

# January 2026 – Classes

Valleywise Community Health Center – South Central Phoenix  
Family Resource Center  
33 W. Tamarisk St., Phoenix, AZ 85041 | 602-344-6660



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 Saturday 1/24: 8 am - 11:30 am			01 FRC Closed	02	03
05 ● 10:30 am – Family & Friends® CPR	06 ● 10 am – Play & Learn	07 ● 9:30 am – Vision Board: Setting Goals that Inspire Us	08 ◆ 9 am – Zumbini® ● 9:30 am – Baby Signing Time®	09 ● 9:30 am – Adult Craft Hour ● 11 am – ZooToYou - Home Tweet Home	10
12 ● 10:30 am – Conversation Café	13 ● 10 am – Play & Learn ● 11 am – Sticker Fun Fest ◆ 5 pm – Safe Sleep	14 ● 8:30 am – MyChart - English	15 ◆ 9 am – Zumbini® ● 9:30 am – Baby Signing Time®	16 ◆ 9:30 am – Play & Learn ● 10 am – Intro Wired for Success	17
19 FRC Closed	20 ● 10 am – Play & Learn	21 ● 10:30 am – Zumbini®	22 ◆ 9 am – Zumbini® ● 9:30 am – Baby Signing Time® ● 11:30 am – Storytime and Fun Arts	23 ◆ 9:30 am – Play & Learn ● 10 am – Kinder Readiness	24 FRC Open 8am – 11:30am ● 10 am – Fun Arts
26 ● 10:30 am – Conversation Café	27 ● 10 am – Play & Learn ● 11 am – Preschool Science on Wheels - Bounce and Roll ◆ 5 pm – Safe Sleep	28 ● 10:30 am – Zumbini®	29 ◆ 9 am – Zumbini® ● 9:30 am – Baby Signing Time® ● 10:30 am – Fun Arts	30 ◆ 9:30 am – Play & Learn ● 10 am – Kinder Readiness	31

● In person | ◆ Virtual

[valleywisehealth.org/FRC](https://valleywisehealth.org/FRC) | [frc@valleywisehealth.org](mailto:frc@valleywisehealth.org)

★ Registration Required