

# February 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
02	03 ● 9 am – Zumbini® ● 10 am – Kinder Readiness	04 ● 9 am – Newborn Care ◆ 11 am – Baby Shower ● 2 pm – Family & Friends® CPR	05 ● 9 am – MyChart ◆ 9 am – Women's Self-Improvement Series★ ◆ 9 am – Zumbini® ● 11 am – ZooToYou - Who's Awake in the Desert?	06 ● 9 am – Healthy Smiles ◆ 9:30 am – Play & Learn ● 10 am – Preschool Science on Wheels	07
09 ● 9 am – Car Seat Safety★ ● 1 pm – Board Games	10 ● 9 am – Zumbini® ● 10 am – Kinder Readiness ◆ 5 pm – Safe Sleep	11 ● 10 am – Fun Arts	12 ◆ 9 am – Women's Self-Improvement Series★ ◆ 9 am – Zumbini® ● 10 am – Creative Supports ● 11 am – Cultural Family Event - Lunar New Year	13 ◆ 9:30 am – Play & Learn	14
16 FRC Closed	17 ● 9 am – Zumbini® ● 10 am – Kinder Readiness	18 ● 10 am – Fun Arts ● 2 pm – MyChart	19 ◆ 9 am – Women's Self-Improvement Series★ ◆ 9 am – Zumbini® ● 10 am – Creative Supports ● 11 am – Wellness Warriors	20 ◆ 9:30 am – Play & Learn ● 11 am – Sensory Play	21
23	24 ● 9 am – Zumbini® ● 10 am – Creative Play ◆ 5 pm – Safe Sleep	25 ● 10 am – Fun Arts	26 ◆ 9 am – Women's Self-Improvement Series★ ● 10 am – Creative Supports ◆ 10:30 am – Zumbini® ● 11 am – Wellness Warriors	27 ◆ 9:30 am – Play & Learn ● 10 am – Meddy Teddy ● 11 am – Black History Month	28 ● 9 am – Thrive to 5 Playfest★ 1826 W. McDowell Rd. Phoenix AZ, 85007 <a href="http://www.swhd.org/playfest/">www.swhd.org/playfest/</a>
					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

● In person | ◆ Virtual

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

★ Registration Required