

December 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
01 ● 1 pm – Zumbini®	02 ● 10:30 am – NutriMiniKids / Adventuring with food	03 ● 10 am – Holiday Math with Playdough	04 ◆ 9 am – Women's Self-Improvement Series★ ● 10:30 am – Adult Craft Hour ◆ 10:30 am – Zumbini® ● 3 pm – Family Involvement Center (FIC) - Mama Bears Women's Support Group	05 ● 12 pm – Family Advisory Committee★	06
08 ● 1 pm – Zumbini® ● 2 pm – Newborn Care★	09 ● 10 am – ZooToYou ◆ 5 pm – Safe Sleep★	10 ● 10:30 am – Friends in Our Community: Parent Partners Plus ● 10:30 am – Joyful Holiday - Ugly Sweater	11 ◆ 9 am – Women's Self-Improvement Series★ ● 10:30 am – Conversation Café ◆ 10:30 am – Zumbini®	12 ● 10:30 am – Family & Friends® CPR★	13
15 ● 9 am – Car Seat Safety★ ● 1 pm – Zumbini®	16 ● 10:30 am – STEM for Littles - Gingerbread Construction	17 ● 10:30 am – Sensory Play - Build a Snowman 12pm - Closed	18 ● 10:30 am – Adult Craft Hour ◆ 10:30 am – Zumbini® ● 3 pm – Family Involvement Center (FIC) - Mama Bears Women's Support Group	19 ● 10:30 am – Storytime and Fun Arts	20
22 ● 1 pm – Zumbini®	23	24 12pm – Closed	25 Closed	26	27
29 ● 9:30 am – MyChart★ ● 10 am – Organize Your Family's Health Care Information★ ● 1 pm – Zumbini®	30 ◆ 5 pm – Safe Sleep★	31 12pm – Closed			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

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

★ Registration Required