

Delta First 5 Center





Delta First 5 Center February 2025

760 1st. Brentwood, CA 94513 • (925) 516-3880
first5coco.org Facebook: Delta First 5 Center

Open and Free Play Hours

Monday-Friday 8:00-5:00
Saturday 8:00-1:00

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent Classes are Blue Children Classes are Green Drop In or Events are purple					1
3 Dino Adventures (3yrs) 9:30-10:30 24/7 Dad with Tyrell (Adults) 11:00-12:00 Art Adventures (3-4yrs) 11:00-12:00 Ready for Learning (3yrs) 3:00-4:00 Baby Signs (6-16mos) 4:00-5:00	4 Help Me Grow (By Invite) 9:00-10:00 Wiggly Ones (1yr) 10:00-11:00 Make Parenting A Pleasure (Adults) 9:00-10:00 Help Me Grow (By Invite) 11:30-10:30 Food distribution 12:00-2:00 Zumbini (3yrs) 1:00-2:00 Let's Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	5 Bridge to TK (3-4yrs) 9:30-10:30 Roadmap to TK (Adults) 9:30-10:30 Bridge to Kinder (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11:00-12:30 24/7 Dad with Tyrell PM (Adults) 2:30-3:30 Animal Adventures (3-5yrs) 3-4:00 Breastfeeding Support (Adults) 5:30-6:30	6 Terrific Toddlers (2yrs) 9:00-10:00 Smart Bites (3yrs) 11:30-12:30 Bright & Beyond (1-2yrs) 3:00-4:00	7 <i>Fun Friday Play Date (All Ages) 10:00-12:00</i> Winter Science (A) (3-5yrs) 10:00-11:00 Winter Science (B) (3-5yrs) 11:00-12:00 Jump Bunch (3yrs) 1:00-2:00 STEM with cc Libraries 11:00-12:00	8 <i>Dad & Me Time (All Ages) 9:30-11:00</i>
10 Dino Adventures (3yrs) 9:30-10:30 24/7 Dad with Tyrell (Adults) 11:00-12:00 Art Adventures (3-4yrs) 11:00-12:00 Ready for Learning (3yrs) 3:00-4:00 Baby Signs (6-16mos) 4:00-5:00	11 Help Me Grow (By Invite) 9:00-10:00 Wiggly Ones (1yr) 10:00-11:00 Make Parenting A Pleasure (Adults) 9:00-10:00 Help Me Grow (By Invite) 11:30-10:30 Zumbini (3yrs) 1:00-2:00 Parent Café: Love Parenting (Adults) 2:30-3:30 Let's Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	12 Bridge to TK (3-4yrs) 9:30-10:30 Roadmap to TK (Adults) 9:30-10:30 Bridge to Kinder (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11:00-12:30 24/7 Dad with Tyrell PM (Adults) 2:30-3:30 Animal Adventures (3-5yrs) 3-4:00 Breastfeeding Support (Adults) 5:30-6:30	13 Terrific Toddlers (2yrs) 9:00-10:00 Virtual Coffee with the CRS (Adults) 10:00-11:00 Smart Bites (3yrs) 11:30-12:30 Bright & Beyond (1-2yrs) 3:00-4:00	14 <i>Fun Friday Play Date (All Ages) 10:00-12:00</i> Enrollment Begins Winter Science (A) (3-5yrs) 10:00-11:00 Winter Science (B) (3-5yrs) 11:00-12:00 Jump Bunch (3yrs) 1:00-2:00 STEM with cc Libraries 11:00-12:00	15 CLOSED 
17 CLOSED Holiday	18 Help Me Grow (By Invite) 9:00-10:00 Make Parenting A Pleasure (Adults) 9:00-10:00 Help Me Grow (By Invite) 11:30-10:30 Food distribution 12:00-2:00 Let's Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	19 <i>Sweetheart Breakfast Events (All Ages) 10:00-12:00</i> <i>Virtual Potty Training Spanish Workshop (Adults) 3:00-4:00pm</i>	20 	21 Winter Science (A) (3-5yrs) 10:00-11:00 Winter Science (B) (3-5yrs) 11:00-12:00 STEM with cc Libraries 11:00-12:00	22 Session Ends
24 Dino Adventures (3yrs) 9:30-10:30 24/7 Dad with Tyrell (Adults) 11:00-12:00 Art Adventures (3-4yrs) 11:00-12:00 Ready for Learning (3yrs) 3:00-4:00 Baby Signs (6-16mos) 4:00-5:00	25 Help Me Grow (By Invite) 9:00-10:00 Help Me Grow (By Invite) 11:30-10:30	26	27 CLOSED Staff Training	28	 Scan the QR code to enroll

****Food Pantry, Clothing Swap & Free Book Swap Always Available During Open Hours**

Delta First 5 Center **Class and Event Descriptions** **January/February 2025**

Delta First 5 Center



24/7 Dads with Tyrell-Mondays & Wednesdays **(In Person) Adults**

An evidence-based fatherhood program that helps empower father and male caregivers to improve their knowledge behavior and skills of dads of all races, religions, and demographics.

Animal Adventures- Wednesdays **(In Person) 3-5yrs**

Take a journey with us as we find the amazing places where animals live and are found. We'll then learn about each animal individually. Each session will focus on a continent and learn about the animals that live on that continent.

Art Adventure- Mondays **(In Person) 3-4yrs**

In this class, children will have the opportunity to engage with different materials and explore their creating side.

Then we will practice sharing what they create with others.

Baby Signs- Mondays **(In Person) 6mo-16mo**

An interactive playgroup that will help parents and children learn useful signs, songs, and games. Through singing, dancing, and activities that highlight important developmental skills, parents and kids will begin signing right away.

Breastfeeding Support- Wednesdays **(In Person) Adults**

Come together with other mothers who are currently or wanting to breastfeed their children. Talk with others and find support.

Bridge to Kindergarten - Wednesdays **(In Person) 4-5yrs**

Children and parents will begin to learn the skills that will be necessary to be ready for school. Activities will directly coincide with the California standards for kindergarten

Bridge to TK – Wednesdays **(In Person) 3-4yrs**

Children and parents will begin to learn the skills that will be necessary to be ready for school. Activities will directly coincide with California standards for transitional kindergarten

Bright & Beyond - Thursdays

(In Person) 1-2yrs

This class will demonstrate how to use the Bright & Beyond activity cards at home with your child. Bright & Beyond activity cards encourage children's development with easy, enjoyable parent and child activities

Coffee with CRS- Thursdays

(Adult) Virtual

Join the CRS to learning about available resources in the community and to discuss home safety topics. This is a bilingual virtual workshop with our two community resource specialists, Rhea and Rocio.

Dino Adventures- Mondays

(In Person) 3yrs

In this class we will take a journey back millions of years ago to a time where Dinosaurs ruled the world! We'll have fun activities that will teach children about the different types of dinosaurs; behaviors, diet, habitat, are just some of the things we'll explore. So come learn about the prehistoric world.

Drop In Dad and Me Time- Saturdays

(In Person) All Ages

Children have the opportunity to spend quality time with the special male figure in their life. This class will include special projects, breakfast and an unforgettable bonding time.

Drop In Art! - Saturdays

(In Person) All Ages

This class will help build fine motor skills (hand/eye coordination, emotional skills, problem solving, and intellectual skills), creative thinking when executing a project, and learning how to follow directions, social skills that are introduced in a large group setting.

Drop In STEM with CC Library- Fridays

(In Person) All ages

Come explore the world of STEM (science, technology, engineering, and mathematics with the Contra Costa Libraries through fun educational activities).

Food Distribution -Saturdays

(In person) Adults

Join us to pick up food for your family to help stretch the budget. This is an opportunity to obtain supplies and talk about other ways to feed your family.

Fun Friday Play Date- Fridays

(In Person) All Ages

Pop into play in the playroom and meet up with you other families to build social skills for your children as they engage with others.

Help Me Grow- Tuesdays

(In Person) By Referral

This developmental playgroup is designed to assist children who have been identified as needing additional

support through their ASQ (Ages & Stages Questionnaire). Individuals will be contacted by the Center and offered opportunities to participate in this playgroup. If you have further questions please contact a Community Resource Specialist.

Jump Bunch- Fridays

(In Person) 2-5yrs

This class will engage children in the development of their gross motor skills while practicing sequencing patterns and group work by introducing the to play organized sport activities

Let's Count & Match with Ms. Bernice- Tuesdays

(In Person) 3yrs

Parents and caretakers will explore and engage with their children in a fundamental way of learning and matching numbers and colors while children enhance their memory skills through using everyday materials.

Make Parenting A Pleasure- Tuesdays

(In Person) Adults

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

Parent Café - Tuesdays

(In Person) Adults

Parent Cafe engage parents/caregivers in meaningful conversations about what matters most – their family and

how to strengthen that family by building protective factors.

Potty Training – Wednesday

(Virtual) Adults

This workshop will give parents information to assist in potty training their child. Topics of this workshop will include preparing for potty training, signs of readiness from your child, ways to positively reinforce your child and possible setbacks.

Ready for Learning– Mondays

(In person) 3yrs

Children will learn Spanish while being introduced to the concepts of colors, shapes, and letters. Research shows that children who learn a second language exhibit better problem-solving skills, language development, and overall success in school.

Resetting Your Budget in 2025 Workshop-Thursday

(Virtual) Adults

Join us as we create a budget for the new year that will help you reach your 2025 money goals.

Road Map to Kindergarten- Wednesdays

(In Person) Adults

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.

Road Map to TK- Wednesdays

(In Person) Adults

This class is designed to help parents prepare for their children's transition to Transitional Kindergarten. Parents will receive a Road Map of the year that will help increase their knowledge of child development and school readiness.

Smart Bites-Thursdays

(In Person) 3yrs

In this class children will learn about the healthy plate. They will have the opportunity to prepare healthy meals and then they will taste.

Story Time & Art- Fridays

(In Person) 3-5yrs

In the class, families will listen and interact with stories and songs. Then families will have the opportunity to engage in activities that will reflex the stories they heard.

Sweetheart Breakfast Event-Wednesday Feb.19th

(In Person) All Ages

Join us at the center for food, activities and fun focused on the love. Meet other families with kids at similar ages.

Terrific Toddlers- Thursdays

(In Person) 2yrs

Kids will explore the world through their senses. Focusing on the process, not the product, as children discover colors, textures and sounds through art.

Wiggly Ones- Tuesday

(In Person) 1yrs

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

Winter Science- Fridays

(In Person) 3-5yrs

Winter Science is an interactive class that allows children to discover the science around them. This class will all exploration, learning and fun.

Zumbini – Tuesdays

(In Person) 2yrs

The class includes dancing, singing, and playing different instruments for exposure to music and all its benefits. This class introduces the basic moves like moving side-to-side, clapping, bouncing, jumping, toe touches, etc...