

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parent Classes in Blue Children Classes in Green Events in purple <u>Scan the QR code to enroll</u>			CLOSED 	CLOSED	
CLOSED	Food Distribution (Adults) 11-12:30	Help Me Grow (By Invite) 11-12			Super Saturday Surprise Class (2-5yrs) 9:30-10:30
Session Begins Bright and Beyond AM (1-2 yrs) 9-10 Read and sing in Spanish (3-4yrs) 11-12 Bright and Beyond PM (1-2yrs) 2:30-3:30 Let's Count and Match with Brenice (3-5yrs) 4:30-5:30 Virtual Office Hours 5-6:30	Ready for Learning Group A (3 yrs) 9-10 Baby Signs English (6-16 mos) 9:30-10:30 Zumbini (2-3yrs) 11-12 Ready for Learning Group B (3yrs) 1:30-2:30 Calm Minds (3-5yrs) 3:30-4:30 Virtual Office Hours 5-6:30	Story Time and Art AM (3yrs) 9-10 Baby Signs Spanish (6-16 mos) 9:30-10:30 Help Me Grow (By Invite) 11-12 Story Time and Art PM (3yrs) 2-3 Shape Explorers (2-3 yrs) 3:30-4:30 Virtual Parenting Together (Adults) 5-6	Mini Disco Spanish (2yrs) 9:30-10:30 Virtual Coffee with the CRS (Adults) 10-11 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Virtual Triple P Baby in English (Adults) 11:30-1:30 Fine Motor Skills Group A (3yrs) 1:3-2:30 Fine Motor Skills Group B (3yrs) 3-4	Animal Adventures (2-3yrs) 9-10 Primero Nuestros Hijos Virtual (Adults) 9:30-11:30 Little Artists (2-3yrs) 1:30-2:30 STEM with CC Librarians (All Ages) 3:00-3:45	CLOSED
CLOSED 	Ready for Learning Group A (3 yrs) 9-10 Baby Signs English (6-16 mos) 9:30-10:30 Zumbini (2-3yrs) 11-12 Ready for Learning Group B Food Distribution (Adults) 11-12:30 (3yrs) 1:30-2:30 Calm Minds (3-5yrs) 3:30-4:30 Virtual Office Hours 5-6:30	Story Time and Art AM (3yrs) 9-10 Baby Signs Spanish (6-16 mos) 9:30-10:30 Help Me Grow (By Invite) 11-12 Story Time and Art PM (3yrs) 2-3 Shape Explorers (2-3 yrs) 3:30-4:30 Virtual Parenting Together (Adults) 5-6	Mini Disco Spanish (2yrs) 9:30-10:30 Bridge to Kindergarten (4-5yrs) 11-12:30 Road Map to Kindergarten (Adults) 11-12:30 Virtual Triple P Baby in English (Adults) 11:30-1:30 Fine Motor Skills Group A (3yrs) 1:3-2:30 Fine Motor Skills Group B (3yrs) 3-4	Animal Adventures (2-3yrs) 9-10 Primero Nuestros Hijos Virtual (Adults) 9:30-11:30 Little Artists (2-3yrs) 1:30-2:30	Super Saturday Surprise Class (2-5yrs) 9:30-10:30
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****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

Antioch First 5 Center

Class and Event Descriptions

January/February 2026

Antioch First 5 Center



In partnership with:



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.

Read and sing in Spanish- Mondays

(In Person) 3-4yrs

Practicing the Spanish language. 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 Count & Match with Ms. Bernice- Mondays

(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.

Ready for Learning - Tuesdays

(In Person) 3yrs

In this class children will be introduced to concepts of colors, shapes, and letters. They will build on skills such

Baby Signs- Tuesdays (English), Wednesdays (Spanish)

(In Person) 6-16m

An interactive play group 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.

Zumbini – Tuesdays

(In Person) 2-3yrs

This class includes dancing, singing, and playing different instruments to exposure to music and all its benefits. This class introduces the basic moves like moving side to side, clapping, bouncing, jumping, toe touches, etc.

Calm Minds - Tuesdays

(In Person) 3-5yrs

In this class, we will focus on calm, co-regulation, and emotional connection. We will practice calming together through age-appropriate activities that support emotional development and strengthen relationships.

Story time & art– Wednesdays

(In Person) 3yrs

This class consists of story time, group discussion, class participation, and a chance to role play all in one.

Shape explorers - Wednesdays

(In Person) 2-3yrs

What can we do with shapes? In this class, we will explore many different ways to use shapes like in art, building, and many more activities.

Parenting Together - Wednesdays

(Virtual) Adults

In this class parents will have an opportunity to come together and talk about current parenting topics and the successes and challenges they face in the phase. Parents will participate in discussions and listen to information delivered in a variety of ways.

Mini Disco in Spanish - Thursdays

(In person) 2 yrs

In this class you, your child and the dance will form a strong special bond. At the same time your little one exercises his/her muscles and memory. Develops coordination, balance and body/spatial awareness skills. Join us to dance with the best dance partner your little one can have. Come strengthen ties, create new memories with them and invite your inner child to the party. Dance is a universal language, come express all that love that exists between you by dancing.

Bridge to Kindergarten – Thursdays – 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.

Road Map to Kindergarten – Thursdays - 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.

Virtual Triple P Baby in English - Thursdays

(Virtual) Adults with children 0-12months

Triple P class is a positive parenting class. In this class parents will learn how to discipline their child, and the tough part of parenting, establishing a positive learning environment using assertive discipline.

Fine motor skills - Thursdays

(In person) 3yrs

In this class, children will focus on developing and improving the ability to use small muscles in the hands, fingers, and wrists for precise movements. This class is perfect to inhale coordination and control which are essential for tasks like writing, drawing, cutting, and manipulating objects.

Animal Adventures - Fridays

(In person) 2-3yrs

Come explore with us as we find out where different animals live! Each week, we'll visit a new continent and meet the animals that live there. We'll have fun learning about each animal and the special places they call home.

Primero Nuestros Hijos (Spanish) – Fridays

(Virtual) Adults

Esta clase son 10 semanas. Esta clase se enfocan en la crianza de los niños. Se darán herramientas a los padres para apoyar el desarrollo emocional, social, mental de sus hijos.

Little Artist – Fridays

(In Person) 2-3yrs

Create art with your little one through different art mediums to strengthen problem-solving, fine motor and gross motor skills!

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

Food Distribution – January 6 & 20, February 3 & 17

(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.

Coffee with CRS – January 15 & February 12

(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 two community resource specialists, Bany, Chelsea & Rocio.

Parent Cafe – January 27 & February 24

(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.