

January 2026 – Classes

Valleywise Comprehensive Health Center – Phoenix
Family Resource Center
2525 E. Roosevelt St., Phoenix, AZ 85008 | 602-344-1352



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hours: Monday: 8 am - 4:30 pm Tuesday: 8 am - 5:30 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 ● 10 am – Organize Your Family's Health Care Information ● 11 am – Storytime and Fun Arts	06 ● 9 am – Zumbini® ● 10 am – Creative Play	07 ● 9 am – Newborn Care	08 ◆ 9 am – Zumbini® ● 10 am – Healthy Smiles ● 11 am – ZooToYou - Home Tweet Home	09 ● 10 am – Preschool Science on Wheels ● 11 am – Friends in Our Community: SWHD	10 ● 8 am – Craft-To-Go Join us in the new hospital cafeteria for a make and take craft. Learn more about the FRC programs and services.
12 ● 9:30 am – Intro Wired for Success	13 ● 9 am – Zumbini® ● 10 am – Kinder Readiness ◆ 5 pm – Safe Sleep	14 ● 9 am – Car Seat Safety★ ● 2 pm – Family & Friends® CPR	15 ◆ 9 am – Zumbini® ● 10 am – Vision Board: Setting Goals that Inspire Us	16 ◆ 9:30 am – Play & Learn ● 10 am – MyChart	17
19 FRC Closed	20 ● 9 am – Zumbini® ● 10 am – Kinder Readiness	21 ● 10 am – Fun Arts	22 ◆ 9 am – Zumbini® ● 10 am – Storytime and Fun Arts ● 11 am – BINGO	23 ◆ 9:30 am – Play & Learn ● 10 am – Sensory Play	24
26 ● 10 am – Meddy Teddy ● 11 am – Creative Play	27 ● 9 am – Zumbini® ● 10 am – Kinder Readiness ◆ 5 pm – Safe Sleep	28 ● 10 am – Creative Play	29 ◆ 9 am – Zumbini® ● 10 am – Puzzle Day	30 ◆ 9:30 am – Play & Learn ● 10 am – STEM for Littles	31

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

★ **Registration Required**