

Monument First 5 Center: JULY 2025

1736 Clayton Rd, Concord, CA 94520 (925)849-8861



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PLAY ROOM HOURS: MON 1:00-4:30 pm TUE 1:00-4:30 pm WED 9:00-4:30 pm THUR 1:00-4:30 pm FRI 12:30-2:30 pm SAT- 9:00-1:00 pm	GARDEN HOURS: MON 11:00-4:30 pm TUE 9:00-4:30 pm WED 9:00-4:30 pm THUR 11:00-4:30 pm FRI 12:30-2:30 pm SAT- 9:00-1:30 pm	2.	3.	4. Center Closed for 4th of July Weekend 	5.
7. Mentes Positivas SP 10:30-12:30pm	8.	9.	10.	11. Prenatal Community Celebration 10:30-12:00pm	12.
14 Garden With Me (24-35m) 9:30-10:30am Mentes Positivas SP 10:30-12:30pm H.W.T (48-71m) 1:30-2:30pm The Wonder Station (24-35m) 3:30-4:30pm	15. Zumbini (12-23m) 9:00-10:00am Mundo Beb� SP (0-11m) 9:00-10:00am Peque�os Chef SP (24-35m) 11:00-12:30pm Me & My Body (36-47m) 1:00-2:00pm Skip, Hop, Jump (12-23m) 3:00-4:00pm	16. Help Me Grow (18-36m) 9:00-10:00am Summer Craft (12-36m) 9:30-10:00am Club de Ni�os SP (36-47m) 10:30-12pm My 5 Senses (36-71m) 2:30-3:10pm Daddy And Me 6:30-7:10pm	17. Club de Padres SP 9:00-10:30am Perinatal Circle of Care 11:00-12:30pm Game Club (48-71m) 4:30-5:30pm	18. La Zona De Diversion (12-23m) SP 9:00-10:00am Music For Me (0-11m) 9:30-10:30am Sprouts H/P 11:00-12:00pm Caring Connections ENG 3:00-4:30pm	19. Drop In: Fun Stations 10:00-11:00am
21. Garden With Me (24-35m) 9:30-10:30am Mentes Positivas SP 10:30-12:30pm H.W.T (48-71m) 1:30-2:30pm The Wonder Station (24-35m) 3:30-4:30pm	22. Zumbini (12-23m) 9:00-10:00am Mundo Beb� SP (0-11m) 9:00-10:00am Peque�os Chef SP (24-35m) 11:00-12:30pm Me & My Body (36-47m) 1:00-2:00pm Skip, Hop, Jump (12-23m) 3:00-4:00pm	23. Help Me Grow (18-36m) 9:00-10:00am Summer Craft (12-35m) 9:30-10:00am Club de Ni�os SP (36-47m) 10:30-12pm Art Expression PART 1 ENG 11:00-12:00pm My 5 Senses (36-71m) 2:30-3:10pm Daddy And Me 6:30-7:10pm	24. Club de Padres SP 9:00-10:30am Perinatal Circle of Care 11:00-12:30pm Game Club (48-71m) 4:30-5:30pm	25. La Zona De Diversion (12-23m) SP 9:00-10:00am Music For Me (0-11m) 9:30-10:30am Sprouts H/P 11:00-12:00pm Caring Connections ENG 3:00-4:30pm	26. Drop In: Fun Stations 10:00-11:00am
28. Garden With Me (24-35m) 9:30-10:30am Mentes Positivas SP 10:30-12:30pm H.W.T (48-71m) 1:30-2:30pm The Wonder Station (24-35m) 3:30-4:30pm	29. Zumbini (12-23m) 9:00-10:00am Mundo Beb� SP (0-11m) 9:00-10:00am Peque�os Chef SP (24-35m) 11:00-12:30pm Me & My Body (36-47m) 1:00-2:00pm Skip, Hop, Jump (12-23m) 3:00-4:00pm	30. Help Me Grow (18-36m) 9:00-10:00am Summer Craft (12-35m) 9:30-10:00am Club de Ni�os SP (36-47m) 10:30-12pm Art Expression PART 2 ENG 11:00-12:00pm My 5 Senses (36-71m) 2:30-3:10pm Daddy And Me 6:30-7:10pm	31. Club de Padres SP 9:00-10:30am Perinatal Circle of Care 11:00-12:30pm Game Club (48-71m) 4:30-5:30pm	CENTER HOURS: MON-WED, FRI 9:00-5:00 pm THU 9:00-8:00 pm SAT 9:00-1:00 pm Highlighted = virtual classes H/P = Hindi/Punjabi SP = Spanish ENG = English parent classes CLASS SIGN UPS:  Aug 15-22	

FOOD PANTRY IN CLASSROOM RESTOCKED EVERY **2ND THURSDAY** OF THE MONTH, AVAILABLE TO ALL FAMILIES.

CLASS DESCRIPTIONS

1736 Clayton Rd, Concord, CA 94520 (925)849-8861

Child Classes	
<p><u>Music For Me (0-11m)</u> A fun class where babies get to explore the world of music through songs, instruments, and movement.</p> <p><u>Mundo Bebé (0-11m) <i>SPANISH</i></u> Este es un espacio para la estimulación temprana. A través del uso de diferentes materiales, juegos sensoriales, actividades motoras, interacción social y estimulación auditiva/visual promoveremos el desarrollo cognitivo, físico, emocional y social, clave en esta etapa tan importante en la vida de tu bebé.</p> <p><u>Zumbini (12-23m)</u> It is an early childhood development class. The Zumbini program is designed to stimulate learning, inspire dance and movement, and strengthen the bond between parent and child.</p> <p><u>Skip, Hop, Jump (12-23m)</u> In this class we will develop large motor skills by dancing, balancing, ball play, ect. This class will help support the coordination in your child muscles, and build their self esteem as you praise them for their abilities!</p> <p><u>La Zona De Diversion (12-23m) <i>SPANISH</i></u> Aprender jugando es la forma favorita que los pequeños tienen para explorar, descubrir y experimentar el mundo. En esta clase estimulamos el desarrollo temprano a través de juegos divertidos que ayudan al niño a potenciar y desarrollar al máximo sus habilidades físicas, intelectuales y psicosociales. Además de promover la interacción en una comunidad donde todos nos divertimos, aprendemos y nos apoyamos.</p> <p><u>VIRTUAL: Summer Craft(12-35m)</u> This class will help build fine motor skills , creative thinking when executing Fun summer craft projects, and learning how to follow directions, social skills all online.</p> <p><u>Garden With Me (24-35m)</u> In this class we will be learning how to plant, and grow seeds,the importance of water and sunlight for gardening, and gardening safety skills.</p> <p><u>Pequeños Chefs (24-35m) <i>SPANISH</i></u> Exploremos el mundo culinario preparando deliciosos bocadillos y observemos a los niños convertirse en pequeños chefs!</p> <p><u>The Wonder Station (24-35m)</u> Children will be exploring different stations and discovering their unique qualities through their shapes, colors and incorporating different activities .</p>	<p><u>Me And My Body (36-47m)</u> In this class toddlers will get a chance to learn about their bodies, by naming their body parts and exploring their function through various crafts and activities.</p> <p><u>Club De Niños (36-47m) <i>SPANISH</i></u> Únase a nosotros mientras exploramos el aprendizaje de los niños a través de divertidas actividades semanales de arte sensorial, ciencia, matemáticas, lectura y pintura.</p> <p><u>VIRTUAL: My 5 Senses (36-71m)</u> We will explore the world around us using our 5 senses: sight, sound, smell, taste, and touch. Perfect opportunity for children to get out of their comfort zone while getting to know their senses.</p> <p><u>H.W.T (Handwriting W/O Tears) (48-71m)</u> This class provides developmentally appropriate, multisensory strategies for early writing. The program follows research of how children learn best and includes materials that address all styles of learning.</p> <p><u>Game Club (48-71m)</u> Explore the world of games with your little one! This fun, hands-on class uses play to build early math, problem-solving, and social skills like sharing and taking turns. Each session is full of connection, learning, and laughter!</p> <p><u>Drop In: Fun Stations</u> Families will get the opportunity to explore different stations set up by the teachers. Kids will explore different areas including math, art, science, sensory play, and more!This class is open for everyone, no need to sign up.</p>

CLASS DESCRIPTIONS

1736 Clayton Rd, Concord, CA 94520 (925)849-8861

Adult Classes	Dad Activities
<p><u>Perinatal Circle of Care</u> This group is designed for expectant mothers in their second trimester to connect with others, providing a safe space for them to freely explore the emotions that arise during this period and prepare for the arrival of their baby.</p> <p><u>Mentes Positivas SPANISH</u> Mentes Positivas en Acción es una clase de 8 semanas que brinda herramientas para manejar el estrés, reducir los síntomas de la depresión y mejorar el estado de ánimo.</p> <p><u>Club de Padres SPANISH</u> En esta clase se reunirán para discutir y aprender sobre temas importantes relacionados con los niños, las familias, la comunidad y ustedes mismos. La clase está diseñada para permitir que establezcan vínculos y sientan el apoyo de los demás participantes.</p> <p><u>Sprouts Hindi/ Punjabi</u> A welcoming space for Hindi and Punjabi-speaking parents to connect, share, and grow together. In this supportive group, we celebrate our cultures, explore the joys and challenges of parenting in a new country, and discuss topics that matter most to our families.</p> <p><u>Caring Connections ENGLISH</u> A Black parent focused support group aimed at supporting parents of children ages 0-5 with the ongoing stressors while utilizing a strengths based, relational approach and the 5 Protective Factors.</p> <p><u>Virtual: Art Expression ENGLISH</u> In this two-part virtual class, parents will explore their emotions and creativity through painting. No art experience needed—just a willingness to express, connect, and create in a supportive space.</p> <p><u>Crianza Con Cariño SPANISH</u> Este programa está diseñado para fortalecer, apoyar y mejorar las habilidades de la crianza en un ambiente que respeta la cultura de cada familia. Para familias con niños de 2-12 años. Se otorgará un bono basado en su asistencia y al completar el programa.</p>	<p><u>VIRTUAL: Daddy & Me class</u> Looking for some one-on-one time with your toddler/preschooler? In this class, dads will get to explore different areas each week such as creative art, open play, science exploration, pre-math skills, music & movement, and story time. Come have fun learning together with us!</p> <p><u>Daddy & Me Social</u> In this event, dads are invited to enjoy with their child(ren) as they get to meet other dads while having dinner together, making a craft activity, and other interactive activities!</p>

Events (Sign ups will be posted as we get closer to the dates)
<p><u>Prenatal Community Celebration!</u>Join us for a special gathering to celebrate expectant mothers with a light brunch, fun activities, and a chance to connect with others. Diapers will be provided for all attendees. This event also kicks off our upcoming <i>Perinatal Circle of Care</i>series—an opportunity for continued support and community in the weeks ahead!</p> <p><u>Crusader's Closet Anniversary Celebration!</u>We're proud to host Crusader's Closet as they celebrate another year of giving back! Families are invited to browse and take home gently used clothing for free. Join us for a day of community, connection, and celebration—with light refreshments and plenty of gratitude to go around!</p> <p><u>Visit from the Regional Park: Mammals!</u>Join us for a special visit from East Bay Regional Park naturalists as we learn all about mammals! Get up close with animal artifacts and discover fun facts about our furry neighbors.</p> <p>We may be adding more events! Check out our social media and in person!</p>