


# May 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>6</b></p> <p>9:30am-10:30am Things that Move (1Y)                      10:00am-12:00pm Mamá con Mamá (P) SPA                      11:00am-12:00pm Drop-In Summer Fun (2Y-5Y)                      2:30pm-3:30pm Creative Minds (3Y)                      3:00pm-5:00pm Black Effective Parenting (P) ENG HYBRID                      3:30pm-4:30pm Handwriting without Tears (4Y-5Y)                      3:30pm-5:00pm Mamá con Mamá (P) SPA VIRTUAL</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <b>First week of session →</b> </div>	<p><b>7</b></p> <p>9:30am-10:30am Move with Me (6M-12M)                      10:00am-11:00am Messy Days (24M-36M)                      10:00am-11:00am Learn &amp; Play (1Y)                      11:30am-12:30pm Story Adventures (2Y)                      3:00pm-4:00pm Math Stars (2Y-3Y)                      3:00pm-4:00pm T.E.A.M. Dad (P) HYBRID                      6:00pm-8:00pm C.O.P.E. Apoyando la Participación del Padre (P) VIRTUAL - CONTINUED</p>	<p><b>8</b></p> <p>9:30am-11:00am KinderTools (4Y) ENROLLMENT NOT OPENED                      9:30am-11:00am Roadmap to Kinder (P) ONLY FOR KINDERTOOLS PARENTS                      11:00am-12:00pm Sensational Senses (12M-24M)                      11:30am-12:30pm Building Together (1Y)                      2:30pm-3:30pm 365 STEAM (3Y-5Y)                      3:00pm-4:00pm Fun with Math (3Y)                      4:00pm-5:00pm Virsa Punjabi (0M-5Y) ONLY FOR PUNJABI/HINDI SPEAKING FAMILIES                      6:00pm-8:00pm Triple (P) ENG - VIRTUAL - CONTINUED - ENROLLMENT CLOSED</p>	<p><b>9</b></p> <p>9:30am-11:00am Help Me Grow (18M-2Y) BY INVITE ONLY                      10:15am-11:15am Infant Massage (6W-5M)                      10:30am-11:30am AFRO Beats (18M-2.5Y)                      10:30am-11:30am Play in the Park (2Y) QFFSITE                      11:00am-12:00pm Shake-It-Out (2Y-5Y) QFFSITE                      11:30am-12:30pm Park Explorers (3Y-5Y) QFFSITE                      11:30am-1:00pm Help Me Grow (2Y-3Y) BY INVITE ONLY                      12:00pm-1:00pm AFRO Beats (2.5Y-5Y)                      3:00pm-4:00pm Science with Dad (3Y) VIRTUAL                      4:00pm-5:00pm Hop, Bounce, Skip (24M-36M)</p>	<p><b>10</b></p> <p>10:00am-11:00am Busy Hands (18M-24M)                      12:00pm-1:00pm Down on the Farm (2Y)</p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">CENTER CLOSED</p>	<p><b>11</b></p>
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<p><b>20</b></p> <p>9:30am-10:30am Things that Move (1Y)                      10:00am-12:00pm Mamá con Mamá (P) SPA                      11:00am-12:00pm Drop-In Summer Fun (2Y-5Y)                      2:30pm-3:30pm Creative Minds (3Y)                      3:00pm-5:00pm Black Effective Parenting (P) ENG HYBRID                      3:30pm-4:30pm Handwriting without Tears (4Y-5Y)                      3:30pm-5:00pm Mamá con Mamá (P) SPA VIRTUAL</p>	<p><b>21</b></p> <p>9:30am-10:30am Move with Me (6M-12M)                      10:00am-11:00am Messy Days (24M-36M)                      10:00am-11:00am Learn &amp; Play (1Y)                      10:00am-11:00am STEM Free Play (2Y-5Y)                      11:30am-12:30pm Story Adventures (2Y)                      3:00pm-4:00pm Math Stars (2Y-3Y)                      3:00pm-4:00pm T.E.A.M. Dad (P) HYBRID                      6:00pm-8:00pm C.O.P.E. Apoyando la Participación del Padre (P) VIRTUAL - CONTINUED</p>	<p><b>22</b></p> <p>9:30am-11:00am KinderTools (4Y) ENROLLMENT NOT OPENED                      9:30am-11:00am Roadmap to Kinder (P) ONLY FOR KINDERTOOLS PARENTS                      11:00am-12:00pm Sensational Senses (12M-24M)                      11:30am-12:30pm Building Together (1Y)                      2:30pm-3:30pm 365 STEAM (3Y-5Y)                      3:00pm-4:00pm Fun with Math (3Y)                      4:00pm-5:00pm Virsa Punjabi (0M-5Y) ONLY FOR PUNJABI/HINDI SPEAKING FAMILIES                      6:00pm-8:00pm Triple (P) ENG - VIRTUAL - CONTINUED - ENROLLMENT CLOSED</p>	<p><b>23</b></p> <p>9:30am-11:00am Help Me Grow (18M-2Y) BY INVITE ONLY                      10:15am-11:15am Infant Massage (6W-5M)                      10:30am-11:30am AFRO Beats (18M-2.5Y)                      10:30am-11:30am Play in the Park (2Y) QFFSITE                      11:00am-12:00pm Shake-It-Out (2Y-5Y) QFFSITE                      11:30am-12:30pm Park Explorers (3Y-5Y) QFFSITE                      11:30am-1:00pm Help Me Grow (2Y-3Y) BY INVITE ONLY                      12:00pm-1:00pm AFRO Beats (2.5Y-5Y)                      3:00pm-4:00pm Science with Dad (3Y) VIRTUAL                      4:00pm-5:00pm Hop, Bounce, Skip (24M-36M)</p>	<p><b>24</b></p> <p>10:00am-11:00am Busy Hands (18M-24M)                      12:00pm-1:00pm Down on the Farm (2Y)</p>	<p><b>25</b></p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">CENTER CLOSED</p>
<p><b>27</b></p> <div style="text-align: center;">  <p style="color: red; font-weight: bold; font-size: 1.2em;">CENTER CLOSED</p> </div>	<p><b>28</b></p> <p>9:30am-10:30am Move with Me (6M-12M)                      10:00am-11:00am Messy Days (24M-36M)                      10:00am-11:00am Learn &amp; Play (1Y)                      11:30am-12:30pm Story Adventures (2Y)                      3:00pm-4:00pm Math Stars (2Y-3Y)                      3:00pm-4:00pm T.E.A.M. Dad (P) HYBRID                      6:00pm-8:00pm C.O.P.E. Apoyando la Participación del Padre (P) VIRTUAL - CONTINUED</p>	<p><b>29</b></p> <p>9:30am-11:00am KinderTools (4Y) ENROLLMENT NOT OPENED                      9:30am-11:00am Roadmap to Kinder (P) ONLY FOR KINDERTOOLS PARENTS                      11:00am-12:00pm Sensational Senses (12M-24M)                      11:30am-12:30pm Building Together (1Y)                      2:30pm-3:30pm 365 STEAM (3Y-5Y)                      3:00pm-4:00pm Fun with Math (3Y)                      4:00pm-5:00pm Virsa Punjabi (0M-5Y) ONLY FOR PUNJABI/HINDI SPEAKING FAMILIES                      6:00pm-8:00pm Triple (P) ENG - VIRTUAL - CONTINUED - ENROLLMENT CLOSED</p>	<p><b>30</b></p> <p>9:30am-11:00am Help Me Grow (18M-2Y) BY INVITE ONLY                      10:15am-11:15am Infant Massage (6W-5M)                      10:30am-11:30am AFRO Beats (18M-2.5Y)                      10:30am-11:30am Play in the Park (2Y) QFFSITE                      11:00am-12:00pm Shake-It-Out (2Y-5Y) QFFSITE                      11:30am-12:30pm Park Explorers (3Y-5Y) QFFSITE                      11:30am-1:00pm Help Me Grow (2Y-3Y) BY INVITE ONLY                      12:00pm-1:00pm AFRO Beats (2.5Y-5Y)                      3:00pm-4:00pm Science with Dad (3Y) VIRTUAL                      4:00pm-5:00pm Hop, Bounce, Skip (24M-36M)</p>	<p><b>31</b></p> <p>10:00am-11:00am Busy Hands (18M-24M)                      12:00pm-1:00pm Down on the Farm (2Y)</p>	<p style="color: red; font-weight: bold; font-size: 1.2em;">CENTER OPERATING HOURS</p> <p><b>Monday-Thursday</b>                      9:00am-1:00pm,                      2:00pm-6:00pm  <b>Friday</b>                      9:00am-1:00pm  <b>Saturday</b>                      9:00am-2:00pm</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">PLAY AREA HOURS</p> <p><b>Monday-Thursday</b>                      9:30am-12:30pm,                      2:30pm-4:30pm  <b>Friday</b>                      9:30am-12:30pm  <b>Saturday</b>                      CLOSED</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">*Center &amp; Play Area are CLOSED from 1:00pm-2:00pm due to lunch time*</p>

Guide: M= Months, Y= Years, P/Highlighted= Parenting class, Yellow Highlight = VIRTUAL (Zoom) class, ENG= Class in ENGLISH, SPA= Class in SPANISH, Highlighted= Drop-In class (No need to enroll for the class beforehand), Highlighted= EVENT

# May to June 2024 Session: Class Descriptions

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## Children Classes

### Infant Massage (6 Weeks to 5 Months)

Class taught by a certified infant massage instructor. The first week parents will receive information about the importance and benefits of infant massage. The next 5 weeks a series of fun and loving massages are carefully incorporated in order to help parents develop a deeper bond with their babies and perhaps benefit their health, development and emotional health.

### Move with Me (6 Months to 12 Months)

It's time to dance, sing and play! This class includes songs, creative movement, and interactive activities between caregiver and child.

### Sensational Senses (12 Months to 24 Months)

This class will be focused on our senses and how to enhance them for toddlers with age-appropriate and some messy activities.

### Building Together (1 Year)

What can we build? In this class we will explore a variety of materials and how we can build with them. Building helps children practice skills important to many areas of their development.

### Learn & Play (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.

### Things that Move (1 Year)

How do things move? In this class, we will work to learn about all the things that move around us including ourselves. Some activities include ball and car ramps and obstacle courses.

### Busy Hands (18 Months to 24 Months)

Children will keep their hands busy by doing different activities that will help them with their fine and gross motor skills. As well as different sensory activities, hands and body movement.

### AFRO Beats (18 Months to 2.5 Years & 2.5 Years to 5 Years)

Everyone is Welcomed! AfroBeats is an exciting music, movement, and drumming class. Come find your rhythm, and increase your child's motor skills and hand/eye coordination with beginning drumming techniques. Each week, families will sing, dance, and play rhythm instruments and music-based games.

### Messy Days (24 Months to 36 Months)

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

### Hop, Bounce, Skip (24 Months to 36 Months)

Movement will be highly encouraged in this class with age-appropriate gross motor activities.

### Down on the Farm (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.

### Play in the Park (2 Years - OFFSITE)

As the name says, in this class the children will come to play in the park always accompanied by an adult. All activities will be appropriate for their age, which seeks to continue supporting their development and improve/acquire skills necessary for their growth.

### Story Adventures (2 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.

### Math Stars (2 Years to 3 Years)

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

### Shake-It-Out (2 Years to 5 Years - OFFSITE)

Come engage with your child in our hour of movement with songs followed by an age-appropriate craft activity.

### Creative Minds (3 Years)

What can you create? In this class we will expand our creativity. Every class will encourage children to explore open ended activities to build their art skills.

### Fun with Math (3 Years)

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

### Science with Dad (3 Years)

Children will discover the basic science around them in this interactive class. Children will find science in the simple things as they combine different materials to create a new one. they will learn things such as seed planting, sensory , and it will encourage their creativity and problem solving with dad's help.

### 365 STEAM (3 Years to 5 Years)

365 STEAM focuses on using fun, hands-on activities to explore Science, Technology, Engineering, Arts and Mathematics. Each class is designed to address a particular skill set by giving children an authentic learning experience related to a real-world context.

### Park Explorers (3 Years to 5 Years - OFFSITE)

Adventure is out there! Come with us to Buchanan Park to explore nature. We will become nature scientists and take a close look at everything from the bottom up!

### KinderTools (4 Years - ENROLLMENT CLOSED)

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.

### Handwriting without Tears (4 Years to 5 Years)

Handwriting without tears is a multi-sensory approach to teach K-5 writing. This class will target to incorporate fun, engaging and developmentally appropriate techniques into practice.

## Drop-In Children Classes (enrollment for class not needed)

### Drop-In Summer Fun (2 Years to 5 Years)

Join us in welcoming summer along with related activities and crafts.

## Parenting Classes

### Black Effective Parenting (For AA families) in 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.

Continued →

**C.O.P.E. Apoyando la Participación del Padre (Enrollment Closed - CONTINUED..) in SPA - VIRTUAL**

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.

**Mamá con Mamá (For Latina/Hispanic mothers) in SPA - VIRTUAL & IN-PERSON**

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

**Roadmap to Kinder (Enrollment Closed - For KinderTools Parents)**

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.

**T.E.A.M. Dad (Only for Fathers) - HYBRID**

Teach, Experience, And Meaningful Conversations

What does it mean to be a DAD? A space for dad's where they can discuss things that matter to them and their families the most. Teach other dads and learn from different experiences. Have meaningful conversations about things dad experience on a daily basis. Discuss tips and tricks, share resources and more!

**Triple P (Enrollment Closed - CONTINUED..)**

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.