

# April 2024

East County First 5 Center | 355 E. Leland Rd. Pittsburg, CA 94565 | (925) 301-4040 Office

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 6:00pm-8:00pm Triple P (P) ENG VIRTUAL	4 9:30am-11:00am Help Me Grow (18M-2Y) - INVITE ONLY 11:30am-1:00pm Help Me Grow (2Y-3Y) - INVITE ONLY 11:30am-1:30pm Hacer de la Familia un Placer (P) IN-PERSON SPA	5 11:00am-1:00pm Effective Black Parenting (P) IN-PERSON ENG	6
8 9:30am-10:30am Book Craft (3Y-4Y) 10:00am-12:00pm Mamá con Mamá (P) IN-PERSON SP 11:00am-12:00pm Drop-In: Spring into Spring 3:30pm-4:30pm Bloom Along (1Y-2Y) 3:30pm-5:00pm Mamá con Mamá (P) VIRTUAL SP	9 10:00am-11:00am Messy Days (1Y-2Y) 10:00am-12:00pm Mentees Positivas (P) SP 11:30am-12:30pm Learn and Play (1Y) 2:30pm-3:30pm Baby Play (6M-11M) 4:00pm-5:00pm Dr. Seuss's Whoville (3Y-4Y) 5:00pm-6:00pm Sisters in Parenting (P) VIRTUAL ENG 6:00pm-7:30pm C.A.L.M. (P) IN-PERSON ENG 6:00pm-7:00pm Ready Kids Parents Group - INVITE ONLY	10 9:30am-10:30am Wonder Hour (6M-12M) 9:30am-11:00am KinderTools (4Y) - NO ENROLLMENT OPENED 9:30am-11:00am Roadmap to Kinder (P) - For KinderTools Parents 10:00am-12:00pm Cooking Matters para Familias SPA (4Y-5Y) 11:00am-12:00pm Storytime Adventure (3Y-4Y) 11:30am-12:30pm African-Americans and the Arts (2Y-5Y) 3:00pm-4:00pm Down on the Farm (2Y) 4:30pm-6:00pm Sanja Mann (P) IN-PERSON PUN 6:00pm-8:00pm Triple P (P) ENG VIRTUAL	11 9:30am-11:00am Help Me Grow (18M-2Y) - INVITE ONLY 10:00am-11:00am Let's Explore (2Y) 11:00am-12:00pm Shake It Out (2Y-5Y) OFFSITE 11:30am-1:00pm Help Me Grow (2Y-3Y) - INVITE ONLY 11:30am-1:30pm Hacer de la Familia un Placer (P) IN-PERSON SPA 3:00pm-4:00pm Fun with Math (3Y) 3:00pm-4:00pm Zumbini (1Y) 4:00pm-5:00pm Around the World in 6 Weeks (4Y-5Y)	12 9:30am-10:30am Math Stars (2Y-3Y) 10:00am-11:00am Baby Signs in Action (0 Months - 18 M) 10:30am-11:30am Toddler Fun Zone (18M-2Y) 11:00am-1:00pm Effective Black Parenting (P) IN-PERSON ENG 11:30am-12:30pm Sensory Play Lab (3Y-4Y) 12:00pm-1:00pm Tandem: Read Out Loud 3:00pm-4:00pm Johnnie Greenstock & the 4 P's of Nutrition (4Y-5Y) 3:00pm-4:00pm Read with Me (3Y)	13 10:00am-11:00am Drop-In: Dad and Me (3Y-5Y) 12:00pm-1:00pm Drop-In: Art (1Y-2Y)
15 9:30am-10:30am Book Craft (3Y-4Y) 10:00am-12:00pm Mamá con Mamá (P) IN-PERSON SP 11:00am-12:00pm Drop-In: Spring into Spring 3:30pm-4:30pm Bloom Along (1Y-2Y) 3:30pm-5:00pm Mamá con Mamá (P) VIRTUAL SP	16 10:00am-11:00am Messy Days (1Y-2Y) 10:00am-11:00am STEM Free Play with the Library (2Y-5Y) 10:00am-12:00pm Mentees Positivas (P) SP 11:30am-12:30pm Learn and Play (1Y) 2:30pm-3:30pm Baby Play (6M-11M) 4:00pm-5:00pm Dr. Seuss's Whoville (3Y-4Y) 6:00pm-7:30pm C.A.L.M. (P) IN-PERSON ENG	17 9:30am-10:30am Wonder Hour (6M-12M) 9:30am-11:00am KinderTools (4Y) - NO ENROLLMENT OPENED 9:30am-11:00am Roadmap to Kinder (P) - For KinderTools Parents 10:00am-12:00pm Cooking Matters para Familias SPA (4Y-5Y) 11:00am-12:00pm Storytime Adventure (3Y-4Y) 11:30am-12:30pm African-Americans and the Arts (2Y-5Y) 3:00pm-4:00pm Down on the Farm (2Y) 4:30pm-6:00pm Sanja Mann (P) IN-PERSON PUN 6:00pm-8:00pm Triple P (P) ENG VIRTUAL	18 9:30am-11:00am Help Me Grow (18M-2Y) - INVITE ONLY 10:00am-11:00am Let's Explore (2Y) 11:00am-12:00pm Shake It Out (2Y-5Y) OFFSITE 11:30am-1:00pm Help Me Grow (2Y-3Y) - INVITE ONLY 11:30am-1:30pm Hacer de la Familia un Placer (P) IN-PERSON SPA 3:00pm-4:00pm Fun with Math (3Y) 3:00pm-4:00pm Zumbini (1Y) 4:00pm-5:00pm Around the World in 6 Weeks (4Y-5Y)	19 9:30am-10:30am Math Stars (2Y-3Y) 10:00am-11:00am Baby Signs in Action (0 Months - 18 M) 10:30am-11:30am Toddler Fun Zone (18M-2Y) 11:00am-1:00pm Effective Black Parenting (P) IN-PERSON ENG 11:30am-12:30pm Sensory Play Lab (3Y-4Y) 3:00pm-4:00pm Johnnie Greenstock & the 4 P's of Nutrition (4Y-5Y) 3:00pm-4:00pm Read with Me (3Y)	20 10:00am-11:00am Drop-In: Dad and Me (3Y-5Y) 12:00pm-1:00pm Drop-In: Art (1Y-2Y)
	23 10:00am-12:00pm Mentees Positivas (P) SP 12:00pm-1:00pm Dads Cafe (Fathers) IN-PERSON 6:00pm-8:00pm C.O.P.E. Supporting Father Engagement (Fathers) VIRTUAL 6:00pm-7:30pm C.A.L.M. (P) IN-PERSON ENG 6:00pm-7:00pm Dads Cafe (Fathers) VIRTUAL	24 6:00pm-8:00pm Triple P (P) ENG VIRTUAL	25 9:30am-11:00am Help Me Grow (18M-2Y) - INVITE ONLY 11:30am-1:00pm Help Me Grow (2Y-3Y) - INVITE ONLY		
	30 6:00pm-8:00pm C.O.P.E. Supporting Father Engagement (Fathers) VIRTUAL			<p><b>CENTER OPERATING HOURS:</b></p> <p>Monday-Thursday 9:00am-6:00pm</p> <p>Friday 9:00am-4:00pm</p> <p><b>MONDAY-FRIDAY: CLOSED FOR LUNCH 1:00PM-2:00PM</b></p> <p>Saturday 9:00am-2:00pm</p>	<p><b>PLAY AREA HOURS:</b></p> <p>Monday-Thursday 9:30am-4:30pm</p> <p>Friday-Saturday 9:30am-1:00pm</p>

# MARCH-APRIL 2024 SESSION: CLASS DESCRIPTIONS

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## CHILDREN CLASSES

### Baby Play (Age group: 6 Months to 11 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.

### Wonder Hour (Age group: 6 Months to 11 Months)

Every week we will be offering a surprise hour of developmentally age-appropriate activities.

### Baby Signs in Action (Age group: 18 Months to 2 Years)

This interactive play group is for families who have already taken the Baby Signs class. It's a place for parents to practice using the Baby signs during this developmentally appropriate playgroup.

### Toddler Fun Zone (Age group: 18 Months to 2 Years)

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

### Zumbini (Age group: 1 Year)

Come join in the fun in bonding with your child through music and reading. This class will help in the social, emotional and cognitive skills in children.

### Learn and Play (Age group: 1 Year)

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 doing activities together.

### Messy Days (Age group: 1 Year to 2 Years)

Let's play in an age-appropriate, kid-friendly mess and we will see children have fun in this class.

### Bloom Along (Age group: 1 Year to 2 Years)

Parents and children work on age-appropriate activities and grow together in this class.

### Let's Explore (Age group: 2 Years)

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

### Down on the Farm (Age group: 2 Years)

In this class we will learn about different aspects of a farm. Families will be given the opportunity to discuss and explore what a farm is and what is in it through dramatic play, art activities, sensory and much more.

### Math Stars (Age group: 2 Years to 3 Years)

Math stars is an interactive class helping children learn the foundation of basic math concepts.

### African-Americans and the Art (Age group: Age group: 2 Years to 5 Years)

Everyone is welcomed! African American artists and their art have been influential while expressing cultural relevance. This class is going to explore some of the amazing concepts of art contributed by different African American artists while exploring their different art forms and providing experiences for yourself.

### Fun with Math (Age group: 3 Years)

Explore the world of math through stories, fun activities and games, helping your child recognize the numbers.

### Read with Me (Age group: 3 Years)

The objective of this class is to encourage daily reading in children. Also in class the children will share which was their favorite book of the week. And the activities of the class will be

appropriate to their age supporting the best development of all their activities.

### Book Craft (Age group: 3 Years to 4 Years)

Books encourage language skills, expression of emotions and exposing children to new words. In this class, we will read and work on making our own book by drawing, adding pictures etc.

### Dr. Seuss's Whoville (Age group: 3 Years to 4 Years)

Dr. Seuss books will be read in this class followed by age-appropriate crafts and activities.

### Sensory Play Lab (Age group: 3 Years to 4 Years)

Young seekers will have the opportunity to explore and learn by using their senses through fun, interactive, hands-on, age appropriate sensory activities.

### Storytime Adventures (Age group: 3 Years to 4 Years)

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

### KinderTools (Age group: 4 Years) **NO ENROLLMENT AVAILABLE FOR THIS CLASS!**

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.

### Around the World in 6 Weeks (Age group: 4 Years to 5 Years)

Let's go around the world in 6 weeks, while knowing the places and creating age-appropriate ethnic crafts.

### Cooking Matters for Families in SPANISH (Age group: 4 Years to 5 Years)

In this parent series families get to learn together and make healthy recipes each week, as they learn different topics of nutrition.

### Johnnie Greenstock and the 4 P's of Nutrition (Age group: 4 Years to 5 Years)

Children will learn the foundation of nutrition and it is important for their bodies through interactive activities that are focused on planting seeds, food preparation, consumption of food, and exercise. The activities will help your child learn the components of nutrition and why it is important for their health.

## DROP-IN CLASSES FOR CHILDREN

### Drop-In Art (Age group: 1 Year to 2 Years)

The process of creating art has countless benefits for young children. From helping them develop an attention span to laying the foundation for important life skills. This Drop in art class provides an outlet for children's self-expression while supporting their development.

### Drop-In Spring into Spring (Age group: 2 Years to 5 Years)

Spring is here!! Come on down for spring season related crafts and activities.

### Drop-In Dad and Me (3 Years to 5 Years)

This class is designed for fathers to have the opportunity to spend time together, Dads and children will create fun art

Continued ⇨

projects while sharing someone-on-on time with dad.

## PARENTING CLASSES

### C.A.L.M. (Cultivating Awareness Learning Mindfulness) ENG - In-Person - Starting March 5th (8 weeks long)

Do you want to learn tips and tools to manage stress and anxiety in a positive way? Come join our interactive workshop where you will learn ways to become more aware of your emotions and feelings, gain new insight into self-care and mindfulness, and explore ways to cope and respond to stressors. Join us for CALM, a workshop designed to cultivate awareness and equip you with the tools you need to thrive.

In this workshop series, you will:

- Recognize and manage stress, anxiety, and depression
- Understand the connection between your mental health and your physical health
- Develop mindful practices for relaxation and focus
- Gain confidence speaking about mental health with friends, family, and colleagues.

### Effective Black Parenting ENG - In-Person

Effective Black Parenting (EBP) is a dynamic and culturally relevant skill building program aiming to promote culturally specific parenting strategies for Black and African American parents through family pride, unity, cohesion and tactics that help address culturally sensitive issues.

### C.O.P.E. Supporting Father Involvement SPA - VIRTUAL - Starting April 23rd to June 11th

C.O.P.E. Family Support Center recognizes the importance of the father's role in their child's life. Based on research evidence that father involvement emerges in the context of a system of relationships, each group meeting will emphasize one of these central aspects of family life including access and improving your relationship with children. For Fathers with Children ages 0-17 years.

### Hacer de la Familia un Placer SPA PART II - In-Person - NO ENROLLMENT AVAILABLE!

Parents will learn and discuss different parenting styles that will assist in taking care of their children in a positive environment.

### Mamá con Mamá SPA - In-Person and VIRTUAL

This class is a support group for Spanish speaking mothers. Various topics related to the upbringing of the child are shared.

### Mentes Positivas SPA - In-Person - Starting March 5th (8 weeks long)

For 8 weeks, you will learn how to identify the cause of stress and anxiety; in addition to strengthening yourself with techniques to regain control of your emotions.

### Sanja Mann PUNJAB/HINDI - In-Person

Focused towards Punjabi/Hindi speaking parents, this curriculum based class gives parents an opportunity to share their thoughts and enhance parenting practices such as self-care, relationship skills, parenting, child development, etc.

### Sisters in Parenting EN - VIRTUAL

Sisters in Parenting is a safe space for African American/ Black moms to come together to discuss culturally relevant parenting and family life topics. This group focuses on sharing, connecting and community building.

### Triple P ENG - VIRTUAL - Starting April 3rd (9 weeks long)

This is a ten week program with the principles to help you deal with almost any situation that might arise. You will also learn effective parenting strategies, how to promote your child's development and how to manage common behavioral issues.

## Workshops/ Events

### Family Power Workshop - HYBRID - March 4th:

Spanish at 10:30am

English at 11:45am

Workshop designed for adults and children to practice safety skills together. The instructors use puppets or stories to introduce a skill then coach parents to practice the skill.

### CAC Parent Cafe - In-Person - March 6th @ 6:00pm

Come join the East County First 5 Center Community Advisory Council (CAC) for an evening of meaningful conversations about what matters most to your family and how the center can support in strengthen that family by building your protective factors.

### STEM Free Play with the Library (Age group: 2 Years to 5 Years) - In-Person - March 19th & April 16th at 10:00am

Come play at the Contra Costa County Library STEM Free Play. STEM teaches young children how to solve problems by using their critical thinking skills. By engaging in STEM learning experiences, children can learn how to examine problems and then create a plan to solve them.

### Dads Cafe ENG - IN-PERSON & VIRTUAL - April 23rd

A Dad's Café engages male caregivers in meaningful conversations about what matters most to their family and how to strengthen that family by building protective factors.