

May 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please note that our center is open during down weeks for special events or make up classes BUT OUR PLAY AREA IS CLOSED: April 27th-May 9th</p>	<p>CENTER HOURS Monday-Friday 9:00am-1:00pm, 2:00pm-6:00pm Saturday 9:00am-2:00pm</p> <p>CLOSED FOR LUNCH 1:00PM-2:00PM</p>	<p>PLAY AREA HOURS Monday-Wednesday 9:30am-12:30pm, 2:30pm-4:30pm Friday & Saturday 9:30am-12:30pm</p> <p>PLAY AREA CLOSED ALL DAY ON THURSDAYS</p>	<p>7</p> <p>9:00am-10:00am HMG - By Invite 10:30am-11:30am HMG - By Invite 12:00pm-1:00pm Growing a Garden (3.5Y-4.5Y)</p>	<p>8</p> <p>10:00am-12:00pm Mentes Positivas (P) SPA ONLY - 8 WEEKS</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>CLASS CONFIRMATION EMAILS FOR THE MAY-JUNE 2026 SESSION ARE SENT AT 3:00PM!</p> </div>	<p>9</p>
<p>11</p> <p>9:30am-10:30am Cultural Dance (P) 9:30am-10:30am Eric Carle Adventures (3Y) 11:30am-12:30pm Play Pals (1Y) 11:00am-1:00pm Abriendo Mentes, Cerrando Estigmas "A.M.C.E." (P) SPA ONLY 2:30pm-3:30pm Collage Making (2Y)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>FIRST WEEK OF THE SESSION! ➡</p> </div>	<p>12</p> <p>9:30am-10:30am Baby STEM (18M-24M) 9:30am-10:30am Primeros Amiguitos (1Y) SPA ONLY 11:00am-12:00pm Creative Kids (3Y) 11:30am-12:30pm Friendship Farm (3Y) 2:30pm-3:30pm Explora y Descubre (2Y) SPA ONLY 2:30pm-3:30pm Move & Play (2Y) 3:00pm-5:00pm T.E.A.M. Dad (P) ENG ONLY - HYBRID 4:30pm-5:30pm Book Buddies (4Y-5Y)</p>	<p>13</p> <p>10:00am-11:30am KinderTools (4Y-5Y) ENROLLMENT CLOSED & RMTK (P) FOR KINDERTOOLS PARENTS 3:00pm-4:00pm Trucks and Trains (3Y) 3:00pm-5:00pm Making Parenting a Pleasure (P) ENG ONLY 4:30pm-5:30pm Sanja Mann (P) VIRTUAL - ONLY FOR PUN/HIN SPEAKING MOTHERS</p>	<p>14</p> <p>9:00am-10:00am HMG - By Invite 9:30am-10:30am Infant Massage (6W-5M) ENG ONLY 10:00am-11:00am OFF-SITE: Bookworms at the Park (4Y) 10:30am-11:30am HMG - By Invite 11:00am-12:30pm Mamá con Mamá (P) FOR SPANISH SPEAKING MOTHERS 11:30am-12:30pm Busy Explorers (1Y) 12:00pm-1:00pm Growing a Garden (3.5Y-4.5Y) 3:00pm-5:00pm Mind Matters for Dads (P) ENG ONLY - HYBRID 5:00pm-6:00pm Under the Sea (3Y)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>FOOD PANTRY 🍎 12:30pm-1:00pm, 2:00pm-5:30pm</p> </div>	<p>15</p> <p>9:30am-10:30am Toddler Fun Zone (2Y) 10:00am-12:00pm Mentes Positivas (P) SPA ONLY - 8 WEEKS 11:00am-12:00pm Little Stars (1Y)</p>	<p>16</p> <p>11:00am-12:30pm Mommy & Me Drop-In (2Y-5Y)</p>
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Guide:
W: Weeks, M: Months, Y: Years, Highlighted in Yellow: VIRTUAL class (Zoom), Highlighted in Blue: PARENTING class, Highlighted in Green: OFF-SITE class

May-June 2026 Session: Classes and Events Descriptions

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In partnership with



CHILDREN CLASSES

OFF-SITE CLASSES (OUTSIDE THE CENTER)

Bookworms in the Park (4 years)

Welcome to this **OFFSITE** class which will be held at a park. We will utilize nature to read books and work on age-appropriate activities focusing on school readiness.

IN-PERSON CLASS

Infant Massage (6 weeks to 5 months) ENGLISH 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.

Baby STEM (18 months to 24 months)

BABY STEM (Science, Tools, Engineering, Math) is an easy three-step approach for enhancing adult-child interactions with age-appropriate activities.

Busy Explorers (1 year)

Busy explorers is a hands-on, sensory-rich class where little ones move, touch, and discover through different activities. While exploring textures, sounds, and colors, helping to build coordination, balance, and sensory awareness. This playful class encourages curiosity, confidence, and joyful learning in a safe, nurturing environment.

Little Stars (1 year)

Little stars is a gentle, playful movement class designed especially for one-year-olds and their caregivers. Through songs, simple motions, and sensory play, little ones are encouraged to crawl, wobble, stretch, and explore at their own pace. While giving caregivers a fun way to move and connect with their child.

Play Pals (1 year)

Play Pals is a specialized, play-based social skills class designed for young children to develop communication, social interaction, and motor skills in a structured setting.

Primeros Amiguitos (1 year) SPANISH ONLY

This class is designed to create an opportunity for kids at this age to socialize, practice skills like sharing space, taking turns, and exploring toys and activities in groups.

Collage Making (2 years)

We will work on exploring and creating collages using various colors and textures while children develop skills such as fine motor, language and communication, etc.

Explora y Descubre (2 years) SPANISH ONLY

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

Move & Play (2 years)

It's time to dance, sing and play! The class includes songs, creative movement, and interactive activities between caregiver and child.

Toddler Fun Zone (2 years)

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

Creative Kids (3 years)

From painting and building to singing, dancing, and pretend play, every activity is carefully designed to inspire creativity, build confidence, and develop early learning skills. Children will

learn to share ideas, solve problems, and discover the joy of creating in a playful, supportive environment.

Eric Carle Adventures (3 years)

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

Friendship Farm (3 years)

Friendship Farm is an immersive, nature-based social skills playgroup that will use farm activities to teach empathy, teamwork, and social emotional learning.

Trucks & Trains (3 years)

Trains & Trucks class is designed for young learners who love vehicles and hands-on play. Children will explore the exciting world of trains, trucks, and transportation through imaginative play, building activities, songs, and movement.

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.

Growing a Garden (4 years)

How can you grow a garden? In this class, we will explore how to grow a garden. This is a class where little explorers learn patience, care, and respect for nature—while having lots of fun getting their hands a little dirty!

KinderTools (4 years to 5 years) ENROLLMENT CLOSED FOR THE FISCAL YEAR 25-26

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.

Book Buddies (4 years to 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 (THROUGH ZOOM)

Sisters in Parenting (P) FOR AFRICAN AMERICAN MOTHERS

Dates: 05/19/2026 and 06/09/2026

Sisters in Parenting is a safe space for African American/ Black Moms to discuss culturally relevant parenting and family life topics. This group focuses on sharing, connecting, and community-building.

Sanja Mann (P) FOR PUNJABI/HINDI SPEAKING MOTHERS

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.

HYBRID (CAN TAKE THE CLASS IN-PERSON OR VIRTUALLY)

T.E.A.M Dad (P) ENGLISH ONLY

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 dads experience daily.

Continued.. ⇨

Discuss tips and tricks, share resources and more!

Mind Matters for Dads (P) [ENGLISH FOR FATHERS ONLY](#)

Dads, let's build resilience! Join us to better understand how the mind responds to challenges and how to develop the skills needed to navigate life's difficulties with strength and confidence. Through guided discussion, practical exercises, and evidence-based strategies, dads will learn how thoughts, emotions, and behaviors influence resilience.

[IN-PERSON](#)

[Abriendo Mentas, Cerrando Estigmas "A.M.C.E." \(P\) \[SPANISH ONLY\]\(#\)](#)

Your family's mental and emotional health starts with you. Come learn how to support your mental and emotional well-being.

[Cultural Dance \(P\)](#)

Cultural Dance Choreography with Hind is the ultimate feel-good hormone class for moms, combining fitness with fun and social connection. In each session, Hind guides participants step by step through graceful, energizing dance routines, blending Middle Eastern and North African Moroccan styles. It's a great way to work out, boost your mood, and bond with other moms in a supportive, joyful environment!

[Mamá con Mamá \(P\) \[FOR SPANISH SPEAKING MOTHERS\]\(#\)](#)

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!

[Making Parenting a Pleasure \(P\) \[ENGLISH ONLY\]\(#\)](#)

The objective of this class is that by recognizing that each home is UNIQUE, both parents can agree on a "style" of parenting and that this style is done in a lovingly positive environment.

[Mentas Positivas Part 1 \(P\) \[SPANISH ONLY\]\(#\)](#)

Learn different techniques to manage stress and to improve your motivation.

This is a one-time event with East Bay Regional Parks.

Naturalists will bring some fun and engaging activities for the children to engage in.

[Dog Safety Workshop \[BILINGUAL\]\(#\) - Tuesday, June 17th 11:30am](#)

Join us for an informative and engaging Dog Safety Workshop presented by Animal Services. This workshop is designed to help your child and you better understand how to safely interact with dogs both familiar and unfamiliar in everyday situations.

[Juneteenth Family Game Night - June 22nd 4:00pm-6:00pm](#)

Celebrate freedom, family, and community with us at our **Juneteenth Family Game Night!** Join us for an evening filled with fun games, music, laughter, and connection for all ages. This family-friendly event honors the spirit of Juneteenth while bringing our community together to celebrate culture, joy, and togetherness.

[East County First 5 Center's Linktree](#)



Scan this QR Code to access our Center's registration form (for new families), digital session calendars, class descriptions and class enrollment/ waitlist form!

[Follow us on social media!](#)



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East County First 5 Center

EVENTS AND WORKSHOPS

[Mommy & Me Drop-In \(2 years to 5 years\) - Saturday, May 6th 11:00am-12:30pm](#)

Celebrate the special bond between mothers and their little ones in this heartwarming Mother's Day drop-in class! Join us for a relaxed and joyful time filled with hands-on activities, simple crafts, and meaningful moments.

[Daddy & Me Drop-In \(2 years to 5 years\) - Saturday, June 13th 11:00am-12:30pm](#)

Celebrate dads, father figures, and the important role they play in a child's life at our fun-filled Father's Day drop-in! This interactive session is all about bonding through play, creativity, and connection. Enjoy engaging activities, simple crafts, and quality one-on-one time that dads and kids will both love.

[Big Break Campfire - Friday, June 12th 3:00pm-5:00pm](#)

Join us for a special evening of family fun at Big Break Regional Shoreline! Gather together as we explore the natural wonders of Big Break through engaging, hands-on activities designed for all ages.

[East Bay Regional Parks: Birds \(2 years to 5 years\) - Tuesday, June 16th 10:00am-10:45am](#)