

NOVEMBER 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, Highlighted in Gray: NOT AVAILABLE FOR ENROLLMENT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 9:30am-10:30am Colors Around Me (2Y) 10:00am-11:00am Fine Motor Fun (3Y) 10:00am-12:00pm A Taste of Africa (3Y-5Y) 11:00am-12:00pm Little Sorters (2Y) 11:30am-12:30pm Winter Wonderland (2Y) 3:00pm-4:00pm Creative Corner (3Y) 3:00pm-4:30pm Winter Wonderland (3Y)	3 9:30am-10:30am Baby Signs Part 1 (6W-6M) 9:30am-10:30am Danzability (3Y-4Y) 11:00am-12:00pm Cultures Around the World (3Y) 11:00am-12:00pm Melanin Moments: Infant Massage (6W-5M) ONLY FOR AFRICAN-AMERICAN/BLACK FAMILIES 2:30pm-3:30pm Playing Together (1Y) 2:30am-3:30pm Afternoon Art (2Y) 3:00pm-5:00pm T.E.A.M. Dad (P) ENG - FOR FATHERS ONLY	4 10:00am-12:00pm - KinderTools (4Y-5Y) CLOSED FOR THE FY 26-27 - RMTK (P) FOR KT PARENTS 2:30pm-3:30pm Book Craft (3Y) 2:30pm-3:30pm 7 Days of Kwanzaa (2Y-5Y) 4:30pm-5:30pm Sanja Mann (P) FOR PUN/HIN SPEAKING MOTHERS 5:00pm-6:00pm Fall into Winter (3Y) 5:00pm-6:00pm Story Adventures (4Y-5Y)	5 9:00am-10:00am Help Me Grow (HMG) - BY INVITE ONLY 9:30am-10:30am Master Stress (P) ENG ONLY 9:30am-10:30am Masaje Infantil (6W-5M) SPA ONLY 10:30am-11:30am Help Me Grow (HMG) - BY INVITE ONLY 11:30am-12:30pm Morning Magic (2Y) 11:30am-12:30pm Alphabet Explorers (3Y-4Y) ENROLLMENT THROUGH PITTSBURG LIBRARY 3:00pm-5:00pm 24-7 Dad: 12 Habits (P) ENG ONLY - HYBRID 5:00pm-6:00pm Alphabet Rocks (4) 🍲 FOOD PANTRY 🌱 12:30pm-1:00pm, 2:30pm-5:00pm	6 9:30am-10:30am Zumba (P) 9:30am-10:30am Discovery Den (2Y) 11:00am-12:00pm Playing & Growing (1Y) 12:00pm-1:00pm Parents Helping Parents (P) ENG ONLY	7 10:00am-11:00am Twinkle and Learn (1Y) 11:30am-12:30pm Fall into Winter (2Y)
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FALL BREAK NOVEMBER 23rd-28th CENTER CLOSED					
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CHILDREN CLASSES

OFFSITE CLASSES (TAUGHT IN A DIFFERENT LOCATION):

Alphabet Explorers (3 years to 4 years) ENROLLMENT THROUGH PITTSBURG LIBRARY

This program will build alphabet awareness using interactive practice, and typical formats featuring interactive storytelling, sensory crafts, and movement activities.

IN-PERSON CLASSES:

Masaje Infantil (6 weeks to 5 months) SPANISH 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.

Melanin Moments: Infant Massage (6 weeks to 5 months) ONLY FOR AFRICAN-AMERICAN/BLACK FAMILIES

Join us for a nurturing, empowering class **designed for African American families** to explore the many benefits of infant massage. In this culturally affirming space, caregivers will learn gentle, hands-on techniques to help their babies relax, sleep better, and feel secure.

Baby Signs Part 1 (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.

Playing & Growing (1 year)

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.

Playing Together (1 year)

How can we play together? In this class we will be exploring how to enjoy work time playing together with other friends and building new skills like practicing patience, sharing and more.

Twinkle & Learn (1 year)

Toddlers will enjoy music, movement, textures, seasonal colors, simple art experiences, and plenty of opportunities to explore safety while developing language, motor skills and social connections.

Afternoon Art (2 years)

Join in for an afternoon of age-appropriate hands-on art projects utilizing various sensory items/objects.

Colors Around Me (2 years)

This class will focus on introducing and recognition of colors using age-appropriate activities and objects.

Discover Den (2 years)

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

Fall into Winter (2 years)

Our Fall Into Winter theme takes children on a magical journey from colorful autumn leaves to chilly winter days. Through hands-on activities, stories, songs, art, sensory play. Children will discover the changes happening all around them while building friendships and important early-learning skills.

Little Sorters (2 years)

We will focus on the cognitive skill of grouping by color and size.

Morning Magic (2 years)

Our Morning Magic class gives curious 2-year-olds a joyful start to their day through hands-on activities, music, movement, stories, art, sensory play, and imaginative exploration. Children will build independence, language, social skills, and confidence while making new friends and discovering the world around them.

Winter Wonderland (2 years)

How can we have fun during the Winter? In this class we are going to explore fun activities for the Winter season.

7 Days of Kwanzaa (2 years to 5 years)

Starting December 26, families across the U.S. will gather around their kinaras, mkekas, unity cups, and beautiful Kwanzaa decorations as they celebrate culture, community, family, and the seven principles of Kwanzaa. Come join us for 7 Days of Kwanzaa Exploration, a fun and interactive family experience designed to introduce young children and their grown-ups to the traditions, symbols, and meaning behind this beautiful celebration of African heritage and community.

Book Craft (3 years)

Books encourage language skills, expression of emotions and exposing children to new words. We will read a new book every week and work on crafts based on the book.

Creative Corner (3 years)

Come and explore your creativity, and see what you can create! From art to open-ended block activities to loose parts, come and create.

Cultures Around the World (3 years)

Our age-appropriate activities in this class will focus on celebrations of various cultures around the world. Came up with an idea? Please bring it up with the center staff and we can work on including them.

Fall into Winter (3 years)

Our Fall Into Winter theme takes children on a magical journey from colorful autumn leaves to chilly winter days. Through hands-on activities, stories, songs, art, sensory play. Children will discover the changes happening all around them while building friendships and important early-learning skills.

Fine Motor Fun (3 years)

In this class we will be exploring our fine motor skills, all activities are planned to support children build up their skills through open ended activities.

Winter Wonderland (3 years)

Winter is on its way and this calls for winter themed age-appropriate arts and crafts.

Danzability (3 years to 4 years)

All abilities and disabilities dance class and creative movement class provide children a creative outlet through dance!

A Taste of Africa (3 years to 5 years)

Join us for this hands-on cooking class where families can explore the vibrant flavors of African cuisine together. This cooking class will introduce families to the rich culture, unique spices, and traditions of African cooking. Afterwards, we will enjoy a family-style meal together.

Alphabet Rocks (4 years)

Through this class, children will learn literacy through synthetic phonics. Using different multi-sensory methods, children will learn how to form and write letters.

Story Adventures (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!

KinderTools (4 years to 5 years) ENROLLMENT CLOSED FOR THE 26-27 FISCAL YEAR

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.

PARENTING CLASSES

VIRTUAL CLASSES - THROUGH ZOOM:

Sisters in Parenting (P) ENG - FOR AFRICAN-AMERICAN 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: 11/9 (Sistersgiving Social) & 12/8 (Class)**

HYBRID CLASSES - OFFERED BOTH THROUGH ZOOM AND IN-PERSON:

24-7 Dad: 12 Habits - ENG - ONLY FOR DADS

This six-week class helps dads become more confident, intentional, and engaged fathers. Based on The 24:7 Dad: 12 Habits of Confident Fathers, participants will explore practical habits for self-awareness, self-care, fathering, parenting, relationships, and stewardship. Through honest discussion, reflection, and real-life application, dads will develop tools to strengthen their relationships with their children and build a legacy of positive fatherhood.

T.E.A.M. Dad - ENG - ONLY FOR DADS

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!

IN-PERSON CLASSES:

Cara y Corazón - SPANISH ONLY

Culture, community, and family can step in to help parents build positive relationships with their children and with themselves.

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!

Master Stress - ENGLISH ONLY

Master Stress with Hind is a supportive class series designed to help moms better understand the impact of stress on women's mental, emotional, and physical well-being. Throughout the series, participants will learn practical stress management techniques that can be incorporated into everyday life. Each session offers a nurturing experience that includes self-care practices with traditional Moroccan tea, self-love journaling over Moroccan tea, guided meditation, moving meditation, and relaxing sound bath meditation. These activities are designed to promote relaxation, mindfulness, and emotional balance.

Parents Helping Parents - ENGLISH 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.

Sanja Mann - PUNJABI/HINDI 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.

Zumba - BILINGUAL (SPANISH AND ENGLISH)

A fun and energizing bilingual Zumba class just for parents! Dance, move, and take time for yourself while improving your overall wellness.

EVENTS

To participate in our events and workshops, families must indicate their interest on the Class Enrollment Form. Interest emails are sent first, and if no response is received, we will assume they are no longer interested and offer the spot to another family.

Daddy & Me Social: Oakland Zoo (2 years to 5 years)

November 10th 2026, 9:00am-4:00pm

****ENROLLMENT SEPARATELY****

Join us for a fun-filled day of exploring, learning, and making special memories together at the Oakland Zoo! This special outing is an opportunity for dads and their little ones to spend quality time together while discovering amazing animals and enjoying the zoo.

Workshop: Onda de Conciencia - SPANISH ONLY

DATES:

- **November 14th, 10:00am-11:30am**
- **November 21st, 10:00am-11:30am**

"Onda de Conciencia" is a space that brings together movement, reflection, and well-being. Over the course of two sessions, we will explore simple ways to listen to the body, express emotions, and move with greater freedom and awareness. No dance experience is required—only a willingness to participate and connect with yourself.

Kwanzaa Family Night (2 years to 5 years)

Friday, Dec. 11th, 4:00pm-5:30pm

Join us for a joyful Kwanzaa Family Night filled with creativity, connection, food, and fun! Families will come together to celebrate the spirit of Kwanzaa through hands-on activities, family crafts, music, delicious food, festive treats, and family photos. We'll explore the Seven Principles of Kwanzaa in fun, age-appropriate ways while creating special memories together.

East Bay Regional Parks presents: Mammals (2 years to 5 years)

Tuesday, Dec. 15th, 10:00am-10:45am

Join us for this one-time special presentation from East Bay Regional Parks. Naturalists will bring some fun and engaging activities for the children to explore the life of Mammals.

Christmas Carnival (2 years to 5 years) **ENROLLMENT FOR EVENT COMING SOON!**

Friday, Dec. 18th, 4:00pm-5:30pm

Join us for a magical day of festive family fun at our **Christmas Carnival!** Step into a winter wonderland filled with holiday cheer, delicious treats, and community spirit along with age-appropriate games, crafts for young children and their families.

La Importancia del Asiento de Carro - SPANISH WORKSHOP

DATES:

- **November 13th, 3:00pm-4:30pm**
- **December 14th, 12:00pm-1:30pm**

Why should you use a car seat for your child? How do you know if you are using it correctly? When can you switch to a different seat or stop using one?



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



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