SEPTEMBER 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 **CENTER CLOSED**	3 9:30am-10:15am Baby Lab: Tummy Time (2M-6M) 10:30am-11:30am Play with Me (1Y) 12:00pm-1:00pm Science Station (2Y) 12:00pm-1:00pm Storytime and Art (2Y) VIRTUAL 2:30pm-3:30pm Bloom Along (12M-23M) 3:00pm-4:00pm T.E.A.M. DAD (P) ENG 5:00pm-6:00pm Sanja Mann (P) PUN/HIN First week of the session ➪	4 10:00am-11:00am Me on the Map (4Y-5Y) OFFSITE 10:00am-11:30am Kinder Tools (4Y-5Y) ENROLLMENT CLOSED 10:00am-11:00am Roadmap to Kindergarten "RTK" (P) ONLY FOR KINDERTOOLS PARENTS 12:00pm-1:00pm My Big Big Emotions (3Y-4Y) 2:30pm-3:30pm Animal Explorers (3Y) 3:00pm-4:00pm Adventures in Reading with Dad (2Y-5Y) 3:30pm-4:30pm Book Craft (3Y) VIRTUAL 4:30pm-5:30pm Colors of the World (3Y) 6:00pm-7:00pm Everyday Math (4Y-5Y) 6:00pm-8:00pm Hacer de la Familia un Placer en Parejas (P) SPA - CONTINUATION, ENROLLMENT CLOSED	5 9:30am-10:30am Lee y Canta (1Y) SPA 10:00am-12:00pm Cara y Corazón (P) SPA 11:00am-12:00pm Shake-It-Out (2Y-5Y) OFFSITE - CLASS ENROLLMENT THROUGH CONTRA COSTA PITTSBURG PUBLIC LIBRARY 11:30am-12:30pm Season Art (2Y-3Y) 11:30am-12:30pm Music Room (1Y-2Y) VIRTUAL 5:00pm-6:00pm Rooted in Nature (36M-47M) 5:00pm-6:00pm Exploring the Planets (4Y-5Y) 6:00pm-7:00pm Money Mindful Moms; Grocery Shopping on a Budget (P) ENG	6 9:30am-10:30am Learning Garden (2Y) 9:30am-10:30am Coffee and Conversations (P) ENG 10:00am-11:00am Explore, Learn & Play (7M-12M/ Crawlers) 11:00am-12:30pm Mamá con Mamá (P) SPA 11:30am-12:30pm Lets Explore (1Y) 2:30pm-3:30pm Zoo Phonics (3Y-4Y) 2:30pm-3:30pm Storytime and Art (3Y) Food Pantry at 10:00am	7 **EVENT:** 10:30am-1:00pm Grandparents Day Event
9 9:30am-10:30am Mom and Me Folklorica (4Y-5Y) 10:00am-12:00pm Mentes Positivas (P) SPA - 8 weeks 10:30am-11:30am Danceability (3Y-5Y) 11:30am-12:30pm Baby Signs (0M-18M) 1:00pm Center Orientation (P) BILINGUAL - ENGLISH and SPANISH 2:30pm-3:30pm Tiny Tots (12M-18M) 2:30pm-3:30pm Amazing Athletes JumpBunch (3Y-4Y) 2:30pm-3:30pm Baby Zumbini (0-11M) 4:00pm-5:00pm Nutrition and Self-Care (P) BILINGUAL - SPANISH AND ENGLISH	10 9:30am-10:15am Baby Lab: Tummy Time (2M-6M) 10:00am-11:30am Attachment Vitamins (P) ENG 10:30am-11:30am Play with Me (1Y) 12:00pm-1:00pm Science Station (2Y) 12:00pm-1:00pm Storytime and Art (2Y) VIRTUAL 2:30pm-3:30pm Bloom Along (12M-23M) 3:00pm-4:00pm T.E.A.M. DAD (P) ENG 5:00pm-6:00pm Sanja Mann (P) PUN/HIN	11 10:00am-11:00am Me on the Map (4Y-5Y) OFFSITE 10:00am-11:30am Kinder Tools (4Y-5Y) ENROLLMENT CLOSED 10:00am-11:00am Roadmap to Kindergarten "RTK" (P) ONLY FOR KINDERTOOLS PARENTS 12:00pm-1:00pm My Big Big Emotions (3Y-4Y) 2:30pm-3:30pm Animal Explorers (3Y) 3:00pm-4:00pm Adventures in Reading with Dad (2Y-5Y) 3:30pm-4:30pm Book Craft (3Y) VIRTUAL 4:30pm-5:30pm Colors of the World (3Y) 6:00pm-7:00pm Everyday Math (4Y-5Y) 6:00pm-8:00pm Hacer de la Familia un Placer en Parejas (P) SPA - CONTINUATION, ENROLLMENT CLOSED	12 10:00am-12:00pm Cara y Corazón (P) SPA 11:00am-12:00pm Shake-It-Out (2Y-5Y) OFFSITE - CLASS ENROLLMENT THROUGH CONTRA COSTA PITTSBURG PUBLIC LIBRARY 11:30am-12:30pm Season Art (2Y-3Y) 5:00pm-6:00pm Rooted in Nature (36M-47M) 5:00pm-6:00pm Exploring the Planets (4Y-5Y) 6:00pm-7:00pm Money Mindful Moms; Grocery Shopping on a Budget (P) ENG	13 9:30am-10:30am Learning Garden (2Y) 9:30am-10:30am Coffee and Conversations (P) ENG 10:00am-11:00am Explore, Learn & Play (7M-12M/ Crawlers) 11:00am-12:30pm Mamá con Mamá (P) SPA 11:30am-12:30pm Lets Explore (1Y) 2:30pm-3:30pm Zoo Phonics (3Y-4Y) 2:30pm-3:30pm Storytime and Art (3Y) Food Pantry at 10:00am	14 10:00am-11:00am Under the Sea (36M-47M) 11:00am-12:00pm African-American and the Art (2Y-5Y) ENG 12:00pm-1:00pm Summer to Fall (24M-35M)
16 9:30am-10:30am Mom and Me Folklorica (4Y-5Y) 10:00am-12:00pm Mentes Positivas (P) SPA - 8 weeks 10:30am-11:30am Danceability (3Y-5Y) 11:30am-12:30pm Baby Signs (0M-18M) 12:00pm-1:00pm Brightlife Presentation (P) VIRTUAL - ENG 2:30pm-3:30pm Tiny Tots (12M-18M) 2:30pm-3:30pm Amazing Athletes JumpBunch (3Y-4Y) 3:00pm-4:00pm Bilingual Storytime with the Library (2Y-5Y) 2:30pm-3:30pm Baby Zumbini (0-11M) 4:00pm-5:00pm Nutrition and Self-Care (P) BILINGUAL - SPANISH AND ENGLISH	17 9:30am-10:15am Baby Lab: Tummy Time (2M-6M) 10:00am-11:30am Attachment Vitamins (P) ENG 10:30am-11:30am Play with Me (1Y) 12:00pm-1:00pm Science Station (2Y) 12:00pm-1:00pm Storytime and Art (2Y) VIRTUAL 2:30pm-3:30pm Bloom Along (12M-23M) 3:00pm-4:00pm T.E.A.M. DAD (P) ENG 5:00pm-6:00pm Sanja Mann (P) PUN/HIN 5:00PM-7:00PM Sisters in Parenting (P) ENG - VIRTUAL	18 10:00am-11:00am Me on the Map (4Y-5Y) OFFSITE 10:00am-11:30am Kinder Tools (4Y-5Y) ENROLLMENT CLOSED 10:00am-11:00am Roadmap to Kindergarten "RTK" (P) ONLY FOR KINDERTOOLS PARENTS 12:00pm-1:00pm My Big Big Emotions (3Y-4Y) 2:30pm-3:30pm Animal Explorers (3Y) 3:00pm-4:00pm Adventures in Reading with Dad (2Y-5Y) 3:30pm-4:30pm Book Craft (3Y) VIRTUAL 4:30pm-5:30pm Colors of the World (3Y) 6:00pm-7:00pm Everyday Math (4Y-5Y) 6:00pm-8:00pm Hacer de la Familia un Placer en Parejas (P) SPA - CONTINUATION, ENROLLMENT CLOSED	19 9:30am-10:30am Lee y Canta (1Y) SPA 10:00am-12:00pm Cara y Corazón (P) SPA 11:00am-12:00pm Shake-It-Out (2Y-5Y) OFFSITE - CLASS ENROLLMENT THROUGH CONTRA COSTA PITTSBURG PUBLIC LIBRARY 11:30am-12:30pm Season Art (2Y-3Y) 11:30am-12:30pm Music Room (1Y-2Y) VIRTUAL 5:00pm-6:00pm Rooted in Nature (36M-47M) 5:00pm-6:00pm Exploring the Planets (4Y-5Y) 6:00pm-7:00pm Money Mindful Moms; Grocery Shopping on a Budget (P) ENG	20 9:30am-10:30am Learning Garden (2Y) 9:30am-10:30am Coffee and Conversations (P) ENG 10:00am-11:00am Explore, Learn & Play (7M-12M/ Crawlers) 11:00am-12:30pm Mamá con Mamá (P) SPA 11:30am-12:30pm Lets Explore (1Y) 2:30pm-3:30pm Zoo Phonics (3Y-4Y) 2:30pm-3:30pm Storytime and Art (3Y) Food Pantry at 10:00am	21 10:00am-11:00am Under the Sea (36M-47M) 11:00am-12:00pm African-American and the Art (2Y-5Y) ENG 12:00pm-1:00pm Summer to Fall (24M-35M)
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30 9:30am-10:30am Mom and Me Folklorica (4Y-5Y) 10:00am-11:30am Taller: La Calidad del Aire y como se Relaciona con el Asma 10:00am-12:00pm Mentes Positivas (P) SPA - 8 weeks 10:30am-11:30am Danceability (3Y-5Y) 11:30am-12:30pm Baby Signs (0M-18M) 2:30pm-3:30pm Tiny Tots (12M-18M) 2:30pm-3:30pm Amazing Athletes JumpBunch (3Y-4Y) 2:30pm-3:30pm Baby Zumbini (0-11M) 4:00pm-5:00pm Nutrition and Self-Care (P) BILINGUAL - SPANISH AND ENGLISH				CENTER OPERATION HOURS: **Monday-Friday** 9:00am-1:00pm, 2:00pm-6:00pm **CLOSED FOR LUNCH** **1:00PM-2:00PM** **Saturday** 9:00am-2:00pm	PLAY AREA HOURS: **Monday-Thursday** 9:30am-12:30pm, 2:30pm-4:30pm **Friday-Saturday** 9:30am-12:30pm

In partnership with:

FIRST 5 CONTRA COSTA | LINCOLN FAMILIES

Class Descriptions

September-October Session

CHILDREN CLASSES

Baby Zumbini (Age Group: 0 months to 11 months)
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.

Baby Signs (Age Group: 0 months to 18 months)
This interactive play group will help parents learn useful signs, songs and games to begin signing right away. This class will include fun activities and parent education topics to stimulate growth in your baby's motor, cognitive, language, literacy, social and emotional development.

Baby Lab: Tummy Time (Age Group: 2 months to 6 months)
Did you know that tummy time can help babies develop important skills like posture, digestion and preparation for sitting up and crawling? In this class we will be focusing on ways to help parents and babies learn to enjoy tummy time at home.

Explore, Learn, & Play (Age Group: 7 months to 12 months/ Crawlers)
Children get to explore, learn and play, while they interact with other children. Parents/caregivers get to observe and learn about their child's development. This approach will help deepen their connections and set the foundation for raising independent, self-confident, resilient kids.

Tiny Tots (Age Group: 12 months to 18 months)
Engage with your littles and expand on new and developing skills! Activities will center around key milestone skills and adjusted based on participant capabilities.

Bloom Along (Age Group: 12 months to 23 months)
Parents and children work on age-appropriate activities and grow together in this class.

Lee Y Canta SPANISH ONLY (Age Group: 1 year)
Practicing the Spanish language. Let's explore the first steps of reading and singing! In this class we will explore many books and other activities focused on fun topics.

Let's Explore (Age Group: 1 year)
Toddlers will explore a variety of sensory,gross/fine motor, and artistic activities that focus on their developmental milestones.

Play with Me (Age Group: 1 year)
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.

Music Room VIRTUAL (Age Group: 1 year to 2 years)
This virtual class is focused on music and movement activities to help promote the development of gross motor and fine motor skills.

Summer to Fall (Age Group: 24 months to 35 months)
3 weekends of goodbye summer and 3 weekends of welcoming fall age-appropriate activities will be part of this class.

Science Station (Age Group: 2 years)
Welcome to the science station! In this class we will be exploring our curiosity by working with many different science activities and experiments.

Learning Garden (Age Group: 2 years)
We will be exploring different activities that promote outside play, with fun opportunities to build skills.This class will be working together as a team to create our garden space here in East County.

Storytime and Art VIRTUAL (Age Group: 2 years)
Children will come and create activities based on the storybook. Great For their creativity, gross and fine motor skills.

Season Art (Age Group: 2 years to 3 years)
In this class, the children will have the opportunity to create fun seasonal art activities, working in their gross and fine motor, as well as the development of their own creativity.

African American and the Arts ENGLISH (Age Group: 2 years to 5 years)
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.

Reading Adventures with Dad (Age Group: 2 years to 5 years)
Dads come join in the fun of bonding with your child through reading and art! Dads will read with their kids and create art based on the stories we read. Come join us for some fun and creativity!!

Shake-It-Out OFFSITE (Age Group: 2 years to 5 years) REGISTRATION THROUGH CONTRA COSTA PITTSBURG PUBLIC LIBRARY
Come engage with your child in our hour of movement with songs followed by an age-appropriate craft activity.

Animal Explorers (Age group: 3 years)
In this class children will have the opportunity to explore different types of animals through art, songs, games, songs, sensory and much more. Great for their fine & gross motor skills, follow with creativity and imagination.

Book Craft VIRTUAL (Age Group: 3 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.

Colors of the World (Age Group: 3 years)
How do other parts of the world make art? In this class we will explore different art materials and art styles from all around the world. Come and explore with us the beautiful art our world has to offer.

Storytime and Art (Age Group: 3 years)
Children will come and create activities based on the storybook. Great For their creativity, gross and fine motor skills.

Rooted in Nature (Age Group: 36 months to 47 months)
We'll bring nature indoors while planting seeds and learning their growth with age-appropriate activities.

Under the Sea (Age Group: 36 months to 47 months)
We will explore under the sea creatures, plants and habitats while working on a 6 week build-up age-appropriate craft.

Zoo Phonics (Age Group: 3 years to 4 years)
Welcome and get ready to have fun learning! We will work on the alphabet's sounds through games, song, art, and movement.

Amazing Athletes JumpBunch (Age Group: 3 years to 4 years)
Come learn more about how to engage children in the development of their gross motor skills while practicing sequencing patterns and group work by introducing them to the play of organized sports activities, to prepare them for success in life and school!

Danceability (Age Group: 3 years to 5 years)
All abilities and disabilities dance class and creative movement class provide children a creative outlet through dance!

My Big Big Emotions (Age Group: 3 years to 5 years)
Does your child have big emotions? Look no further, come to My Big Big Emotions class, where your children can learn how to identify, manage and understand their emotions. The class will include activities that help them develop skills like empathy, self-regulation, and problem-solving.

Exploring the Planets (Age Group: 4 years to 5 years)
In this class the children will have the opportunity to explore the solar system and the planets, as they create art and learn their function and the planets names.

KinderTools (Age Group: 4 years to 5 years) ENGLISH GROUP and SPANISH GROUP - 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

Everyday Math (Age Group: 4 years to 5 years)
Children are never too young to learn math. As they explore their world, they are learning to count, discriminate shapes, sort objects, and see patterns.Come explore engaging and interactive math activities and deeper your child's understanding of math.

Mom & Me Folklorica (Age Group: 4 years to 5 years)
A dance tradition steeped in Mexican culture, Ballet Folklorico is giving kids a way to connect to their Latino heritage while working on gross motor, coordination, patterning and memory; all important skills for school readiness. And what better way to do it than with mom!

Me on the Map (Age Group: 4 years to 5 years)

Welcome to this **OFFSITE** class which will be held at different locations around our city of Pittsburg every week. Class confirmation emails will include the locations of the 6 weeks.

PARENTING CLASSES

Attachment Vitamins (P) ENGLISH - Starting 9/10-11/12
Attachment Vitamins is a 10 week program designed to assist you and your child in forming a secure attachment and building confidence in your parenting skills.

Cara y Corazon (P) SPANISH
La cultura, la comunidad, la familia pueden intervenir para ayudar a los padres a construir relaciones positivas con sus hijos y con ellos mismos.

Hacer de la Familia un Placer en Parejas (P) SPANISH - CONTINUATION, NO ENROLLMENT
The objective of this class is that by recognizing that each home is UNIQUE, both parents can agree on a "style" of parenting and that this style is done in a lovingly positive environment.

Mamá con Mamá (P) SPANISH
This class is a support group for Spanish speaking mothers. Various topics related to the upbringing of the child are shared.

Mentes Positivas (P) SPANISH - 8 week class
Come learn techniques to manage stress and improve your mood.

Roadmap to Kindergarten (P) ENGLISH GROUP AND SPANISH GROUP - ONLY 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.

Sanja Mann (P) PUNJABI/HINDI
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.

Coffee and Conversations (P) ENGLISH - In-Person
An participative and interactive space of dialogue, discussion and reflection about topics of concern related to parenting and child development.

Sisters In Parenting (P) ENGLISH - Hybrid Class: In- Person/ 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.

- September 9/17/24
- October 10/8/24 Social Event

T.E.A.M. DAD (P) Hybrid Class: In-Person/Virtual
CALLING ALL CENTER DADS
Teach, Experience, And Meaningful Conversations
What does it mean to you to be a DAD? A space for dads where they can discuss things that matter the most to them and their families. Teach other dads and learn from different experiences. Have meaningful conversations about things dad's experience on a daily basis. Discuss tips and tricks, share resources and more!

Nutrition and Self-Care (P) BILINGUAL - Class in SPANISH and ENGLISH
The class will provide parents with tools to help improve healthy family eating habits, physical activity and self-care.

EVENTS & WORKSHOPS
(ENROLLMENT FOR EVENTS AND WORKSHOPS IS REQUIRED IN ORDER TO PARTICIPATE)

HAPPENING IN SEPTEMBER:

- Sept. 5th at 6:00pm Money Mindful Moms; Grocery Shopping on a Budget ENGLISH - VIRTUAL
  Saving money on groceries doesn't have to be overwhelming. Sometimes just becoming more aware makes the biggest difference. Come learn some strategies to becoming a "Money Mindful Mom" when grocery shopping for your family.
- Sept. 7th at 10:30am Grandparents Day Event
  Let's do something grand and celebrate Grandparents. We just love having grandparents participate at the center and want to celebrate their grand importance in our lives. Bring a grandparent and let's celebrate!
- Sept. 9th at 1:00pm Center Orientation VIRTUAL
- Spet. 16th at 12:00pm Brightlife Presentation
- Sept. 23rd at 10:00am Every Woman Counts Health Presentation - ENGLISH VIRTUAL
  Do you know the warning signs and/or symptoms of breast and cervical cancer? We didn't either. Come to this special presentation brought to us by Every Woman Counts and gain some invaluable information that just might save your life!
- Sept. 27th Hispanic Heritage Celebration Event (Everyone is welcomed!)
  Come and celebrate Hispanic Heritage Month with us to honor history, culture, and contributions. Feel free to share a favorite dish and dress in your traditional clothing.
- Sept. 30th 10:00am La calidad del Aire y su Relación con el Asma - SPANISH WORKSHOP
  Learn about air quality and how it affects our health. Learn how climate change affects people with ASTHMA. Families diagnosed with ASTHMA will be able to participate in the raffle for an air purifier.

HAPPENING IN OCTOBER:

- Oct. 8th at 10:00am Every Woman Counts Information Table
  Stop by this information table. Every Woman Counts provides free breast and cervical cancer screening and diagnostic services to California's underserved populations. The mission of the Every Woman Counts Program is to mitigate the devastating medical, emotional and financial effects of breast and cervical cancer and eliminate health disparities for medically underserved, low-income individuals.
- Oct. 14th at 10:00am Hair Care and Beyond ENGLISH (Age Group: 2 years to 5 years)
  Do you want to learn how to take care of your son or daughter's hair? Do you have questions about what products to use on your child's hair? Are you looking for a healthy style that will keep your son or daughter's hair healthy and strong? If you answered yes to any of those questions,look no further.Come explore and learn different ways to maintain and take care of yours and your child's hair. We will focus on the importance of keeping hair clean, what products can be used to maintain it and ways to style our hair.
- Oct. 23rd Spooktacular Fun Event
  Come engage in some family fun in costume or not. We will have some family-friendly fall activities and crafts, and a glow in the dark dance party.
- Oct. 25th TIME TBD Car Seat Safety Check up Event
  Sign up to get your child's car seat professionally checked by one of our CRS team members who is a certified Child Passenger Safety Technician. If determined a new car seat is required, you may be able to receive a replacement car seat and installation training on the spot!
- Oct. 30th at 10:00am Diwali Delights Celebration (Everyone is welcomed!)
  Diwali, festival of lights from India, will be celebrated at East County First 5 along with culturally appropriate arts and crafts.

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