






## East County First 5 Center

355 East Leland Road Pittsburg, CA 94565 (925) 301-4040

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Hours of Operation</b> Monday 9-4 Tuesday 9-4 Wednesday 9-4 Thursday 9-4 Friday 9-2 Saturday 9-1	<b>Monday – Friday</b> <b>Closed for Lunch</b> <b>12:30 - 1:00<sup>pm</sup></b>	 Find us on <b>facebook</b> East County First 5 Center			<b>1</b> <b>9:30-11:00 Daddy &amp; Me</b> <b>(1-5Y) DROP IN</b>  <b>11:30-12:30</b> Leap to Learn (4-5Y)
<b>3</b> <b>9-10</b> Things that Move (1-2Y) <b>10-11</b> Singing + Playing (1-2Y) <b>11-12</b> Early Learners (2-3Y) <b>1130-12:30</b> Fun Art (2-3Y) <b>11:30-12:30</b> <u>5 Protective Factors</u> <b>1:15-2:15</b> <u>Mamá Con Mamá (Irma)</u> <b>1:30-2:30</b> Science Explorers 3-4Y <b>3-4</b> Math Fun (3-4Y)	<b>4</b> <b>9-10</b> Let's Explore (2-3Y) <b>9-10</b> Music & Movement (6-12M) <b>10:30-11:30</b> Terrific T (1-2Y) <b>1:15-2:15</b> ABC's (3-4Y) <b>2-3</b> Story Adventures (3-4Y)	<b>5</b> <b>9-10</b> <u>Nutrition &amp; Self-Care - Parents</u> <b>9-10</b> Baby Fun Zone (0-6M) <b>10:30-12:00</b> Kindertools & Road Map to K (4-5Y) <b>1:30-2:30</b> Winter Art (3-4Y) <b>3-4</b> <u>Handwriting (4-5Y) DROP IN</u> <b>5-7</b> <u>Making Parenting a Pleasure</u> <u>Parents</u>	<b>6</b> <b>9:30-11:00</b> HMG (18M-2Y) <b>10-11</b> Toddler Fun Zone (1-2Y) <b>11-12</b> <u>Workshop</u> <b>11:30-12:30</b> Dance w/Me (2-3Y) <b>1:15-2:45</b> HMG (2-3Y) <b>1:30-3:00</b> <u>Parents Helping Parents</u> <b>3-4</b> Winter Science (4-5Y)	<b>7</b> <b>9:30-10:30</b> <u>Little One's (0-12) DROP IN</u>  <b>10:45-11:45</b> <u>Wiggle Worm (2-3Y)</u> <b>DROP IN</b>  <b>11-12:30</b> <u>Planning + Organization</u> <u>Parents Class</u> <b>12-1</b> Read With Me (4-5Y) <b>Center Closes@2:00 Staff Mtg</b>	<b>8</b> <b>10-12</b> Dad's Café  <b>11:30-12:30</b> Leap to Learn (4-5Y)
<b>10</b> <b>9-10</b> Things that Move (1-2Y) <b>10-11</b> Singing + Playing (1-2Y) <b>11-12</b> Early Learners (2-3Y) <b>1130-12:30</b> Fun Art (2-3Y) <b>11:30-12:30</b> <u>5 Protective Factors</u> <b>1:15-2:15</b> <u>Mamá Con Mamá (Irma)</u> <b>1:30-2:30</b> Science Explorers 3-4Y <b>3-4</b> Math Fun (3-4Y)	<b>11</b> <b>9-10</b> Let's Explore (2-3Y) <b>9-10</b> Music & Movement (6-12M) <b>10:30-11:30</b> Terrific T (1-2Y) <b>1:15-2:15</b> ABC's (3-4Y) <b>2-3</b> Story Adventures (3-4Y)	<b>12</b> <b>9-10</b> <u>Nutrition &amp; Self-Care - Parents</u> <b>9-10</b> Baby Fun Zone (0-6M) <b>10:30-12:00</b> Kindertools & Road Map to K (4-5Y) <b>1:30-2:30</b> Winter Art (3-4Y) <b>3-4</b> <u>Handwriting (4-5Y) DROP IN</u> <b>5-7</b> <u>Making Parenting a Pleasure</u> <u>Parents</u>	<b>13</b> <b>9:30-11:00</b> HMG (18M-2Y) <b>10-11</b> Toddler Fun Zone (1-2Y) <b>11-12</b> <u>Workshop</u> <b>11:30-12:30</b> Dance w/Me (2-3Y) <b>1:15-2:45</b> HMG (2-3Y) <b>1:30-3:00</b> <u>Parents Helping Parents</u> <b>3-4</b> Winter Science (4-5Y)	 <b>11:00 – 1:00</b> <b>Valentine's Day</b> <b>Potluck Celebration</b> <b>Center Closes@2:00 Staff Mtg</b>	<b>15</b> <b>Center Closed</b>
 <b>Presidents' Day</b> <b>Holiday</b>	<b>18</b> <b>Center Closed</b>	<b>19</b> <b>9-10</b> <u>Nutrition &amp; Self-Care</u> <u>Parents</u>  <b>Center Closed</b>	<b>20</b> <b>9:30-11:00</b> HMG (18M-2Y)  <b>1:15-2:45</b> HMG (2-3Y)  <b>Center Closed</b>	<b>21</b> <b>10:00-12:00</b>  <b>Center Closed</b>	<b>22</b> <b>Center Closed</b>
<b>24</b> <b>Center Closed</b>	<b>25</b> <b>Center Closed</b>	<b>26</b> <b>Center Closed</b>	<b>27</b> <b>9:30-11:00</b> HMG (18M-2Y)  <b>1:15-2:45</b> HMG (2-3Y)  <b>Center Closed</b>	<b>28</b> <b>9-11:00</b> <b>CAC Meeting</b>  <b>Center Closed</b>	<b>29</b> <b>Center Closed</b>

Drop in Area: Monday thru Thursday 10:00-12:00<sup>pm</sup> and 1:00-3:00<sup>pm</sup> \*Friday 10:00-12:00<sup>pm</sup>

**Classes Beginning 1/1/20**

**5 Protective Factors - 5202 (13154)**

Ages: - Adults Only  
 Parents will go into a deeper dive in learning more about the 5 Protective Factors that helps strengthen the families.  
 Instructor: Gianna Baldazo  
 1/6/20-2/10/20 Mondays 11:30AM - 12:30PM

**Fun Math - 5173 (13157)**

Ages: 4 Years - 5 Years  
 Explore the world of math through stories, fun activities and games, preparing your child for kindergarten.  
 Instructor: East County Staff  
 1/6/20-2/10/20 Mondays 03:00PM - 04:00PM

**ABCs - 5006 (13168)**

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  
 1/7/20-2/11/20 Tuesdays 01:15PM - 02:15PM

**Handwriting - 5185 (13178)**

Ages: 4 Years - 5 Years  
 Parents are a child's first and most important teachers. Get Set for School materials encourage family involvement to continue learning activities at home. Lessons sometimes ask families to lend items from home to personalize activities. Many of the activities have taken home components to encourage children to form connections between home and school.

Instructor: Myesha Smith

**Baby Fun Zone 3-9mos - 3715 (13174)**

Ages: 3 Months - 9 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: Stephanie Recinos  
 1/8/20-2/12/20 Wednesdays 09:00AM - 10:00AM

**Help Me Grow Developmental Playgroup - 4221 (13163)**

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: WeCare agency  
 1/9/20-2/27/20 Thursdays 09:30AM - 11:00AM

**Daddy & Me - 5085 (13180)**

Ages: 12 Months - 3 Years  
 This class is designed for fathers to have the opportunity to spend time together, Dads and children will create fun art projects while sharing someone-on-on time with dad.  
 Instructor: Myesha Smith  
 1/11/20-2/8/20 Saturdays 09:30AM - 11:00AM

**Help Me Grow Developmental Playgroup - 4221 (13164)**

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: WeCare agency  
 1/9/20-2/27/20 Thursdays 01:15PM - 02:45PM

**Dancing and Music 8-12 m. - 5014 (13159)**

Ages: 8 Months - 12 Months  
 It's time to dance, sing and play! The class includes songs, creative movement, and interactive activities between caregiver and child. Instructor will introduce parents and children to the importance of listening to music at any age.  
 Instructor:  
 1/9/20-2/13/20 Thursdays 11:30AM - 12:30PM

**Kinder Tools 4-5 yrs. - 3925 (13175)**

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: Stephanie Recinos  
 1/8/20-2/12/20 Wednesdays 10:30AM - 12:00PM

**Fun Art - 5094 (13153)**

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: East County Staff  
 1/6/20-2/10/20 Mondays 11:30AM - 12:30PM

**Leap into Learning - 5076 (13181)**

Ages: 3 Years - 4 Years  
 In this class we will support children in developing their language, cognitive, social and emotional skills needed for their early learning. The skills learned will help the children be successful and knowledgeable for school  
 Instructor:  
 1/11/20-2/8/20 Saturdays 11:30AM - 12:30PM

**Classes Beginning 1/1/20**

**Learn and Play 2-3 yrs. - 4522 (13150)**

Ages: 2 Years - 3 Years  
 This class is specially designed to help young children learn and develop as they play. Our classes also help you learn about your child -- how to participate in and encourage his or her development -- while enjoying the simple pleasure of playing together.  
 Instructor: East County Staff  
 1/6/20-2/10/20 Mondays 11:00AM - 12:00PM

**Lets Explore - 5301 (13165)**

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: East County Staff  
 1/7/20-2/11/20 Tuesdays 09:00AM - 10:00AM

**Little Stars - 3137 (13170)**

Ages: -  
 Instructor: East County Staff  
 1/17/20-2/7/20 Fridays 09:30AM - 10:30AM

**Making Parenting a Pleasure - 5205 (13179)**

Ages: - Adults Only  
 Parents will learn and discuss different parenting styles that will assist in taking care of their children in a positive environment.  
 Instructor: Marika Hinds  
 1/8/20-2/12/20 Wednesdays 05:00PM - 07:00PM

**Mommy to Mommy - 3775 (13155)**

Ages: 0 Months - Adults Only  
 Looking for a chance to speak with other parents about your questions, joys, and challenges as a parent? This class will meet every week to discuss various parenting related topics such as; how to stay organized, discipline healthy food ideas and more. Parents will pick the topics and bring their questions and expertise! Parents helping parents!  
 Instructor: Irma Duenas  
 1/6/20-2/10/20 Mondays 01:15PM - 02:15PM

**Music and Movement - 2020 (13166)**

Ages: 2 Years - 3 Years  
 It's time to dance, sing and play! The class includes songs, creative movement, and interactive activities between caregiver and child.  
 Instructor: East County Staff  
 1/7/20-2/11/20 Tuesdays 09:00AM - 10:00AM

**Organizational Skills - 5242 (13172)**

Ages: - Adults Only  
 Have you ever had a hard time keeping thing organized or better yet yourself. We will learn to use a paper planner to manage all aspects of our families lives. From tracking feedings and development to meal planning and schedules. This concrete support system will help you to get organized and manage your time.  
 Instructor: Gianna Baldazo  
 1/17/20-2/7/20 Fridays 11:00AM - 12:30PM

**Parents Helping Parents - 5380 (13160)**

Ages: -  
 The class will help parents support each other in different topics or concerns in their lives and with their children.  
 Instructor: East County Staff  
 1/9/20-2/13/20 Thursdays 01:30PM - 02:30PM

**Read and Sing with Me 4-5 yrs. - 5167 (13173)**

Ages: 4 Years - 5 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  
 1/10/20-2/7/20 Fridays 12:00PM - 01:00PM

**Road Map to Kindergarten - 4217 (13176)**

Ages: 4 Years - 5 Years  
 This class is designed to help parents prepare for their child's transition to Kindergarten. Parents will receive a Road Map of the year that will help increase their knowledge of Child Development and school readiness indicators, as well as empower them to become active partners in their child's education.  
 Instructor: Irma Duenas  
 1/8/20-2/12/20 Wednesdays 10:30AM - 12:00PM

**Science Fun - 3886 (13156)**

Ages: 3 Years - 4 Years  
 Children will discover the science around them in this interactive class. Children will learn things such as astronomy, seed planting, senses, the body, bugs and insects.  
 Instructor: East County Staff  
 1/6/20-2/10/20 Mondays 01:30PM - 02:30PM

**Science Fun - 3886 (13161)**

Ages: 3 Years - 4 Years  
 Children will discover the science around them in this interactive class. Children will learn things such as astronomy, seed planting, senses, the body, bugs and insects.  
 Instructor: East County Staff  
 1/9/20-2/13/20 Thursdays 03:00PM - 04:00PM

## Classes Beginning 1/1/20

### Singing & Playing - 5369 (13149)

Ages: 12 Months - 2 Years

Children will have the opportunity to interact with each other and read books, sing songs, dance and have fun and a safe environment.

Instructor: East County Staff

1/6/20-2/10/20 Mondays 10:00AM - 11:00AM

### Winter Art - 4089 (13177)

Ages: 2 1/2 Years - 3 Years

This class will provide a developmental approach to guide each child's self-expression. Parents and children will build skills engaging in creativity by making winter art together.

Instructor: Myesha Smith

1/8/20-2/12/20 Wednesdays 01:30PM - 02:30PM

### Story Adventures - 4640 (13169)

Ages: 2 1/2 Years - 3 1/2 Years

This is an interactive story time featuring books, songs, and finger plays theme related. Literacy activities that will boost cognitive skills, pattern recognition, fine motor skills and focus on aspects of STEM and Common Core.

Instructor: Stephanie Recinos

1/7/20-2/11/20 Tuesdays 02:00PM - 03:00PM

### Terrific Toddlers - 5368 (13167)

Ages: 12 Months - 2 Years

This class focuses on the developmental milestones of Toddlers. We will do a variety of hands on activities that parents can continue at home with their child.

Instructor: Irma Duenas

1/7/20-2/11/20 Tuesdays 10:30AM - 11:30AM

### Toddler Fun Zone - 5260 (13158)

Ages: 12 Months - 2 Years

This class focuses on the developmental milestones of Toddlers. We will do a variety of hands on activities that parents can continue at home with their child.

Instructor:

1/9/20-2/13/20 Thursdays 10:00AM - 11:00AM

### Trucks & Trains 1-2 yrs. - 4920 (13162)

Ages: 12 Months - 2 Years

Vroooooom! Come explore with us as we build train tracks, make dump trucks and fly through the air. We will combine art and dramatic play in this class. We will use all our emerging skills from gross motor riding trucks and tricycles to fine motor.

Instructor: East County Staff

1/6/20-2/10/20 Mondays 09:00AM - 10:00AM

### Wiggle Worm - 3669 (13171)

Ages: 12 Months - 2 Years

This art and movement program will help your child build fine motor skills, hand/eye coordination, emotional skills, problem solving, intellectual skills, and creative thinking when executing a project, and learning how to follow directions.

Instructor: East County Staff

1/17/20-2/7/20 Fridays 10:45AM - 11:45AM