

August 2025 – Classes

Valleywise Community Health Center – Mesa
Family Resource Center
950 E. Main St., Mesa, AZ 85203 | 602-655-6206



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours: Monday: 8 am - 4:30 pm Tuesday: 8 am - 4:30 pm Wednesday: 8 am - 4:30 pm Thursday: 8 am - 4:30 pm Friday: 8 am - 4:30 pm				01 ● 10:30 am – Diggin' Dinos	02
04 ● 1 pm – Zumbini® ● 2 pm – Newborn Care *	05 ● 10:30 am – Mini Picassos - a STEAM class	06 ● 10:30 am – Fun Arts - Crafty Camper ● 2 pm – Fun Arts - Crafty Camper	07 ● 10:30 am – Conversation Café ◆ 10:30 am – Zumbini® ◆ 11 am – Breastfeeding Bingo	08 ● 12 pm – FRC Closed	09
11 ● 10 am – ZooToYou ● 1 pm – Zumbini®	12 ● 10:30 am – Mini Picassos - a STEAM class ◆ 5 pm – Safe Sleep	13 ● 10:30 am – Sensory Play - Bubbles ● 2 pm – Sensory Play - Bubbles	14 ● 10:30 am – Conversation Café ◆ 10:30 am – Zumbini®	15 ● 10:30 am – Healthy Smiles	16
18 ● 1 pm – Zumbini®	19 ● 9 am – Car Seat Safety * ● 2 pm – Family & Friends® CPR *	20 ● 10:30 am – STEM for Littles - Shapes ● 2 pm – STEM for Littles - Shapes	21 FRC Closed	22 ● 10:30 am – Storytime	23
25 ● 10:30 am – Raising a Reader ● 1 pm – Zumbini®	26 ● 9:30 am – MyChart ● 10 am – Organize Your Family's Health Care Information * ● 12 pm – FRC Closed ◆ 5 pm – Safe Sleep	27 ● 10:30 am – Math for Littles	28 FRC Closed	29 ● 10:30 am – Creative Play	30

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

***Registration Required**