

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Due to Building Maintenance issues most of the programming will be held off site or virtually. You are welcome to join us for all off site and virtual programming. For more information call the center or stop by Suite C.					1 Super Surprise Saturday Group A @ Delta First 5 (2-5yrs) 9:30-10:30 Super Surprise Saturday Group B @ Delta First 5 (2-5yrs) 11-12
3 Ready for Learning @ Vintage Parkway Group A (3-5yrs) 9-10 Ready for Learning @ Vintage Parkway Group B (3-5yrs) 10-11 Park Play and Learn @ Big Break Regional Park (1-3yrs) 10-11 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 Triple P Baby in Spanish (Adults) 6-8	4 	5 Virtual Stress Relief Through Art (Adults) 9:30-10:30 Big Letters, Small Letters at Antioch Library (3-5yrs) 10:30-11:30 Help Me Grow (By Invite) 11-12 Songs, Stories and Signs @ Antioch Library (3-5yrs) 11-12 Triple P English Virtual (Adults) 6:30-8:30	6 AMCE with La Clinica (Adults) 9:30-11 Colors Class @ Oakley Library (3-5yrs) 10:30-11:30 Virtual Co-Parenting Workshop (Adults) 11-12	7 Hygiene and Activity Kit Distribution Days (Adults) 9-12 ASQ and Me Drop In (All Ages) 2-4	8 Super Surprise Saturday Group A @ Delta First 5 (2-5yrs) 9:30-10:30 Super Surprise Saturday Group B @ Delta First 5 (2-5yrs) 11-12
10 Ready for Learning @ Vintage Parkway Group A (3-5yrs) 9-10 Ready for Learning @ Vintage Parkway Group B (3-5yrs) 10-11 Park Play and Learn @ Big Break Regional Park (1-3yrs) 10-11 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 Triple P Baby in Spanish (Adults) 6-8	11	12 Virtual Stress Relief Through Art (Adults) 9:30-10:30 Help Me Grow (By Invite) 11-12 Songs, Stories and Signs @ Antioch Library (3-5yrs) 11-12 Potty Training Workshop Eng (Adults) 2:30-3:30 Triple P English Virtual (Adults) 6:30-8:30	13 AMCE with La Clinica (Adults) 9:30-11 Coffee with the CRS (Adults) 10-11 Colors Class @ Oakley Library (3-5yrs) 10:30-11:30 Virtual Communication Workshop (Adults) 11-12	14 Hygiene and Activity Kit Distribution Days (Adults) 9-12 ASQ and Me Drop In (All Ages) 2-4	15 Enrollment Begins Super Surprise Saturday Group A @ Delta First 5 (2-5yrs) 9:30-10:30 Super Surprise Saturday Group B @ Delta First 5 (2-5yrs) 11-12
17 Ready for Learning @ Vintage Parkway Group A (3-5yrs) 9-10 Ready for Learning @ Vintage Parkway Group B (3-5yrs) 10-11 Park Play and Learn @ Big Break Regional Park (1-3yrs) 10-11 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 Triple P Baby in Spanish (Adults) 6-8	18 Virtual Parent Café (Adults) 11-12:30 Food Distribution (Adults) 11-12:30	19 Virtual Stress Relief Through Art (Adults) 9:30-10:30 Big Letters, Small Letters at Antioch Library (3-5yrs) 10:30-11:30 Help Me Grow (By Invite) 11-12 Songs, Stories and Signs @ Antioch Library (3-5yrs) 11-12 Triple P English Virtual (Adults) 6:30-8:30	20 AMCE with La Clinica (Adults) 9:30-11 Colors Class @ Oakley Library (3-5yrs) 10:30-11:30 Virtual Family Health Workshop (Adults) 11-12	21 Hygiene and Activity Kit Distribution Days (Adults) 9-12 Virtual Melanin Group Chat (Adults) 10-11 ASQ and Me Drop In (All Ages) 2-4 STEM with a Librarian (All Ages) 3-3:45	22 Super Surprise Saturday Group A @ Delta First 5 (2-5yrs) 9:30-10:30 Super Surprise Saturday Group B @ Delta First 5 (2-5yrs) 11-12
24 Ready for Learning @ Vintage Parkway Group A (3-5yrs) 9-10 Ready for Learning @ Vintage Parkway Group B (3-5yrs) 10-11 Park Play and Learn @ Big Break Regional Park (1-3yrs) 10-11 Count & Match with Ms. Bernice (3-5yrs) 4:30-5:30 Triple P Baby in Spanish (Adults) 6-8	25 	26 Virtual Stress Relief Through Art (Adults) 9:30-10:30 Big Letters, Small Letters at Antioch Library (3-5yrs) 10:30-11:30 Help Me Grow (By Invite) 11-12 Songs, Stories and Signs @ Antioch Library (3-5yrs) 11-12 Triple P English Virtual (Adults) 6:30-8:30	27 AMCE with La Clinica (Adults) 9:30-11 Colors Class @ Oakley Library (3-5yrs) 10:30-11:30 Tips to Help Your Child Grow Virtual Workshop (Adults) 11-12	28 CLOSED	Scan the QR code to Enroll -> 

Antioch First 5 Center

Class and Event Descriptions

July/August 2026

UPDATED

Antioch First 5 Center



Due to Building Maintenance issues most of the programming will be held off site or virtually. You are welcome to join us for all off site and virtual programming. For more information call the center or stop by Suite C.

Antioch First 5 Updates Meeting thru Zoom Friday, July 24th 2-3pm
Log in to the meeting on Zoom and talk with staff about the cancellations and programming changes during this unscheduled maintenance.
<https://us02web.zoom.us/j/86403909504>

Big Letters, Small Letters @ Antioch Library- Wednesdays **(In Person) 3-5yrs**

The class focus will be recognizing uppercase and lowercase letters through songs and activities.

Colors Class @ Oakley Library- Thursdays **(In Person) 3-5yrs**

This class, we will work on age-appropriate multi-sensory activities that introduce and reinforce color recognition through play. This includes sorting objects by color, creating art with different colored material, and using everyday items to identify and name colors.

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.

Park Play and Learn @ Big Break Regional Park – Mondays **(In Person) 1-3yrs**

In this class children and families will explore outdoor activities to enhance learning in a beautiful setting at the Big Break Regional Park.

Ready for Learning @ Vintage Parkway- Mondays **(In Person) 3-5yrs**

In this class children will be introduced to concepts of colors, shapes and letters. They will build on skills such as writing, cutting and working with others.

Songs, Stories and Signs at Antioch Library- Wednesdays **(In Person) 3-5yrs**

This interactive class invites children and their caregivers to explore language through music, books, and American Sign Language (ASL). The class includes engaging songs,

story time, simple signs, movement activities, and hands-on play that support early communication, language development, and social-emotional growth.

AMCE with La Clinica-Thursdays

(Virtual) Adults

Come learn tips and tools for handling stress, anxiety and depression so you can be the best for your family and yourself. This class will be offered by La Clinica.

Triple P Baby- Mondays

(Virtual) Adults

This is an evidence-based class that encourages skills to help families communicate and use positive reinforcement to parent children.

Triple P English- Wednesdays

(Virtual) Adults

This is an evidence-based class that encourages skills to help families communicate and use positive reinforcement to parent children.

Virtual Stress Relief Through Art- Wednesdays

(Virtual) Adults

In this class, mothers will be able to discuss the different types and triggers of stress while exploring different stress- relieving activities that can also be held in-home or around the community. Some topics covered include mediation, painting and essential oils.

Virtual Potty-Training Workshop – July 29th & August 12th

(Virtual) Adults

This workshop will give parents information to assist in potty training their child. Topics of this workshop will include preparing for potty training, signs of readiness from your child, ways to positively reinforce your child and possible setbacks.

ASQ and Me- Fridays

(In Person) Adults

Drop my the center and complete an ASQ with your child. We will have staff on site to go over the results and recommend exciting activities to enhance your child's growth.

Food Distribution- Tuesdays

(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.

Hygiene and Activity Kit Distribution-Fridays

(In Person) Adults

Drop by the center to pick up a once a month hygiene kit for your family. For children we have an activity kit as well.

Melanin Chat Group– Fridays

(Virtual) Adults

Our support group is a safe space for People of Color to discuss unique racial and cultural experiences and provide connection and healing through peer support.

Parent Café Virtual – Tuesdays

(Virtual) 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.

STEM Learning with A Librarian – Fridays

(In Person) All Ages

Come explore the world of STEM (science, technology, engineering, and mathematics with a librarian through fun educational activities).

Workshops- Thursdays

(Virtual) Adults

Topics include Co-Parenting, Communication, Family Health and Tips to Help Your Child Grow Hosted by our CRS Ty on Zoom.

Virtual Coffee with CRS – Thursdays

(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: Chelsea, Rocio & Tyrone.