

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Bright and Beyond AM (1-2yrs) 9-10 Bright And Beyond PM (1-2yrs) 3-4 Virtual Office Hours 5-6:30 Virtual Triple P (Adults) 6-8 	2 Help Me Grow (By Invite) 9-10 Terrific Toddlers AM (2yrs) 10-11 Help Me Grow (By Invite) 11-12 Food Distribution Event (Adults) 11-12:30 Terrific Toddlers PM (2yrs) 3-4 Count and Match with Ms. Bernice (3-5yrs) 4:30-5:30 Virtual Office Hours 5-6:30 Nurturing Parents Sp. (Adults) 5:30-8	3 Danzability (3yrs) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Kinder Readiness (3-5yrs) 3-4 Road Map to Kindergarten Virtual (Adults) 5-6 Virtual Father's Circle (Adults) 6pm	4 Ready for Learning AM (3yrs) 9-10 Car Seat 101 (Adults) 10-11 Parent Café (Adults) 11:30-12:30 Ready for Learning PM (3yrs) 3-4	5 Art Adventures (3-5yrs) 9:30-10:30 EBRP Naturalists Present Mammals (All Ages) 10-11 Jump Bunch (2-3yrs) 11-12	6 Super Saturday Surprise Class (2-5yrs) 9:30-10:30
8 Bright and Beyond AM (1-2yrs) 9-10 Bright And Beyond PM (1-2yrs) 3-4 Virtual Triple P (Adults) 6-8 Virtual Office Hours 5-6:30	9 Terrific Toddlers AM (2yrs) 10-11 Terrific Toddlers PM (2yrs) 3-4 Count and Match with Ms. Bernice (3-5yrs) 4:30-5:30 Virtual Office Hours 5-6:30 Nurturing Parents Sp. (Adults) 5:30-8	10 Danzability (3yrs) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Kinder Readiness (3-5yrs) 3-4 Road Map to Kindergarten Virtual (Adults) 5-6	11 Ready for Learning AM (3yrs) 9-10 Virtual Coffee with the CRS (Adults) 10-11 Car Seat 101 (Adults) 10-11 Ready for Learning PM (3yrs) 3-4	12 Art Adventures (3-5yrs) 9:30-10:30 Jump Bunch (2-3yrs) 11-12	13 Super Saturday Surprise Class (2-5yrs) 9:30-10:30
15 Enrollment Begins Bright and Beyond AM (1-2yrs) 9-10 Bright And Beyond PM (1-2yrs) 3-4 Virtual Office Hours 5-6:30	16 Terrific Toddlers AM (2yrs) 10-11 Food Distribution Event (Adults) 11-12:30 Terrific Toddlers PM (2yrs) 3-4 Count and Match with Ms. Bernice (3-5yrs) 4:30-5:30 Virtual Office Hours 5-6:30 Nurturing Parents Sp. (Adults) 5:30-8	17 Danzability (3yrs) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Kinder Readiness (3-5yrs) 3-4 Road Map to Kindergarten Virtual (Adults) 5-6	18 Ready for Learning AM (3yrs) 9-10 Car Seat 101 (Adults) 10-11 Ready for Learning PM (3yrs) 3-4	19 CLOSED Staff Training 	20 Super Saturday Surprise Class (2-5yrs) 9:30-10:30
22	23	24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED
29	30 	31 CLOSED		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**

For Virtual Office Hours Mondays & Wednesday 5-6:30pm call Rhea at 925-783-9199 or Chelsea at 925-758-0202

Delta First 5 Center ***Class and Event Descriptions*** ***November/December 2025***

Delta First 5 Center



In partnership with:



Art Adventures - Fridays

(In Person) 3-5yrs

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.

Bridge to Kindergarten – Wednesdays – CLASS FULL

(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. This class begins in the Fall and continues through the spring.

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. The cards provide intriguing, age specific activities that promote thinking, coordination, creativity, and more by using simple, everyday items that families already have at home.

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.

Danzability - Wednesdays

(In Person) 3 yrs

In this class children and families will get a chance to explore different types of dances 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.

Help Me Grow - Tuesdays

(In Person) By Referral Only

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) 2-3yrs

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.

Kinder Readiness – Wednesdays

(In Person) 4-5yrs

Parents will gain insightful information about the desirable readiness skills that will help their child get off to a good start when they begin school.

Ready for Learning – Thursdays

(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.

Super Saturday Surprise Class - Saturdays

(In person) 2-5 yrs

Join us for our Super Saturday Surprise Class! Each week brings a new fun-filled activity for parents and children ages 2–5 to enjoy together. From creative crafts to playful games - you never know what exciting surprise awaits!

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.

Car Seat 101 - Thursdays

(In Person) Adults

Car Seat 101 provides basic education on correct use of car seats, booster seats, seat belts and vehicle safety systems which can help save lives and prevent injury and death. It will be divided into focused sections (rear-facing car seats, forward-facing car seats, booster seats and seat belts).

Nurturing Parents (Spanish) - Tuesdays

(In person) Adults

This class is for families with children ages 0–5 and focuses on building positive daily routines at home. Using the Picture Exchange Communication System (PECS), children learn to express their needs through pictures while parents create supportive, structured routines. The goal is to encourage communication, positive behavior, and language development in young children.

Road Map to Kindergarten - Wednesdays – CLASS FULL

(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. This class begins in the Fall and continues through the spring.

Road Map to Kindergarten - Wednesdays

(Virtual) 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. This class begins in the Fall and continues through the spring.

Virtual Triple P (English) - Mondays

(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.

EBRP Naturalists Present: Mammals

(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 mammals. They might even bring some friends with them!

Food Distribution – November 4 & 18, December 2 & 16

(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.

Parent Cafe – November 6 & December 4

(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.

Virtual Futuro Healthcare Opportunities Orientation – November 10

(Virtual) Adults

Join us for an informative presentation from SEIU-UHW to learn about exciting opportunities to start your career as an allied healthcare worker through their training program.

Virtual Coffee with CRS – November 13 & December 11

(Virtual) Adults

Join the CRS to learn about available resources in the community and to discuss home safety topics. This is a bilingual virtual workshop with our Community Resource Specialists: Bany, Chelsea & Rocio.

Virtual Father Circle – November 5, December 3

(Virtual) Adults

A safe and supportive space for Contra Costa County fathers with a baby under one or on the way to connect, share, and grow in confidence together.

Family Photoshoot – November 14

(In Person) All Ages

Come get your family photos taken in preparation for the holidays and help grow our family display at the center. There will be a morning session at Brentwood City Park (9:30-11:30am) and an afternoon session at the Delta First 5 Center (2-4pm). Pre-registration is required using the link in our LinkTree. Spaces are limited.

Virtual Office Hours – Mondays and Tuesdays

(Virtual) Adults

If you need assistance or would like to speak with us after hours, please give Ms. Rhea or Ms. Chelsea a call between 5-6:30pm.