

# October 2025

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



In partnership with:



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>09/29</p> <p><b>GUIDE:</b></p> <p>W = Weeks M = Months Y = Years P = Parents</p> <p>HIGHLIGHTED IN YELLOW = VIRTUAL CLASS</p> <p>ENG = CLASS TAUGHT ONLY IN ENGLISH</p> <p>SPA = CLASS TAUGHT ONLY IN SPANISH</p> <p>B = BILINGUAL CLASS</p>	<p>09/30</p> <p><b>CENTER OPERATING HOURS:</b></p> <p>Monday-Friday 9:00AM-6:00PM</p> <p>Saturday 9:00AM-2:00PM</p> <p><b>PLAY AREA HOURS:</b></p> <p>Monday-Thursday 9:30AM-12:30PM, 2:30PM-4:30PM</p> <p>Friday-Saturday 9:30AM-12:30PM</p> <p>CLOSED FOR LUNCH 1:00PM-2:00PM</p>	<p>1</p> <p>10:00am-11:00am Book Craft (3Y) 10:00am-11:30am KinderTools (4Y-5Y) &amp; RTK (P) ENROLLMENT CLOSED FOR THE YEAR 12:30pm-1:30pm Fantastic Fine Motor (2Y) 3:00pm-4:00pm Let's Move (1Y) 4:30pm-5:30pm Sanja Mann (P) VIRTUAL 5:00pm-7:00pm Book Study: <i>The Black Girl's Guide to Financial Freedom</i> (P) VIRTUAL - ENG ONLY</p>	<p>2</p> <p>9:00am-10:00am HMG - <i>By Invite</i> 9:30am-10:30am ↳ Masaje Infantil (6W-5M) SPA ONLY ↳ Little Melanin Movers: Tummy Time Experience (3W-6M) EQR AA FAMILIES 10:30am-11:30am HMG - <i>By Invite</i> 11:00am-12:00pm ↳ Math Stars (2Y) ↳ OFFSITE: Pete the Cat Adventures (2Y-5Y) 11:00am-12:30pm Mamá con Mamá (P) SPA ONLY - VIRTUAL 11:30am-12:30pm Afro Alphabets Part II (3Y-5Y) 12:00pm-1:00pm ↳ Playing Together (1Y) ↳ Creative Corner (3Y) 5:00pm-6:00pm Handwriting without Tears (4Y)</p>	<p>3</p> <p>9:30am-10:30am Terrific Toddlers (2Y) 10:00am-11:00am ↳ Phonics Train (3Y) VIRTUAL ↳ Toddler Fun Zone (1Y) 10:00am-12:00pm Attachment Vitamins (P) SPA ONLY 11:00am-12:00pm What's in the Ocean? VIRTUAL 12:00pm-1:00pm Dinosaur Discovery (2Y)</p> <div> <p>10:00am-1:00pm Food Pantry</p> <p>FOR ACTIVE PARTICIPATING FAMILIES! EQR AA FAMILIES</p> </div>	<p>4</p> <p>10:00am-11:00am Under the Sea (3Y) 11:00am-12:00pm African Americans &amp; the Arts (2Y-5Y) 12:00pm-1:00pm Toddler Wobbler (2Y)</p>
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<p>20</p> <p>11:30am-1:30pm Triple P Baby (P) ENG ONLY - 7 weeks long - VIRTUAL</p> <div> <p>EVENT</p> <p>4:30pm-6:00pm Daddy &amp; Me Social: Build Together, Bond Forever</p> </div>	<p>21</p> <p>10:00am-11:00am OFFSITE: Me on the Map (4Y-5Y) 12:00pm-1:00pm Eric Carle Adventures (3Y) 3:30pm-4:30pm Messy Days (2Y)</p> <div> <p>EVENT</p> <p>10:00am EBRP: Learning about Reptiles (2Y-5Y)</p> </div> <p>28</p> <div> <p>EVENT</p> <p>4:00PM-6:00PM Parent Cafe: Blooming through Challenges</p> </div>		<p>23</p> <p>9:00am-10:00am HMG - <i>By Invite</i> 10:30am-11:30am HMG - <i>By Invite</i></p> <p>30</p> <p>9:00am-10:00am HMG - <i>By Invite</i> 10:30am-11:30am HMG - <i>By Invite</i></p>		<p>SCAN QR CODE TO ACCESS OUR CENTER'S LINKTREE!</p>

# September-October 2025 Session: Class Descriptions

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## CHILDREN CLASSES

### VIRTUAL CLASSES VIA ZOOM:

#### Phonics Train (3 years) VIRTUAL

Phonics train is a class designed to teach young learners the fundamentals of reading by focusing on letter-sound relationships. This approach aims to build a strong foundation for reading and spelling.

#### Reading with Me (3 years) VIRTUAL

The objective of this class is to promote early literacy and encourage daily reading in children.

#### What's in the Ocean? (4 years) VIRTUAL

This virtual class takes a deep dive into the ocean to explore the creatures that live there through storytimes and art activities.

### OFFSITE CLASSES (TAUGHT OUTSIDE THE CENTER):

#### Me on the Map (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.

### IN-PERSON CLASSES:

#### Little Melanin Movers: A Tummy Time Experience (3 weeks to 6 months) ONLY FOR AFRICAN-AMERICAN FAMILIES

Little Melanin Movers: A Tummy Time Experience is a culturally grounded infant wellness class created just for African American families. Designed for babies ages 0 to 6 months, this class celebrates Black joy, growth, and movement by centering the importance of **tummy time** — a foundational building block for motor skills, strength, and early development.

#### Masaje Infantil (6 weeks to 5 months) SPANISH ONLY

Class taught by a certified infant massage instructor. The first week parents will receive information about the importance and benefits of infant massage. The next 5 weeks a series of fun and loving massages are carefully incorporated in order to help parents develop a deeper bond with their babies and perhaps benefit their health, development and emotional health.

#### Fall Wonderland (1 year)

How can we have fun during the Fall? In this class we are going to explore fun activities for the Fall season.

#### Lee y Canta (1 year) SPANISH ONLY

Practicing Spanish. Let's explore the first steps of reading and singing! In this class, we'll explore many books and other activities focused on fun topics.

#### Let's Move (1 year)

Come and move along with your child while exploring additional gross motor age-appropriate activities that can be practiced at home as well.

#### Playing Together (1 year)

Children will do a variety of hands-on activities that parents can continue at home with their child by using different home materials.

#### Toddler Fun Zone (1 year)

In this class we will explore many fun activities in order to practice many important skills like problem solving, exploring and socializing, followed by fine and gross motor skills.

#### Aprendiendo Juntos (2 years) SPANISH ONLY

How do we play together? In this class, we'll practice the basics of using space, sharing toys, and continuing to build important skills for this stage of development.

#### Dinosaur Discovery (2 years)

Come and discover the world of dinosaurs through art, play, conversations, sensory and much more.

#### Fantastic Fine Motor (2 years)

In this class children will focus on developing and improving the ability to use small muscles in the hands, finger, and wrist for precise movements. Great to inhale coordination and control which are essential for tasks like writing, drawing, cutting and

manipulating objects.

#### Math Stars (2 years)

Come and build your foundation of early math skills. Exploring multiple activities, we will be learning about shapes, numbers and other early math concepts.

#### Messy Days (2 years)

Let's play with an age-appropriate, kid-friendly messy activity and we will see children have fun in this class.

#### My 5 Senses (2 years)

This class is designed to introduce young learners to the world through their senses. By having engaging activities, children will explore sound, smell, taste, sight and touch.

#### Terrific Toddlers (2 years)

In this class we will explore many fun activities in order to practice many important skills like problem-solving, exploring and socializing.

#### Toddler Wobbler (2 years)

This class will focus on developing foundational skills such as motor skills, language development and sensory exploration in a nurturing environment through supervised play and age-appropriate activities.

#### African Americans and the Arts (2 years to 5 years)

African American artists have long shaped the cultural landscape through powerful and innovative expressions of identity, history, and creativity. This class invites you and your family to explore the rich legacy of African American art, celebrating a wide range of artists, styles, and movements. Together, we'll dive into the stories behind their work, discover the meaning behind their techniques, and enjoy hands-on art activities inspired by their contributions.

#### Pete the Cat Adventures (2 years to 5 years)

Pete the Cat books work with children to assist with problem-solving, emphasis on calm reactions, developing vocabulary, and many more. Let's explore the books together!!

#### Book Craft (3 years)

Books encourage language skills, expression of emotions and exposing children to new words. We will read a new book every week and work on crafts based on the book.

#### Creative Corner (3 years)

What can you create? In this class we will explore our creativity. Each class will provide an opportunity to practice and learn many skills in a fun way while creating art.

#### Eric Carle Adventures (3 years)

Let's embark on a vibrant journey into the world of Eric Carle, reading and exploring his iconic books.

#### Reading Together (3 years)

The objective of this class is to encourage daily reading in children. Also in class the children will share which was their favorite book of the week. And the activities of the class will be appropriate to their age supporting the best development of all their activities.

#### What's in the Garden? (3 years)

This class invites families to explore the wonders of nature through a variety of activities, projects and stories. In this class we will be using our indoor classroom as well as our outside space.

#### Under the Sea (3 years)

We will explore under the sea creatures, plants and habitats while working on a 6 week build-up age-appropriate craft.

#### Afro Alphabet Adventures Part II

Join us for a joyful journey through the alphabet that celebrates African heritage, culture, and identity! In this fun and engaging class, children will explore each letter of the alphabet through the vibrant lens of the *Afro Alphabet*, learning new words, songs, stories, and art activities that reflect the richness of the African diaspora.

#### Handwriting without Tears (4 years)

Handwriting without tears is a multi-sensory approach to teach K-5 writing. This class will target to incorporate fun, engaging and developmentally appropriate techniques into practice.

#### Fall Art (4 years)

This class is a wonderful opportunity for children to learn about the different seasons of the year. Children will be read to and they will have hands-on activities as well as art projects to discover the

world around them.

#### KinderTools (4 years to 5 years) **ENROLLMENT CLOSED FOR THE YEAR**

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.

#### Reading Room (5 years)

Get your listening ears and looking eyes ready for this story adventure! In our reading room class students will be exploring a new book and theme every week.

## PARENTING CLASSES

### **VIRTUAL CLASSES VIA ZOOM:**

#### Triple P Baby - ENGLISH ONLY - **VIRTUAL**

Becoming a parent is a joyful, life-changing experience, but it can also come with its fair share of challenges. Triple P Baby is a supportive class designed for expecting parents and caregivers of babies through their first year of life. This class helps you build a strong, positive relationship with your baby right from the start. It will focus on topics on how to bond and communicate with your baby, strategies for promoting healthy development, ways to manage common parenting challenges like sleep, feeding, and crying, as well as how to support your own wellbeing. This class offers practical tools, expert guidance, and a chance to connect with other parents in a supportive, non-judgmental environment.

#### Book Study: The Black Girl's Guide to Financial Freedom - ONLY FOR AFRICAN AMERICAN MOTHERS/CAREGIVERS - **VIRTUAL**

Rooted in sisterhood, self-empowerment, and generational healing, *The Black Girl's Guide to Financial Freedom* is a 6-week transformative class designed specifically for Black women who are ready to reclaim their financial power. Based on the powerful book by Paris Woods, this course blends practical money management strategies with meaningful conversations about wealth, self-worth, and economic liberation.

#### Mamá con Mamá - ONLY FOR SPANISH SPEAKING MOTHERS - **VIRTUAL**

Looking for an opportunity to talk with other moms about their questions, joys, and challenges as a mom? Each week, this class will meet to discuss various parenting topics, such as staying organized, discipline, healthy food ideas, and more. It's more than a class: it's a support group: Moms Helping Moms!

#### Sanja Mann - PUNJABI/HINDI ONLY - **VIRTUAL**

Focused towards ALL families from South Asia, (facilitator speaks Punjabi, Hindi and Urdu), 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.

#### T.E.A.M. Dad - ENGLISH ONLY - **VIRTUAL**

Teach, Experience and Meaningful Conversation  
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. Discuss tips and tricks, share resources and more!

### **IN-PERSON CLASSES:**

#### Crianza con Cariño (CONTINUATION..)

Goal: To make "Loving Parenting a way of life." Loving Parenting classes focus on teaching parents and children how to take care of themselves, others, their environment, their pets, and their belongings, thus avoiding the dangers of drugs, alcohol, and other harmful activities.

#### Hacer de la Familia un Placer para Parejas (CONTINUATION..)

The goal of this class is to recognize that each home is unique, enabling both parents to agree on a parenting style and for this style to be carried out in a loving and positive environment.

## EVENTS

### Heritage Festival - Friday, 09/19/2025 4:00pm-6:00pm

Join us for this cultural celebration: Heritage Festival! We will have fun making piñatas, playing games like Loteria and enjoying some traditional flavors.

### Daddy & Me Social: Build Together, Bond Forever - Monday, 10/20/2025

Get ready for a brick-tastic bonding experience! Join us for a special Daddy & Me LEGO Event, where dads and kids team up to build, create, and play together. Whether you're constructing towering castles, speedy race cars, or wild inventions, this is the perfect chance to let your imaginations run wild. Enjoy hands-on fun, laughter, and quality time that both you and your child will remember—just bring your creativity!

### Sisters in Parenting **VIRTUAL**

Dates: 09/09/2025 & 10/07/2025 - 5:00PM-7:00PM

Sisters in Parenting is a nurturing and empowering safe space created for African American/Black mothers to come together in sisterhood. Rooted in cultural relevance and collective wisdom, this group centers on open dialogue, shared experiences, and meaningful connections.

### Exploring India on Diwali - Friday, 10/17/2025

5:30pm-7:30pm

Known as the festival of lights, Diwali is a celebration of the triumph of good over evil and light over darkness with various regional interpretations and traditions. It's a time for family gatherings, exchanging gifts, decorating homes with lights and rangoli and enjoying delicious feasts. We invite you to join us in lighting up our center on Diwali with family friendly crafts and activities.

### Care Closet - Saturday, 10/18/2025 11:00am-2:00pm

A day where participants can exchange their valued but no longer used clothing for clothing they will use. Clothing swaps are considered not only a good way to refill your wardrobe, but also are considered as an act of environmentalism. Leftover clothing will be donated.

### EBRP: Learning about Reptiles! - Tuesday, 10/21/2025 10:00am

Join us for an educational event with **East Bay Regional Parks** as we explore the fascinating world of **reptiles!**

### Parent Café: Blooming through Challenges - Tuesday, 10/28/2025 4:00pm-6:00pm

Join us for a Parent Café that focuses on parental and personal resilience. A powerful, supportive community space where parents connect, reflect, and build inner strength needed to thrive in both family life and personal development.

### Follow us on social media!



Instagram: @eastcountyfirst5center



Facebook: East County First 5 Center

### East County First 5 Center's Linktree

