

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