Delta First 5 Center
in partnership with: FIRST 5 CONTRA COSTA | Aspiranet HOPE FORWARD

Delta First 5 Center March 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
					1
3	4 *Food Distribution (Adults) 12:00-2:00pm*	5 Triple P Spanish Virtual (Adults) 2:00-4:00pm	*Teaching Your Children About Money Workshop (Adults)** 10:00-11:00* 6	7	8
Session Begins 10 Moms & Stress Relief (Adults) 9:30-10:30 Virtual We Have Rights Series (Adults) 10:00-11:00 Bright & Beyond (1yr) 9:00-10:00 Social Skills (3-5yrs) 11:00-12:00 Ready for Learning Spanish (3yrs) 3:00-4:00 Songs, Stories & Sign Language (3-5yrs) 4:00-5:00	11 Baby Signs (6-16mos) 10:00-11:00 Terrific Toddlers (2yrs) 12:00-1:00 Zumbini (3yrs) 1:00-2:00 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 Kindergarten (4-5yrs) 11:00-12:30 Road Map to Kindergarten (Adults) 11:00-12:30 Triple P Spanish Virtual (Adults) 2:00-4:00pm	13 Wiggly Ones (1yr) 9:00-10:00 *Virtual Coffee with the CRS (Adults) 10:00-11:00* Walking and Nutrition (Adults) 11:00-12:00 Art Adventures (3yrs) 11:00-12:00	14 Mini Garden Science (2-3yrs) 9:00-10:00 Garden Science (3-4yrs) 10:30-11:30 Jump Bunch (3yrs) 1:00-2:00	15 Build with Me! (2-5yrs) 9:30-10:30
17 Moms & Stress Relief (Adults) 9:30-10:30 Virtual We Have Rights Series (Adults) 10:00-11:00 Bright & Beyond (1yr) 9:00-10:00 Social Skills (3-5yrs) 11:00-12:00 Ready for Learning Spanish (3yrs) 3:00-4:00 Songs, Stories & Sign Language (3-5yrs) 4:00-5:00	Baby Signs 18 (6-16mos) 10:00-11:00 *Food Distribution (Adults) 12:00-2:00pm* *Parent Café: (Adults) 2:30-3:30* *Virtual Potty Training Spanish Workshop (Adults) 3:00-4:00* Terrific Toddlers (2yrs) 12-1:00 Zumbini (3yrs) 1:00-2:00 Let's Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	19 Bridge to TK (3-4yrs) 9:30-10:30 Roadmap to TK (Adults) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11:00-12:30 Road Map to Kindergarten (Adults) 11:00-12:30 Triple P Spanish Virtual (Adults) 2:00-4:00pm	20 Wiggly Ones (1yr) 9:00-10:00 Walking and Nutrition (Adults) 11:00-12:00 Art Adventures (3yrs) 11:00-12:00 Dance & Movement (2yrs) 3:00-4:00	21 Mini Garden Science (2-3yrs) 9:00-10:00 Garden Science (3-4yrs) 10:30-11:30 *STEM with CC Libraries (All Ages) 11:00-12:00* Jump Bunch (3yrs) 1:00-2:00	22 Build with Me! (2-5yrs) 9:30-10:30 *Dad & Me Time (All Ages) 10:30-11:30*
24 Moms & Stress Relief (Adults) 9:30-10:30 Virtual We Have Rights Series (Adults) 10:00-11:00 Bright & Beyond (1yr) 9:00-10:00 Social Skills (3-5yrs) 11:00-12:00 Ready for Learning Spanish (3yrs) 3:00-4:00 Songs, Stories & Sign Language (3-5yrs) 4:00-5:00	25 Baby Signs (6-16mos) 10:00-11:00 Terrific Toddlers (2yrs) 12:00-1:00 Zumbini (3yrs) 1:00-2:00 Let's Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30	Bridge to TK 26 (3-4yrs) 9:30-10:30 Roadmap to TK (Adults) 9:30-10:30 *Sharing Stories, Sharing Feeling with Tandem 10:00-12:00* Bridge to Kindergarten (4-5yrs) 11:00-12:30 Road Map to Kindergarten (Adults) 11:00-12:30 Triple P Spanish Virtual (Adults) 2:00-4:00pm	27 Wiggly Ones (1yr) 9:00-10:00 Walking and Nutrition (Adults) 11:00-12:00 Art Adventures (3yrs) 11:00-12:00 Dance & Movement (2yrs) 3:00-4:00	28 Mini Garden Science (2-3yrs) 9:00-10:00 Garden Science (3-4yrs) 10:30-11:30 *EB Parks Naturals present Reptiles Event (All Ages) 10:00-11:00* Jump Bunch (3yrs) 1:00-2:00	29 **CLOSED**
31 **CLOSED** **Holiday**				**KEY:** Parent Classes in Blue Children Classes in Green Events in purple	**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
March/ April 2025

Delta First 5 Center

In partnership with: First 5 Contra Costa | Aspiranet

Art Adventure- Thursdays
(In Person) 3yrs
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- Tuesdays
(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.

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 - Mondays
(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

Build with Me - Saturdays
(In Person) All Ages
Build with Me will focus on using common household items to create homemade toys and learning tools using simple step by step instructions, pictures and visuals to create a unique finished product. Build with Me will engage the primary caregiver and child in building a construction product that the child can use and play with.

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.

Dance & Movement - Thursdays
(In Person) 2yrs
This program is to promote health and fitness while dancing and having fun! This is a great opportunity to practice coordination, following directions, large motor skills, along with social skills in a mixed-age group setting.

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.

EB Parks Naturals present Reptiles Event
(In Person) All of ages
Join us as East Bay Regional Parks' Naturalist come to the center to share and help us explore the world of reptiles. They might even bring some friends with them.

Food Distribution - Tuesday
(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.

Garden Science- Fridays
(In Person) 3-4yrs
It has been shown that children who grow their own food are more likely to try, and eat, more fresh vegetables and fruits. In this class children will get a chance to work hands on in our garden and use what they grow in various ways.

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) 3yrs
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) 3-5yrs
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.

Mini Garden Science- Fridays
(In Person) 2-3yrs
It has been shown that children who grow their own food are more likely to try, and eat, more fresh vegetables and fruits. In this class children from 2-3 years old will get a chance to work hands on in our garden and use what they grow in various ways.

Moms & Stress Relief- Mondays
(In Person) Adults
Hind's Mom and Stress Relief series provide a supportive space for mothers to explore the ways stress impacts both mental and physical health. Through these classes, moms learn to identify stress triggers, gain practical tools for managing daily pressures, and develop coping strategies that promote resilience and well-being. It's a chance to build a personalized toolbox of techniques to handle life's challenges with confidence and balance.

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 Sp. & Eng.– Tuesdays
(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 Sp.– Mondays
(In person) 3yrs
Children will be 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.

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.

Sharing Stories, Sharing Feeling with Tandem – Wed.
(In Person) Adults
Using books to support children's social and emotional skills is not only beneficial, but fun. Join us for an interactive demonstration of how to use picture books to encourage healthy social and emotional development.

Social Play- Mondays
(In Person) 3-5yrs
Through this class children will play and will learn important social skill such as cooperation, communication, empathy, expression, problem solving, control of their emotions, among others.

Songs, Stories, & Sign Language- Mondays
(In Person) 3-5yrs
In this class we will read stories and sing songs that will help build a love for literacy while learning some signs to go along with the books and songs. This will help encourage communication skills in a variety of ways.

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

Teaching Your Children About Money Workshop- Thur.
(In Person) Adults
In this workshop you'll learn some tips on how to teach your kids good money habits that will set them up for success. Children will go to child watch and do a few activities around money as well including going home with a Piggy Bank. Space is limited.

Terrific Toddlers- Tuesdays
(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.

Triple P Spanish-Wednesdays
(Virtual) Adults
This is a positive parenting program. In this class you will learn how to discipline your child, the tough part of parenting, establish a positive learning environment using assertive discipline

Walking and Nutrition-Thursdays
(In Person) Adults
In this class we will be discussing the importance of good health. The adults will be introduced to the benefits of walking for exercise as we take a walk around downtown and learn about highlighted nutritional foods.

We Have Rights Series - Mondays
(Virtual) Adults
This is an empowerment class to prepare for and safely defend our rights during encounters with Immigration & Customs Enforcement (ICE).

Wiggly Ones- Thursdays
(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.