

July 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>PLAY AREA OPENED 9:30AM-12:30PM</p>	<p>2</p> <p>11:00am-11:45am Live Animal Presentation: Native Wildlife Program - MUST REGISTER FOR EVENT</p> <p>PLAY AREA OPENED 9:30AM-12:30PM</p>	<p>Center Closed</p>	<p>4</p>  <p>Center Closed</p>	<p>Center Closed</p>	<p>Center Closed</p>
<p>8</p> <p>10:00am-11:00am Storytime and Art (2Y-3Y) 10:00am-12:00pm Serenamente (P) SPA - 8 Week Class 11:30am-12:30pm Baby Signs (0M-18M) 1:00pm Center Orientation VIRTUAL 2:30pm-3:30pm Amazing Athletes JumpBunch (4Y-5Y) 2:30pm-3:30pm Zumbini (2Y-3Y) 3:30pm-4:30pm Zumbini (3Y-4Y)</p>	<p>9</p> <p>9:30am-10:30am Move with Me (6M-12M) 10:00am-11:00am Dance with Me (1Y-2Y) 11:00am-12:30pm Mamá con Mamá (P) SPA - IN-PERSON 11:30am-12:30pm Kid Kuisine (3Y-4Y) 12:00pm-1:00pm Summer Craft (3Y) VIRTUAL 3:30pm-4:30pm Handwriting without Tears (4Y-5Y) CONTINUED - NO ENROLLMENT 3:00pm-4:00pm T.E.A.M. Dad (Fathers) HYBRID 5:00pm-6:00pm Exploring the Planets (4Y-5Y) 5:00pm-7:00pm Sisters in Parenting (P) VIRTUAL</p>	<p>10</p> <p>9:00am-10:00am Sensory Seekers (6M-12M) 9:30am-10:30am Lee y Canta (1Y-2Y) SPA 10:00am-12:00pm Eating Smart & Being Active (P) 8 Week Class IN-PERSON 11:00am-12:00pm Animal Explorers (3Y) 11:30am-12:30pm Wild about Learning (24M-36M) 2:30pm-3:30pm Summer Art (2Y) VIRTUAL 3:00pm-4:00pm Building with Dad (2Y-5Y) 4:00pm-5:00pm Sanja Mann (P) PUNJABI/HINDI 5:00pm-6:00pm Creative Minds (3Y) 6:00pm-8:00pm Hacer de la Familia un Placer para Parejas (P) SPA - IN-PERSON</p>	<p>11</p> <p>9:15am-10:15am Infant Massage (6W-5M) 9:30am-10:30am HMG (18M-2Y) BY INVITE ONLY 9:30am-10:30am Playing in the Park (2Y) OFFSITE 10:30am-11:30am Park Explorers (3Y-5Y) OFFSITE 11:00am-12:00pm Collage Explorers (2Y-5Y) OFFSITE & Class Enrollment through Pittsburg Library 11:00am-12:00pm HMG (2Y-3Y) BY INVITE ONLY 12:00pm-1:00pm AFRO-Expression (2Y-5Y) 2:30pm-3:30pm Let's Move (13M-24M) 3:00pm-4:00pm Summer Fun (2Y) VIRTUAL 5:00pm-6:00pm Under the Sea (3Y-5Y)</p>	<p>12</p> <p>9:30am-10:30am Nutrition and Self-Care (P) IN-PERSON 10:00am-11:00am Playing Together (1Y) 10:30am-11:30am Book Craft (36M-48M) VIRTUAL 11:00am-12:30pm A.M.C.E. "Abriendo Mentes, Cerrando Estigmas" (P) SPA - IN-PERSON 12:00am-1:00pm Busy Hands (2Y) 2:30pm-3:30pm Zoo Phonics (3Y-4Y) 2:30am-4:30pm Effective Black Parenting (P) ENG - HYBRID</p>	<p>13</p> <p>10:00am-11:00am Insect Investigators (3Y-5Y) 12:00pm-1:00pm Safari Adventures (1Y-2Y)</p>
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GUIDE:

W= Weeks, M= Months, Y= Years, Pinkish-Orange Highlight= Class taken place outside the Center (OFFSITE), Blue Highlight= Parenting class, Yellow Highlight= Virtual/Zoom class, Green Highlight= Event/Workshop

Class Descriptions

July–August 2024 Session

CHILDREN CLASSES

Infant Massage (Age Group: 6 Week to 5 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 Signs (Age Group: 0 Months to 18 Months)

This interactive play group will help parents learn useful signs, songs and games to begin signing right away. This class will include fun activities and parent education topics to stimulate growth in your baby's motor, cognitive, language, literacy, social and emotional development.

Move with Me (Age Group: 6 Months to 12 Months)

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

Sensory Seekers (Age Group: 6 Months to 12 Months)

In this class we will work on age appropriate multi-sensory activities that are designed to encourage infants with their tactile, visual and auditory stimulation.

Let's Move (Age Group: 13 Months to 24 Months)

Come and move along with your child while exploring additional gross motor age-appropriate activities that can be practiced at home as well.

Playing Together (Age Group: 1 Year)

This class focuses on the developmental milestones of infants. We will do a variety of hands-on activities that parents can continue at home with their child.

Lee y Canta SPANISH ONLY (Age Group: 1 Year to 2 Years)

Practicing the Spanish language. Let's explore the first steps of reading and singing! In this class we will explore many books and other activities focused on fun topics.

Safari Adventures (Age Group: 1 Year to 2 Years)

We are going to explore the many species of animals that live in the jungles all around the world. We will be working on activities that support the following areas of development: fine motor, gross motor and social-emotional skills.

Dance with Me (Age Group: 1 Year to 2 Years)

Come learn about how our bodies move to music, and learn nursery rhymes.

Busy Hands (Age Group: 2 Years)

Children will keep their hands busy by doing different activities that will help them with their fine and gross motor skills. As well as different sensory activities, hands and body movement.

Playing in the Park (Age Group: 2 Years) OFFSITE - CLASS TAUGHT OUTSIDE OF THE CENTER

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, where we seek to continue supporting their development and improve/acquire skills necessary for their growth.

Summer Art (Age Group: 2 Years) VIRTUAL

This summer craft class provides the development your children need to know how to express their emotions through art, creating summer crafts. Great for their fine and gross motor, creativity and imagination.

Summer Fun (Age Group: 2 Years) VIRTUAL

There are so many fun things about summer, and in this class we explore each week. Let's explore art, science and many more activities.

Wild about Learning (Age Group: 24 Months to 36 Months)

Let's get together to go wild with our age and developmentally appropriate wildlife themed crafts and activities.

Storytime and Art (Age Group: 2 Years to 3 Years)

This class consists of story time, group discussion, arts and crafts, class participation, and a chance to role play all in one.

Zumbini (Age Group: 2 Years to 3 Years)

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.

AFRO-Expressions (Age Group: 2 Years to 5 Years)

Affirming Families' Right Of Expression. Express who you are, everyone is welcome! Come Explore different African cultures and learn about its geography, plants, animals, and peoples. Prepare to go on a journey through Africa where you will experience interesting facts, life lessons through african folktales, music, dances, arts, food, fashion and many more explorations each week.

Building with Dad (Age Group: 2 Years to 5 Years)

Calling all DADs and kids! Come join us for "Building" with DAD. Dads come engage with your kids and work on building skills for your child's development. Come build relationships, memories and more! Join us for some fun and creativity.

Collage Explorers (Age Group: 2 Years to 5 Years)

First 5 welcomes families with kids 2-5 years for this fun filled class. This session we shall work on exploring and creating collages.

Animal Explorers (Age Group: 3 Years)

In this class children will have the opportunity to explore different types of animals through art, songs, games, sensory and much more. Great for their fine & gross motor skills, follow with creativity and imagination.

Creative Minds (Age Group: 3 Years)

What can you create? In this class we will expand our creativity. Each class will encourage children to explore open-ended activities to develop their artistic skills.

Summer Craft (Age Group: 3 Years) VIRTUAL

This summer craft class provides the development your children need to know how to express their emotions through art, creating summer crafts. Great for their fine and gross motor, creativity and imagination.

Book Craft (Age Group: 3 Years to 4 Years)

Books encourage language skills, expression of emotions and exposing children to new words. In this class, we will read and work on making our own book by drawing, adding pictures etc.

Kid Kuisine (Age Group: 36 Months to 48 Months)

Welcome your child in the kitchen and enjoy/encourage their age-appropriate cooking in our Kid Kuisine Class. Cooking is a special and important skill for children, where measuring, mixing, peeling, etc., are all learnt in a fun way. Tailored towards early learners' age.

Zumbini (Age Group: 3 Years to 4 Years)

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.

Zoo Phonics (Age Group: 3 Years to 4 Years)

Welcome and get ready to have fun learning! We will work on the alphabet's letter shapes and sounds through games, song, art, and movement. Children will practice listening to sounds

within words as well as putting sounds together to create.

Insect Investigators (Age Group: 3 Years to 5 Years)

Calling all scientists! We need your help to investigate the insects that live around us. We will be exploring many different bugs and with each activity will build on our knowledge about insects.

Park Explorers (Age Group: 3 Years to 5 Years) OFFSITE - CLASS TAUGHT OUTSIDE OF THE CENTER

Come explore nature, and wildlife in our local park. This class will you learn how to observe and interact with natural surroundings

Under the Sea (Age Group: 3 Years to 5 Years)

Summer's here!! Water play and age and developmentally appropriate under the sea crafts will add fun to this class and summer.

Amazing Athletes JumpBunch (Age Group: 4 Years to 5 Years)

Come learn more about how to engage children in the development of their gross motor skills while practicing sequencing patterns and group work by introducing them to the play of organized sports activities, to prepare them for success in life and school!

Exploring the Planets (Age Group: 4 Years to 5 Years)

In this class the children will have the opportunity to explore the solar system and the planets, as they create art and learn the planets names.

Handwriting without Tears (Age Group: 4 Years to 5 Years) CONTINUED - NO OPEN ENROLLMENT

Handwriting without tears is a multi-sensory approach to teach K-5 writing. This class will target to incorporate fun, engaging and developmentally appropriate techniques into practice.

their thoughts and enhance parenting practices such as self-care, relationship skills, parenting, child development, etc.

Eating Smart & Being Active SPANISH - IN-PERSON - 8 Weeks of class, ending Aug. 28th

Learn how to adopt healthy eating and active habits into your family life. At each meeting there will be a demonstration about healthy foods.

Serenamente SPANISH - IN-PERSON - 8 Weeks of class, ending Aug. 26th

A mental well being class that is culturally tailored to our Hispanic/Latino community and presented in their native tongue. Come learn what stress means for you in your day to day life and techniques and strategies to control and manage stress.

Sisters in Parenting ENGLISH - VIRTUAL - Every 2nd Tuesday of the month

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.

T.E.A.M. Dad - HYBRID (In-Person/Zoom)

Teach, Experience, And Meaningful Conversations
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 dad's experience on a daily basis. Discuss tips and tricks, share resources and more!

Parenting Classes

Abriendo Mentes, Cerrando Estigmas (A.M.C.E.)

SPANISH - IN-PERSON

Your family's mental and emotional health starts with you. Come and learn how to support your mental and emotional health.

Effective Black Parenting Part II ENGLISH - HYBRID (In-Person/Zoom)

The journey continues, let's learn more skills and strategies that strengthen parental resilience. Effective Black Parenting (EBP) is a dynamic and culturally relevant skill building program aiming to promote culturally specific parenting strategies for Black and African American parents through family pride, unity, cohesion and tactics that help address culturally sensitive issues.

Grupo del Círculo de Apoyo Perinatal SPANISH -

In-Person, starting Aug. 8th through Oct. 24th

The purpose of this class is to strengthen the connection between mothers and their babies, providing support during the special challenges and emotions that arise during pregnancy and after birth.

Hacer de la Familia un Placer para Parejas SPANISH - IN-PERSON

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.

Mamá con Mamá SPANISH - IN-PERSON

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

Sanja Mann PUNJABI/HINDI - IN-PERSON

Focused towards Punjabi/Hindi speaking parents, this curriculum based class gives parents an opportunity to share

EVENTS AND WORKSHOPS

- **Live Animal Presentation: Native Wildlife Program - July 2nd 11:00AM-11:45AM**
- **Center Orientation VIRTUAL - July 8th 1:00PM**
- **Bilingual Storytime with the Library - July 22nd 3:00PM-4:00PM**
- **Big Break Littles Field Trip - July 22nd 10:00AM-11:00AM**
- **Field Trip to the Pittsburg Library - August 21st 11:00AM-12:00PM**
- **The Potty Training Day - August 21st 10:30AM-12:00PM**
- **All About the Importance of Car Seats ONLY IN SPANISH - August 22nd 10:30AM-12:00PM**



In partnership with:

