

February 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 | | | | | | | | | | |
|---|--|--|---|---|--|---------|----------------|----------|----------------|------------|----------------|-----------|----------------|---------|----------------|
| 02 ● 10 am – Newborn Care★ ● 1 pm – Zumbini® | 03 ● 10:30 am – Career Explorers | 04 ● 10:30 am – STEM for Littles ◆ 11 am – Baby Shower | 05 ◆ 9 am – Women's Self-Improvement Series★ ◆ 9 am – Zumbini® ● 10:30 am – Conversation Café | 06 ◆ 9:30 am – Play & Learn ● 10 am – Kith & Kin ★ ● 1 pm – Infant Massage ● 2:30 pm – MyChart★ ● 3 pm – Organize Your Family's Health Care Information★ | 07 | | | | | | | | | | |
| 09 ● 9:30 am – Family & Friends® CPR★ ● 1 pm – Zumbini® | 10 ● 10:30 am – Career Explorers ◆ 5 pm – Safe Sleep | 11 ● 10:30 am – Storytime and Fun Arts - Love & Friendship ● 2 pm – Storytime and Fun Arts - Love and Friendship | 12 ◆ 9 am – Women's Self-Improvement Series★ ◆ 9 am – Zumbini® ● 10:30 am – Adult Craft Hour | 13 ◆ 9:30 am – Play & Learn ● 10 am – Kith & Kin ★ ● 12:30 pm – Cultural Family Event - Sweet Valentine | 14 | | | | | | | | | | |
| 16 FRC Closed | 17 ● 10 am – ZooToYou - Critter Cuisine | 18 ● 10:30 am – Cultural Family Event - Lunar New Year | 19 ◆ 9 am – Women's Self-Improvement Series★ ◆ 9 am – Zumbini® ● 10:30 am – Conversation Café | 20 ◆ 9:30 am – Play & Learn ● 10 am – Kith & Kin ★ ● 1 pm – Infant Massage | 21 | | | | | | | | | | |
| 23 ● 1 pm – Zumbini® | 24 ● 10:30 am – Preschool Science on Wheels - Colorful Chemistry ◆ 5 pm – Safe Sleep | 25 ● 9 am – Car Seat Safety★ | 26 ◆ 9 am – Women's Self-Improvement Series★ ● 10:30 am – Adult Craft Hour ◆ 10:30 am – Zumbini® | 27 ◆ 9:30 am – Play & Learn ● 10 am – Kith & Kin ★ ● 1 pm – Infant Massage | 28 | | | | | | | | | | |
| | | | | | <p>Hours:</p> <table> <tbody> <tr> <td>Monday:</td> <td>8 am - 4:30 pm</td> </tr> <tr> <td>Tuesday:</td> <td>8 am - 4:30 pm</td> </tr> <tr> <td>Wednesday:</td> <td>8 am - 4:30 pm</td> </tr> <tr> <td>Thursday:</td> <td>8 am - 4:30 pm</td> </tr> <tr> <td>Friday:</td> <td>8 am - 4:30 pm</td> </tr> </tbody> </table> | 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 |
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● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

★ Registration Required