

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CLOSED</b>	<b>Food Distribution Event (Adults) 12-2</b> <b>Nurturing Parents Sp. (Adults) 5:30-8</b>	<b>Virtual Potty-Training Workshop Spanish (Adults) 2:30-3:30</b>	<b>Parent Café (Adults) 10-11</b>		
<b>Session Begins Bloom and Wellness for Moms with Hind (Adults) 9:30-10:30</b> <b>Ready for Learning in Spanish (3yrs) 3-4</b> <b>Road Map to Kindergarten Virtual (Adults) 3-4</b>	<b>Help Me Grow (By Invite) 9-10</b> <b>Fall Science (3yrs) 10-11</b> <b>Helo Me Grow (By Invite) 11-12</b> <b>Zumbini (3yrs) 12-1</b> <b>Count and Match with Ms. Bernice (3-5yrs) 4:30-5:30</b> <b>Nurturing Parents Sp. (Adults) 5:30-8</b>	<b>Danzability (3yrs) 9:30-10:30</b> <b>Bridge to Kindergarten (4-5yrs) 11-12:30</b> <b>Road Map to Kindergarten (Adults) 11-12:30</b> <b>Make Parenting a Pleasure English (Adults) 2-3:30</b> <b>Mini Fall Science (2-3yrs) 3-4</b>	<b>Wiggle Ones (1yr) 9-10</b> <b>Terrific Toddlers (2yrs) 11-12</b> <b>Coffee with the CRS (Adults) 10-11</b> <b>Ready for Learning (3yrs) 3-4</b> <b>Virtual Infant Massage Workshop (Adults) 5-6</b>	<b>Unidas Por un Propósito (Adults) 9-10:30</b> <b>Jump Bunch (3yr) 1-2</b> <b>Gross Motor Play (3yrs) 3:30-4:30</b>	<b>Father and Family Social Event at Pixieland Park in Concord (Must be pre-enrolled)</b>
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## **Delta First 5 Center** **Class and Event Descriptions** **September/ October 2025**

Delta First 5 Center



### **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.

### **Bloom and Wellness for Moms with Hind – Mondays**

**(In Person) Adults**

Hind's Bloom and Wellness for Moms 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.

### **Bridge to Kindergarten - Wednesday**

**(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

### **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.

### **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.

### **Danzability – Wednesdays**

**(In Person) 3yrs**

In this class children and families will get a chance to explore different types of dance from all around the world for any abilities. This class will be offered bilingual and will engage families to explore their physical skills through movement.



### **Drop In Fall Art!- Mondays**

*(In Person) All Ages*

This drop in 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.

### **Fall Science – Tuesdays**

*(In Person) 3yrs old*

This class offers the opportunity to engage with nature and discover the science behind seasonal changes. Through hands-on activities and exploration, children can learn about the world around them in a fun and interactive way.

### **Mini Fall Science – Wednesdays**

*(In Person) 2-3yrs old*

This class offers the opportunity to engage with nature and discover the science behind seasonal changes. Through hands-on activities and exploration, children can learn about the world around them in a fun and interactive way.

### **Fall Art – Saturdays**

*(In Person) 2-5yrs old*

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.

### **Fall Fest – Tuesday Oct. 28<sup>th</sup>**

*(In Person) All Ages*

Join us for this fun event celebrating the changing of the season to fall. We will have pumpkin themed activities, music, food and fun

### **Father and Family Social Event at Pixieland Park in Concord**

*(In Person) All Ages*

Fathers must be present to attend. Join us for an exciting day out with the entire family. We will provide tickets for activities and food for the day. Pre-registration is required, and space is limited.

### **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.

### **Gross Motor Skills – Fridays**

*(In Person) 2-5yrs old*

In this class children will get a chance to explore using their big muscles through activities such as jumping, kicking, throwing and more. Families will discover ways to encourage children building these large muscle groups to help develop and grow.

### **EB Parks Naturals present Birds Event**

*(In Person) All Ages*

Join us as East Bay Regional Parks' Naturalist come to the center to share and help us explore the world of birds. They might even bring some friends with them.

### **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.

### **Infant Massage Workshop– Thursdays**

*(Virtual) Adults*

Infant massage offers a way to enhance the connection between infants and their parents. Parents will learn about different stroking movements that stimulate an infant's growth and development, help soothe common discomforts, and promote restful sleep.

### **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.

### **Make Parenting a Pleasure Eng. – Thursdays**

*(In person) – Adults*

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

### **Nurturing Parents Spanish- Tuesdays**

*(In Person) Adults*

This is an 18 weeks group based program. Parents learn about recognizing and understanding feelings, infant and child massage, nurturing parenting routines, alternatives to hitting, child development and ways to build self-esteem and self-concept.

### **Parent Café - Thursdays**

*(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.– Wednesdays**

*(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.

### **Read Aloud with Tandem**

*(In Person) All Ages*

Come and join Tandem as they share fun stories to read during the fall

### **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.

### **Ready for Learning Eng.- Thursdays**

*(In Person) 3yrs*

Children will be introduced to concepts of colors, shapes, and letters. They will build on skills such as writing, cutting, and working with others.

### **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.

### **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).

### **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.

### **Triple P English – Mondays**

*(Virtual) Adults*

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.

### **Unidas Por Un Proposito - Fridays**

*(In Person) Adults*

United for a Purpose- Spanish only-in person-Fridays 9:00am-10:30am. United for a Purpose is a class that has an initiative filled with love for the human being and with a valuable purpose: the internal recognition, love, and respect that one must have for oneself to shine with one's own light

### **Vitality Workshop – Thursdays**

*(Virtual) Adults*

In this workshop we will have conversations about working together to create a sustainable future for families bridging generations and community together.

### **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.

### **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...