tuesdays 9:00-10:00 AM

**Building with Legos (12,218)**

Ages: 3 Years - 5 Years  
 When kids are at play, they explore the world. When kids create, they express themselves. And when kids build, they solve problems. Our hands-on, Lego curriculum will help children build on their math and science skills through the medium.  
 Instructor: Irma Duenas  
 1/7/19-2/25/19 Mondays 9:00-10:00 AM

**Drop-In Art for All (1-3y) (12,253)**

Ages: 12 Months - 3 Years  
 Art can be fun and educational. Join us for this fun drop in where your toddler will be able to express their creativity.  
 Instructor: East County Staff  
 1/7/19-2/25/19 Mondays 1:15-3:15 PM

**Drop In: Pitter Patter (6-12months) (12,251)**

Ages: 6 Months - 12 Months  
 Join us in exploration of your little ones development. Each week will offer new activities to facilitate growth in the areas of communication, gross motor, problem solving and personal social.  
 Instructor:  
 1/9/19-2/27/19 Wednesdays 2:00-3:00 PM

**Drop- In Play: Wiggle Worm (12,260)**

Ages: 12 Months - 2 Years  
 Your toddler will gain increased confidence through movement and direction and benefit emotionally while having fun!  
 Instructor:  
 1/11/19-2/22/19 Fridays 11:15-12:15 PM

**Fun Art 1-2 yrs. (12,245)**

Ages: 12 Months - 2 Years  
 This art class will help your child to develop cognitive, social and motor skills, A child develops their cognitive skills by exploring color, texture and depth perception which helps improve a child's sensory development.  
 Instructor: Irma Duenas  
 1/9/19-2/27/19 Wednesdays 9:00-10:00 AM

**Help Me Grow Developmental Playgroup (12,247)**

Ages: 18 Months - 3 Years  
 Help Me Grow class was created to address the needs of children based on their ASQ score. The class is designed to stimulate small motor skills, communication, and problem solving skills through addressing concepts of taking turns, identifying self and other, following directions and imitating gestures.  
 Instructor:  
 1/10/19-2/28/19 Thursdays 9:30-11:00 AM

## Classes Beginning 1/1/19

### Help Me Grow Developmental Playgroup (12,248)

Ages: 18 Months - 3 Years

Help Me Grow class was created to address the needs of children based on their ASQ score. The class is designed to stimulate small motor skills, communication, and problem solving skills through addressing concepts of taking turns, identifying self and other, following directions and imitating gestures.

Instructor:

1/10/19-2/28/19      Thursdays      1:15-2:45 PM

### Kinder Tools 4-5 yrs. (12,246)

Ages: 4 Years - 5 Years

In this class we will support the children in developing the linguistic, cognitive, social and emotional building blocks for later development. Providing the foundation for learning both socially and academically that will help your child succeed in kindergarten. With the use of age appropriate curricula children will use their skills and knowledge to help them acquire new skills and knowledge

Instructor: East County Staff

1/9/19-2/27/19      Wednesdays      10:30-12:00 PM

### Lets Explore (12,259)

Ages: 12 Months - 2 Years

Toddlers will explore a variety of sensory, gross/ fine motor and art activities that are focused on their developmental milestones.

Instructor:

1/7/19-2/25/19      Mondays      10:15-11:15 AM

### Math & Dancing (12,261)

Ages: 2 1/2 Years - 3 Years

Come learn and explore number through music and movement.

Instructor: East County Staff

1/11/19-2/22/19      Fridays      2:30-3:30 PM

### Read and Sing with Me 2-3 yrs. (12,249)

Ages: 2 Years - 3 Years

Come learn to read. This class will teach how and exposes your child to early learning skills through the patterns and structures of both spoken and written language with the use of books, songs, rhymes and lots of movement.

Instructor: East County Staff

1/8/19-2/26/19      Tuesdays      10:15-11:15 AM