


Mayo 2026

Centro de Los Primeros 5 del Este del Condado | 355 E. Leland Rd. Pittsburg, CA 94565 | (925) 301-4040



Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
<p>Tenga en cuenta que nuestro centro permanece abierto durante las semanas bajas para eventos especiales o clases de recuperación, PERO NUESTRA ÁREA DE JUEGO ESTARÁ CERRADA: Del 27 de abril al 9 de mayo</p>	<p>HORARIOS DEL CENTRO</p> <p>Lunes a Viernes 9:00am-1:00pm, 2:00pm-6:00pm</p> <p>Sábado 9:00am-2:00pm</p> <p>CERRADO PARA EL LONCHE 1:00PM-2:00PM</p>	<p>HORARIO DEL ÁREA DE JUEGO</p> <p>Lunes a Miércoles 9:30am-12:30pm, 2:30pm-4:30pm</p> <p>Viernes Y Sábado 9:30am-12:30pm</p> <p>LA ÁREA DE JUEGO ESTÁ CERRADA LOS JUEVES TODO EL DÍA</p>	<p>7</p> <p>9:00am-10:00am AAC - <u>Por Invitación</u></p> <p>10:30am-11:30am AAC - <u>Por Invitación</u></p> <p>12:00pm-1:00pm Cultivando un Jardín (3.5A-4.5A)</p>	<p>8</p> <p>10:00am-12:00pm Mentes Positivas (P) <u>SOLO ESP - 8 SEMANAS</u></p> <div style="border: 1px solid black; padding: 5px;"> <p>¡LOS CORREOS ELECTRÓNICOS DE CONFIRMACIÓN DE CLASES PARA LA SESIÓN DE MAYO-JUNIO DE 2026 SE ENVÍAN A LAS 3:00PM!</p> </div>	<p>9</p>
<p>11</p> <p>9:30am-10:30am Danza Cultural (P)</p> <p>9:30am-10:30am Aventuras de Eric Carle (3A)</p> <p>11:30am-12:30pm Compañeros de Juego (1A)</p> <p>11:00am-1:00pm Abriendo Mentes, Cerrando Estigmas "A.M.C.E." (P) <u>SOLO ESP</u></p> <p>2:30pm-3:30pm Hacer Collages (2A)</p> <div style="border: 1px solid black; padding: 5px;"> <p>¡PRIMERA SEMANA DE LA SESIÓN! ➡</p> </div>	<p>12</p> <p>9:30am-10:30am STEM para Bebés (18M-24M)</p> <p>9:30am-10:30am Primeros Amiguitos (1A) <u>SOLO ESP</u></p> <p>11:00am-12:00pm Niños Creativos (3A)</p> <p>11:30am-12:30pm Granja de Amistad (3A)</p> <p>2:30pm-3:30pm Explora y Descubre (2A) <u>SOLO ESP</u></p> <p>2:30pm-3:30pm Muévete y Juega (2A)</p> <p>3:00pm-5:00pm T.E.A.M. Dad (P) <u>SOLO INGLÉS - HÍBRIDO</u></p> <p>4:30pm-5:30pm Amigos de Libros (4A-5A)</p>	<p>13</p> <p>10:00am-11:30am KinderTools (4A-5A) INSCRIPCIÓN CERRADA</p> <p>8 RMTK (P) <u>PARA PADRES DE KINDERTOOLS</u></p> <p>3:00pm-4:00pm Camiones y Trenes (3A)</p> <p>3:00pm-5:00pm Making Parenting a Pleasure (P) <u>SOLO INGLÉS</u></p> <p>4:30pm-5:30pm Sanja Mann (P) <u>VIRTUAL - SOLO PARA MADRES DE HABLA PUJNABARI/HINDI</u></p>	<p>14</p> <p>9:00am-10:00am AAC - <u>Por Invitación</u></p> <p>9:30am-10:30am Infant Massage (6S-5M) <u>SOLO INGLÉS</u></p> <p>10:00am-11:00am FUERA DE SITIO: Gusanitos de Libros en el Parque (4A)</p> <p>10:30am-11:30am AAC - <u>Por Invitación</u></p> <p>11:00am-12:30pm Mamá con Mamá (P) <u>PARA MADRES DE HABLA HISPANA</u></p> <p>11:30am-12:30pm Exploradores Ocupados (1A)</p> <p>12:00pm-1:00pm Cultivando un Jardín (3.5A-4.5A)</p> <p>3:00pm-5:00pm Mind Matters for Dads (P) <u>SOLO INGLÉS - HÍBRIDO</u></p> <p>5:00pm-6:00pm Bajo el Mar (3A)</p> <div style="border: 1px solid black; padding: 5px;"> <p>Despensa De Comida 🍎 12:30pm-1:00pm, 2:00pm-5:30pm</p> </div>	<p>15</p> <p>9:30am-10:30am Zona Divertida de Niños Pequeños (2A)</p> <p>10:00am-12:00pm Mentes Positivas (P) <u>SOLO ESP - 8 SEMANAS</u></p> <p>11:00am-12:00pm Pequeñas Estrellas (1A)</p>	<p>16</p> <p>11:00am-12:30pm Mami y Yo Clase Libre (2A-5A)</p>
<p>18</p> <p>9:30am-10:30am Danza Cultural (P)</p> <p>9:30am-10:30am Aventuras de Eric Carle (3A)</p> <p>11:30am-12:30pm Compañeros de Juego (1A)</p> <p>11:00am-1:00pm Abriendo Mentes, Cerrando Estigmas "A.M.C.E." (P) <u>SOLO ESP</u></p> <p>2:30pm-3:30pm Hacer Collages (2A)</p>	<p>19</p> <p>9:30am-10:30am STEM para Bebés (18M-24M)</p> <p>9:30am-10:30am Primeros Amiguitos (1A) <u>SOLO ESP</u></p> <p>11:00am-12:00pm Niños Creativos (3A)</p> <p>11:30am-12:30pm Granja de Amistad (3A)</p> <p>2:30pm-3:30pm Explora y Descubre (2A) <u>SOLO ESP</u></p> <p>2:30pm-3:30pm Muévete y Juega (2A)</p> <p>3:00pm-5:00pm T.E.A.M. Dad (P) <u>SOLO INGLÉS - HÍBRIDO</u></p> <p>4:30pm-5:30pm Amigos de Libros (4A-5A)</p> <p>5:00pm-7:00pm Sisters in Parenting (P) <u>VIRTUAL - ING- PARA MADRES AFROAMERICANAS</u></p>	<p>20</p> <p>10:00am-11:30am KinderTools (4A-5A) INSCRIPCIÓN CERRADA</p> <p>8 RMTK (P) <u>PARA PADRES DE KINDERTOOLS</u></p> <p>3:00pm-4:00pm Camiones y Trenes (3A)</p> <p>3:00pm-5:00pm Making Parenting a Pleasure (P) <u>SOLO INGLÉS</u></p> <p>4:30pm-5:30pm Sanja Mann (P) <u>VIRTUAL - SOLO PARA MADRES DE HABLA PUJNABARI/HINDI</u></p>	<p>21</p> <p>9:00am-10:00am AAC - <u>Por Invitación</u></p> <p>9:30am-10:30am Infant Massage (6S-5M) <u>SOLO INGLÉS</u></p> <p>10:00am-11:00am FUERA DE SITIO: Gusanitos de Libros en el Parque (4A)</p> <p>10:30am-11:30am AAC - <u>Por Invitación</u></p> <p>11:00am-12:30pm Mamá con Mamá (P) <u>PARA MADRES DE HABLA HISPANA</u></p> <p>11:30am-12:30pm Exploradores Ocupados (1A)</p> <p>12:00pm-1:00pm Cultivando un Jardín (3.5A-4.5A)</p> <p>3:00pm-5:00pm Mind Matters for Dads (P) <u>SOLO INGLÉS - HÍBRIDO</u></p> <p>5:00pm-6:00pm Bajo el Mar (3A)</p> <div style="border: 1px solid black; padding: 5px;"> <p>Despensa De Comida 🍎 12:30pm-1:00pm, 2:00pm-5:30pm</p> </div>	<p>22</p> <p>9:30am-10:30am Zona Divertida de Niños Pequeños (2A)</p> <p>10:00am-12:00pm Mentes Positivas (P) <u>SOLO ESP - 8 SEMANAS</u></p> <p>11:00am-12:00pm Pequeñas Estrellas (1A)</p>	<p>23</p> <p>Fin de semana del Día de los Caídos</p> <p>CENTRO CERRADO</p>
<p>25</p> <div style="text-align: center;">  <p>DÍA DE LOS CAÍDOS CENTRO CERRADO</p> </div>	<p>26</p> <p>9:30am-10:30am STEM para Bebés (18M-24M)</p> <p>9:30am-10:30am Primeros Amiguitos (1A) <u>SOLO ESP</u></p> <p>11:00am-12:00pm Niños Creativos (3A)</p> <p>11:30am-12:30pm Granja de Amistad (3A)</p> <p>2:30pm-3:30pm Explora y Descubre (2A) <u>SOLO ESP</u></p> <p>2:30pm-3:30pm Muévete y Juega (2A)</p> <p>3:00pm-5:00pm T.E.A.M. Dad (P) <u>SOLO INGLÉS - HÍBRIDO</u></p> <p>4:30pm-5:30pm Amigos de Libros (4A-5A)</p>	<p>27</p> <p>10:00am-11:30am KinderTools (4A-5A) INSCRIPCIÓN CERRADA</p> <p>8 RMTK (P) <u>PARA PADRES DE KINDERTOOLS</u></p> <p>3:00pm-4:00pm Camiones y Trenes (3A)</p> <p>3:00pm-5:00pm Making Parenting a Pleasure (P) <u>SOLO INGLÉS</u></p> <p>4:30pm-5:30pm Sanja Mann (P) <u>VIRTUAL - SOLO PARA MADRES DE HABLA PUJNABARI/HINDI</u></p>	<p>28</p> <p>9:30am-10:30am Infant Massage (6S-5M) <u>SOLO INGLÉS</u></p> <p>10:00am-11:00am FUERA DE SITIO: Gusanitos de Libros en el Parque (4A)</p> <p>11:00am-12:30pm Mamá con Mamá (P) <u>PARA MADRES DE HABLA HISPANA</u></p> <p>11:30am-12:30pm Exploradores Ocupados (1A)</p> <p>12:00pm-1:00pm Cultivando un Jardín (3.5A-4.5A)</p> <p>3:00pm-5:00pm Mind Matters for Dads (P) <u>SOLO INGLÉS - HÍBRIDO</u></p> <p>5:00pm-6:00pm Bajo el Mar (3A)</p> <div style="border: 1px solid black; padding: 5px;"> <p>Despensa De Comida 🍎 12:30pm-1:00pm, 2:00pm-5:30pm</p> </div>	<p>29</p> <p>9:30am-10:30am Zona Divertida de Niños Pequeños (2A)</p> <p>10:00am-12:00pm Mentes Positivas (P) <u>SOLO ESP - 8 SEMANAS</u></p> <p>11:00am-12:00pm Pequeñas Estrellas (1A)</p>	<p>30</p> <div style="border: 1px solid black; padding: 5px;"> <p>Celebración de CAC - Por invitación solamente</p> </div> <p>CENTRO CERRADO</p>

Guía:

S: Semanas, M: Meses, A: Años, Resultado en Amarillo: Clase VIRTUAL (Zoom), Resultado en Azul: Clase para padres, Resultado en Verde: Clase fuera de sitio

May-June 2026 Session: Classes and Events Descriptions

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



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 Mentes, 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.

Mentes 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!



@eastcountfirst5center



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