

February 2026 – Classes

Valleywise Community Health Center – South Phoenix/Laveen
Family Resource Center
5650 S. 35th Ave, Phoenix, AZ 85041 | 602-655-6406



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
02	03 ● 11 am – Zumbini® ● 12 pm – Wellness Warriors	04 ◆ 11 am – Baby Shower ● 2 pm – Preschool Science on Wheels - Colorful Chemistry	05 ● 9 am – Bike Helmet Give-A-Way ◆ 9 am – Women's Self-Improvement Series★ ◆ 9 am – Zumbini® ● 10:30 am – Fun Arts - Valentine's Day	06 ● 9 am – MyChart ◆ 9:30 am – Play & Learn ● 10 am – Wellness Warriors	07
09 ● 9 am – Family & Friends® CPR ● 9:30 am – Farm Express Mobile Market	10 ● 11 am – Zumbini® ● 12 pm – Wellness Warriors ◆ 5 pm – Safe Sleep	11 ● 2 pm – Show and Tell: Something you Love	12 ◆ 9 am – Women's Self-Improvement Series★ ◆ 9 am – Zumbini® ● 10 am – Black History Month	13 ● 9 am – Organize Your Family's Health Care Information ◆ 9:30 am – Play & Learn ● 10 am – Adult Craft Hour ● 10:30 am – Cultural Family Event - Lunar New Year	14
16 FRC Closed	17 ● 11 am – Zumbini® ● 12 pm – Wellness Warriors	18 ● 2 pm – ZooToYou	19 ◆ 9 am – Women's Self-Improvement Series★ ◆ 9 am – Zumbini®	20 ◆ 9:30 am – Play & Learn ● 10 am – Wellness Warriors	21 ● 11 am - 5pm – Laveen BBQ - Cesar Chavez Park
23	24 ● 11 am – Zumbini® ◆ 5 pm – Safe Sleep	25	26 ● 9 am – Car Seat Safety★ ◆ 9 am – Women's Self-Improvement Series★ ◆ 10:30 am – Zumbini®	27 ◆ 9:30 am – Play & Learn ● 10 am – Adult Craft Hour	28
					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

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

★ Registration Required