

# July 2026

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



**Guide -** W: Weeks, M: Months, Y: Years, **Highlighted in Yellow: VIRTUAL class (Zoom)**, **Highlighted in Blue: PARENTING class**, **Highlighted in Green: OFF-SITE class**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Scan QR to access our Center's Linktree; forms, digital class calendars, &amp; FAQ's.</p>	<p><b>Center Operating Hours</b></p> <p><b>Monday-Friday</b> 9:00am-6:00pm</p> <p><b>CLOSED FOR LUNCH</b> 1:00pm-2:00pm</p> <p><b>Saturday</b> 9:00am-2:00pm</p>	<p><b>Play Area Hours</b></p> <p><b>Monday, Wednesday, Thursday</b> 9:30am-12:30pm, 2:30pm-4:30pm</p> <p><b>Tuesday</b> 9:30am-12:30pm</p> <p><b>Friday</b> <b>CLOSED ALL DAY</b></p> <p><b>THE PLAY AREA IS CLOSED MON-THURS FROM 12:30pm-2:30pm</b></p>	<p>9</p> <p>9:00am-10:00am Help Me Grow - <b>BY INVITE ONLY</b></p> <p>10:30am-11:30am Help Me Grow - <b>BY INVITE ONLY</b></p>	<p>10</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><b>WORKSHOP</b></p> <p><b>10:00am-11:00am</b> El Alcoholismo y Cómo Nos Afecta (Al-Anon) - <b>SPA ONLY</b></p> <p><b>Class confirmation emails are sent at 3:00pm!</b></p> </div>	<p><b>CENTER CLOSED</b></p>
<p>13</p> <p>9:30am-10:30am Play with a Purpose (1Y)</p> <p>11:00am-12:00pm Peek-a-Boo Storytime (2Y)</p> <p>11:30am-12:30pm Number Explorers (2Y)</p> <p>3:30pm-4:30pm Kid-N-Clay (3Y)</p> <p>4:00pm-5:00pm Wild Explorers (3Y)</p> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <p style="background-color: #d9ead3; padding: 2px;">First week of the session! ☑</p> </div>	<p>14</p> <p>9:30am-10:30am Baby Signs (6W-6M)</p> <p>9:30am-11:30am Cómo Criar Niños Emocionalmente Sanos (P) <b>SPA ONLY</b></p> <p>12:00pm-1:30pm Mamá con Mamá (P) <b>SPA ONLY</b></p> <p>2:30pm-3:30pm Things that Move (1Y)</p> <p>3:00pm-5:00pm <b>HYBRID: T.E.A.M. Dad (P) ENG ONLY</b></p> <p>4:30pm-5:30pm Kid Cuisine: Around the World (4Y)</p>	<p>15</p> <p>9:00am-10:00am <b>OFFSITE: Nature's Palette (3Y)</b></p> <p>10:00am-12:00pm Horizontes de Esperanza: Reescribiendo Nuestra Historia (P) <b>SPA ONLY</b></p> <p>10:30am-11:30am Play-Grow-Shine (2Y)</p> <p>3:00pm-5:00pm Making Parenting a Pleasure Part 2 (P) <b>ENROLLMENT CLOSED</b></p> <p>4:30pm-5:30pm Book Buddies (4Y-5Y)</p> <p>4:30pm-5:30pm <b>VIRTUAL: Sanja Mann (P) PUN/HIN ONLY</b></p> <p>5:00pm-6:00pm Dinosaur Explorers (4Y-5Y)</p>	<p>16</p> <p>9:00am-10:00am Help Me Grow - <b>BY INVITE ONLY</b></p> <p>9:00am-10:00am Alphabet Mania (3Y)</p> <p>10:30am-11:30am Help Me Grow - <b>BY INVITE ONLY</b></p> <p>11:00am-12:00pm <b>OFFSITE: Little Learners (2Y-3Y) ENROLLMENT THROUGH PITTSBURG LIBRARY</b></p> <p>11:00am-12:00pm Messy Days (2Y)</p> <p>11:30am-12:30pm Architecture Around Africa (3Y-5Y)</p> <p>3:00pm-4:00pm STEAM Lab (3Y)</p> <p>3:00pm-5:00pm Mind Matters for Dads Part 2 (P) <b>ENROLLMENT CLOSED</b></p> <p>6:00pm-8:00pm Hacer de la Familia un Placer para Parejas (P) <b>SPA ONLY</b></p>	<p>17</p> <p>9:30am-10:30am Toddler Time (2Y)</p> <p>10:00am-10:45am Crawl-Play-Learn (6M-11M)</p> <p>10:00am-12:00pm Mentas Positivas Part 2 (P) <b>SPA ONLY - ENROLLMENT CLOSED</b></p> <p>11:00am-12:00pm Alma's Art: Color Exploration (2Y-5Y)</p> <p>12:30pm-1:30pm Parents Helping Parents (P) <b>ENG ONLY</b></p>	<p>18</p> <p>10:00am-11:00am Nature Explorers (3Y-4Y)</p> <p>11:30am-12:30pm Insect Investigators (2Y)</p>
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# July-August 2026 Session: Class and Events Descriptions

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In partnership with



## Children Classes

### Offsite : Class is taught outside of the Center

#### Little Learners (2 years to 3 years) \*\*ENROLLMENT THROUGH PITTSBURG LIBRARY\*\*

Little learners 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.

#### Nature's Palette (3 years)

Nature's palette is a sensory-driven, hands-on art and exploration class. It combines outdoor exploration with open-ended art. Children discover the colors, textures, and shapes of the natural world.

### In-Person Classes

#### Baby Signs Part 1 (Age group: 6 weeks to 6 months)

In this class, we will explore baby sign language with the main goal of supporting babies' early communication development. This is also an opportunity for families to learn useful tools to implement communication in daily life.

#### Crawl-Play-Learn (Age group: 6 months to 11 months)

A playful movement class designed for little ones 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 with Purpose (Age group: 1 year)

This class uses guided, sensory-rich activities to help toddlers build motor, cognitive, and social skills while empowering caregivers to support their child's early development.

#### Things that Move (Age group: 1 year)

How do things move? In this class, we will work to learn about all the things that move around us including ourselves. Some activities include ball and car ramps and obstacle courses.

#### Insect Investigators (Age group: 2 years)

In a world where insects are all around, we must investigate! Together each week the class will learn about different insects and explore activities to build many skills.

#### Messy Days (Age group: 2 years)

Let's play with an age-appropriate, kid-friendly messy activity and we will see children have fun in this class. open-ended exploration of materials and their properties allows children to use their natural curiosity.

#### Number Explorers (Age group: 2 years)

We will work towards introducing foundational math through play, active movement, songs and sensory activities. Children will learn number recognition, one-to-one counting, shapes and patterns with curiosity and confidence.

#### Peek-a-Boo Storytime (Age group: 2 years)

Through books children will enjoy colorful stories, songs, music, and playful learning. Little ones build early literacy skills while making new friends in a warm and nurturing environment. Perfect for toddlers who love to wiggle, giggle, and explore!

#### Play-Grow-Shine (Age group: 2 years)

Children will enjoy hands-on activities, music and movement, sensory play, story time, art, and social interaction that support early language, motor, and developmental skills.

#### Toddler Time (Age group: 2 years)

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

#### Alma's Art: Color Exploration (Age group: 2 years to 5 years)

Inspired by Afrocentric creativity, curiosity, and self-expression, **Alma's Art: Color Exploration** is a hands-on art class designed to help children learn through playful painting, sensory experiences, storytelling, movement, and

open-ended art activities. Children will explore the beautiful world of colors while building confidence, creativity, and fine motor skills.

#### Alphabet Mania (Age group: 3 years)

This is a playful, high-energy, multi-sensory class for three-year-olds. It introduces the English alphabet through engaging letter-recognition games, songs, crafts, and movement. The focus is on natural letter exposure, phonemic awareness, and building a lifelong love of language.

#### Kid-N-Clay (Age group: 3 years)

Discover the joy of creating with real clay through play, imagination, and sensory experiences. As children squeeze, roll, shape, and mold clay, they strengthen fine motor skills, creativity, focus, and problem-solving abilities while engaging both their minds and bodies in meaningful learning.

#### STEAM Lab (Age group: 3 years)

This class focuses on using fun, hands-on activities to explore Science, Technology, Engineering, Arts and Mathematics. Each class is designed to address a particular skill set by giving children an authentic learning experience related to a real-world context.

#### Wild Explorers (Age group: 3 years)

Children will engage in hands-on learning through nature play, sensory activities, stories, art, science experiments, music, and movement. This fun-filled class encourages curiosity, independence, creativity, and social growth while helping little explorers build confidence and early learning skills in a playful and nurturing environment.

#### Nature Explorers (Age group: 3 years to 4 years)

Exploring nature can be adventurous. From plants, to insects, weather and animals. 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!

#### Architecture Around Africa (Age group: 3 years to 5 years)

Come along on a hands-on journey across Africa as we explore the beauty of African homes, landmarks, and architecture! Each week, children will "travel" to a new region, discovering how buildings are made using natural materials, bold shapes, and creative designs. Through storytelling, building projects, art, and music, little learners will develop early STEM skills, express creativity, and celebrate cultural pride—one joyful brick at a time!

#### Kid Kuisine: Around the World (Age group: 4 years) \*\*NO SIBLINGS PLEASE\*\*

An "Around the World" cooking class for 3-year-olds is a sensory-focused, hands-on culinary program. Through age-appropriate tasks like tearing, pouring, and mixing, toddlers discover global cultures, build fine motor skills, and develop healthy, adventurous eating habits in a fun, exploratory environment.

#### Book Buddies (Age group: 4 years to 5 years)

Get your listening ears and looking eyes ready for this story adventure! In our classroom students will be exploring a new book and theme every week using their creativity!

#### Dinosaur Explorers (Age group: 4 years to 5 years)

Get ready for a roaring adventure! This fun and engaging class invites young children to explore the exciting world of dinosaurs through hands-on activities, stories, sensory play, art, music, and imaginative exploration.

## Classes For Parents/Caregivers

### Virtual Classes

#### Sanja Mann - [PUN/HIN ONLY](#)

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.

#### Sisters in Parenting - [ENG ONLY - For African-American/ Black mothers](#)

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.

**Dates: July 14th & August 21st (Social- BY INVITE ONLY)**

Continued ➡

## Hybrid Classes: Taught through zoom and in-person

### [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. Discuss tips and tricks, share resources and more!

### [Mind Matters for Dads Part 2 \(P\) 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 Classes

### [Cómo Criar Niños Emocionalmente Sanos - SPA ONLY](#)

Based on the book by Gerald Newmark, Ph.D., "Satisfying the Five Vital Needs of Children—and the Needs of Parents, Too."

### [Hacer de la Familia un Placer para Parejas - SPA ONLY \\*\\*12 weeks long\\*\\*](#)

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.

### [Horizontes de Esperanza: Reescribiendo Nuestra Historia - SPA ONLY](#)

Come and learn how to build relationships through raising awareness, education, and strengthening support networks, while fostering healthy boundaries that help you identify situations of violence and create safer, healthier home environments.

### [Mamá con Mamá - 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 Part 2 \\*\\*ENROLLMENT CLOSED\\*\\*](#)

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 2 \(P\) SPANISH ONLY \\*\\*ENROLLMENT CLOSED\\*\\*](#)

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

### [Parents Helping Parents - ENG ONLY](#)

This is a supportive parent group designed to help families nurture emotional strength, coping skills, and confidence in their children—and themselves. Together, we'll explore navigating challenges with calm, connection, and growth.

## 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!



@eastcountyfirst5center



East County First 5 Center

## Workshops

### [El Alcoholismo y Cómo Nos Afecta \(Al-Anon\) SPA ONLY](#)

Dates: July 10th & August 24th

Did you know that 1 in 4 children in the United States lives with an adult who uses alcohol and/or drugs? Did you grow up with a problem drinker? Do you take your frustrations out on others? We invite you to this informational meeting!

### [Grandparents Café: Nest and Nurture BILINGUAL](#)

Friday, July 24th

The "Nest and Nurture" Cafe is a welcoming, judgment-free group discussion space where grandparents gather to talk about the challenges, victories, and strategies of raising a family. It provides a cozy atmosphere for parents and grandparents to connect. We will focus on building a caregiver village by exploring faith, family, and generational support. Our rich roundtable conversations will focus on core family development.

### [Parent Café ENGLISH ONLY](#)

Wednesday, August 26th

Parent Cafés engage parents in meaningful conversations about what matters most – their family and how to strengthen that family by building protective factors. Our Parent Cafés are focused on building the 5 research based protective factors