



October 2023

East County First 5 Center | 355 East Leland Rd. Pittsburg, CA 94565

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>9:30AM-10:30AM LEE Y CANTA (1Y) 11:30AM-12:30PM LET'S EXPLORE (2Y) 3:00PM-4:00PM ABC PART I (3Y)</p>	<p>3</p> <p>9:30AM-10:30AM BRIGHT & BEYOND (1Y) 9:30AM-10:30AM BABY ZUMBINI (0-11M) 9:30AM-10:30AM EXPLORING IN THE PARK (3Y-5Y) OFFSITE- BUCHANAN PARK 10:30AM-11:30AM ZUMBINI (1Y) 11:00AM-12:00PM PLAYING IN THE PARK (2Y-3Y) OFFSITE- BUCHANAN PARK 11:30AM-12:30PM 1,2,3 COUNT WITH ME (2Y-3Y) VIRTUAL 3:00PM-4:00PM WALKING IN THE JUNGLE (3Y-4Y) 5:00PM-6:00PM SISTERS IN PARENTING EN (P) VIRTUAL</p>	<p>4</p> <p>9:30AM-11:00AM KINDERTOOLS (4Y) & RTK (P) 10:00AM-11:00AM ABRIENDO MENTES, CERRANDO ESTIGMAS SP (P) 11:30AM-12:30PM INFANT MASSAGE (6M- 11M) 2:15PM-3:15PM EXPLORING WITH MY BODY DROP-IN (2Y-4Y) 3:00PM-4:00PM ART DROP-IN (2Y-3Y) 4:00PM- 5:00PM WRITE WITH ME (4Y-5Y)</p>	<p>5</p> <p>9:15AM-10:15AM INFANT MASSAGE (6W-5M) 9:30AM-11:00AM HMG (18M-2Y) BY INVITE ONLY 10:30AM-11:30AM PLAY WITH ME (1Y) 10:30AM-12:30PM MAMÁ CON MAMÁ SP (P) IN-PERSON/ VIRTUAL 11:30AM-1:00PM HMG (18M-2Y) BY INVITE ONLY 5:00PM-6:00PM SCIENCE WITH DAD (4Y-5Y)</p>	<p>6</p> <p>9:30AM-10:30AM MUSIC AND MOVEMENT (1Y) 9:30AM-10:30AM JUMPBUNCH (3Y-5Y) 10:00AM-11:00AM BREAKTHROUGH PARENTING EN (P) 11:30AM-12:30PM LEARN AND PLAY (2Y)</p>	<p>7</p> <p>10:00AM-11:00AM BABY SIGNS (0-18M) 12:00PM-1:00PM DADDY AND ME (2Y-5Y)</p>
<p>9</p> <p>9:30AM-10:30AM LEE Y CANTA (1Y) 11:00AM-12:00PM COMMUNITY LEADERS MEETING (P) VIRTUAL - BILINGUAL 11:30AM-12:30PM LET'S EXPLORE (2Y) 3:00PM-4:00PM ABC PART I (3Y)</p>	<p>10</p> <p>9:30AM-10:30AM BRIGHT & BEYOND (1Y) 9:30AM-10:30AM BABY ZUMBINI (0-11M) 9:30AM-10:30AM EXPLORE IN THE PARK (3Y-5Y) OFFSITE- BUCHANAN PARK 10:00AM-12:00PM TRIPLE P SP (P) 10:30AM-11:30AM ZUMBINI (1Y) 11:00AM-12:00PM PLAYING IN THE PARK (2Y-3Y) OFFSITE- BUCHANAN PARK 11:30AM-12:30PM 1,2,3 COUNT WITH ME (2Y-3Y) VIRTUAL 3:00PM-4:00PM WALKING IN THE JUNGLE (3Y-4Y) 5:00PM-6:00PM SISTERS IN PARENTING EN (P) VIRTUAL</p>	<p>11</p> <p>9:30AM-11:00AM KINDERTOOLS (4YR) & RTK (P) 10:00AM-11:00AM ABRIENDO MENTES, CERRANDO ESTIGMAS SP (P) 11:30AM-12:30PM INFANT MASSAGE (6M- 11M) 2:15PM-3:15PM EXPLORING WITH MY BODY DROP-IN (2Y-4Y) 3:00PM-4:00PM ART DROP-IN (2Y-3Y) 4:00PM- 5:00PM WRITE WITH ME (4Y-5Y)</p>	<p>12</p> <p>9:15AM-10:15AM INFANT MASSAGE (6W-5M) 9:30AM-11:00AM HMG (18M-2Y) BY INVITE ONLY 10:30AM-11:30AM PLAY WITH ME (1Y) 10:30AM-12:30PM MAMÁ CON MAMÁ SP (P) IN-PERSON/ VIRTUAL 11:30AM-1:00PM HMG (18M-2Y) BY INVITE ONLY 5:00PM-6:00PM SCIENCE WITH DAD (4Y-5Y)</p>	<p>13</p> <p>9:30AM-10:30AM MUSIC AND MOVEMENT (1Y) 9:30AM-10:30AM JUMPBUNCH (3Y-5Y) 10:00AM-11:00AM BREAKTHROUGH PARENTING EN (P) 11:30AM-12:30PM LEARN AND PLAY (2Y)</p>	<p>14</p> <p>10:00AM-11:00AM BABY SIGNS (0-18M) 12:00PM-1:00PM DADDY AND ME (2Y-5Y)</p>
<p>16</p> <p>10:00AM-11:00AM STORY TIME WITH LIBRARY (2Y-5Y) </p>	<p>17</p> <p>10:00AM-12:00PM TRIPLE P SP (P)</p>	<p>18</p>	<p>19</p> <p>9:30AM-11:00AM HMG (18M-2Y) BY INVITE ONLY 11:30AM-1:00PM HMG (18M-2Y) BY INVITE ONLY</p>	<p>20</p> <p>10:00AM-11:00AM BREAKTHROUGH PARENTING EN (P)</p>	<p>21</p>
<p>23</p> <p>Center Operating Hours MONDAY-THURSDAY 9:00am-5:00pm FRIDAY 9:00am-12:30pm SATURDAY 9:00am-1:00pm CLOSED FOR LUNCH 1:00pm-2:00pm</p>	<p>24</p> <p>10:00AM-12:00PM TRIPLE P SP (P)</p>	<p>25</p> 	<p>26</p> <p>9:30AM-11:00AM HMG (18M-2Y) BY INVITE ONLY 11:30AM-1:00PM HMG (18M-2Y) BY INVITE ONLY</p>	<p>27</p> <p>10:00AM-11:00AM BREAKTHROUGH PARENTING EN (P)</p>	<p>28</p> <p>Play Area Hours MONDAY-THURSDAY 9:00am-4:30pm FRIDAY-SATURDAY 9:00am-12:30pm</p>

CLASS DESCRIPTIONS: SEPTEMBER-OCTOBER 2023 SESSION

INFANT MASSAGE (6 WEEKS-5 MONTHS + 6 MONTHS-11 MONTHS)

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 ZUMBINI (0-11 MONTHS) AND ZUMBINI (1 YEAR)

Come join in the fun in bonding with your child through music and reading. This class will help in the social, emotional and cognitive skills in children.

BABY SIGNS (0 TO 18 MONTHS)

This is an interactive play group that will help parents and children learn useful signs, songs, and games. Learning signs about mealtime, bedtime, bath time, pets, the park, and getting dressed.

BRIGHT + BEYOND (1 YEAR)

The format and activities in bright and beyond program is perfect for parents who want to provide interactive, creative play, and a broad-based head start for their children.

MUSIC AND MOVEMENT (1 YEAR)

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

PLAY WITH ME (1 YEAR)

Children will have the opportunity to learn as they play. Play with me, will have a variety of activities like art, gross motor activities and sensory. This will give your children exposure and explore every development area.

LEE Y CANTA (READ AND SING) IN SPANISH (1 YEAR)

In this class children will sing and read age appropriate books. It invites and motivates parents to engage in activities with their children, which primarily supports language development, fine and gross motor skills.

LET'S EXPLORE (2 YEARS)

Toddlers will explore a variety of sensory, gross/ fine motor and art activities that are focused on their developmental milestones.

LEARN AND PLAY (2 YEARS)

This class is specially designed to help young children learn and develop as they play. Our classes also help you learn about your child- how to participate in and encourage his or her development- while enjoying the simple pleasure of doing activities together.

1, 2, 3 COUNT WITH ME (2 YEARS TO 3 YEARS) **VIRTUAL**

This class will teach counting through play and conversations. We will use different materials to help learn the numbers visually.

PLAYING IN THE PARK (2 YEARS TO 3 YEARS)

As the name says in this class the children will come to play in the park always accompanied by an adult. All activities will be appropriate for their age, which seeks to continue supporting their development and improve/acquire skills necessary for their growth.

DADDY AND ME (2 YEARS TO 5 YEARS)

This class is designed so that parents have the opportunity to spend time together. Children will create fun art projects while sharing one-on-one time with dad.

MATH FUN (3 YEARS)

Come learn and explore numbers through music and movement.

WALKING IN THE JUNGLE (3 YEARS TO 4 YEARS)

Based on the song walking in the jungle, children will get to know each animal mentioned in the song. They will have the opportunity to be creative as they create the animals in a fun art way. Great for their fine and gross motor skills, followed with creativity and problem solving skills.

EXPLORING IN THE PARK (3 YEARS- 5 YEARS)

Come explore nature and wildlife at our local park. In this class they will learn to observe and interact with the natural environment.

KINDER TOOLS (4 YEARS) WHOLE SCHOOL YEAR CLASS- AUG. 2023 TO JUNE 2024

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.

SCIENCE WITH DAD (4 YEARS TO 5 YEARS)

Children will discover the basic science around them in this interactive class. Children will find science in the simple things as they combine different materials to create a new one. they will learn things such as seed planting, sensory, and it will encourage their creativity and problem solving.

WRITE WITH ME (4 YEARS TO 5 YEARS)

Write with me is a class where the teacher will introduce basic writing skills that will help children work on their fine and gross motor skills, and help them improve in their writing skills.

PARENTING CLASSES

SISTERS IN PARENTING (ENGLISH) **VIRTUAL**

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

MAMÁ CON MAMÁ (SPANISH) **HYBRID CLASS- IN-PERSON AND VIRTUAL**

This class is a support group for Spanish speaking mothers. Various topics related to the upbringing of the child are shared.

BREAKTHROUGH PARENTING (ENGLISH)

The purpose of this class is to help parents to teach children to develop the inner guidance they need to think for themselves and to care about others. Breakthrough Parenting offers a proven method for raising cooperative, happy, self-confident children.

COMMUNITY LEADERS MEETING

East County First 5 is seeking leadership assistance from our community families. Our goal at the center is always to improve programming while developing stronger families. We have many passionate and motivated caregivers in our community and we would love to tap into that energy and expertise. We would like to invite you to become an East County Community Leader. Come learn about these exciting opportunities. Examples of possible activities: Parent cafe designer, Event planner, Class Liaison, and Community assistance.