

January 2026 – 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 FRC Closed	02	03
05 ● 1 pm – Zumbini®	06 ● 10:30 am – Fun Arts	07 ● 10:30 am – Dance Party: Music and Movement	08 ◆ 9 am – Zumbini® ● 10:30 am – Conversation Café	09 ● 1:30 pm – Family & Friends® CPR★	10
12 ● 9 am – Car Seat Safety★ ● 1 pm – Zumbini®	13 ● 10 am – ZooToYou - Bug Buddies ◆ 5 pm – Safe Sleep	14 ● 10:30 am – Sticker Fun Fest ● 2 pm – Sticker Fun Fest	15 ◆ 9 am – Zumbini® ● 10:30 am – Conversation Café	16 ◆ 9:30 am – Play & Learn ● 10:30 am – Storytime and Fun Arts	17
19 FRC Closed	20 ● 10:30 am – Preschool Science on Wheels - Icy Investigations	21 ● 10:30 am – Dance Party: Music and Movement	22 ◆ 9 am – Zumbini® ● 10:30 am – Vision Board: Setting Goals that Inspire Us	23 ● 9 am – Newborn Care★ ◆ 9:30 am – Play & Learn	24
26 ● 9:30 am – MyChart★ ● 10:30 am – Organize Your Family's Health Care Information★ ● 1 pm – Zumbini®	27 ● 10:30 am – STEM for Littles - Volcanoes ◆ 5 pm – Safe Sleep	28 ● 10:30 am – Diggin' Dinos	29 ◆ 9 am – Zumbini® ● 10:30 am – Adult Craft Hour	30 ◆ 9:30 am – Play & Learn ● 10:30 am – Creative Play	31

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

★ Registration Required