

February 2026 – Classes

Valleywise Community Health Center – West Maryvale
Family Resource Center
7808 W Thomas Rd, Phoenix, AZ 85033 | 602-655-6906



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday												
02 ● 10 am – Start with Music	03 ● 10 am – Black History Month ● 1 pm – Newborn Care★ ● 4 pm – Creative Play	04 ● 9 am – Zumbini® ● 10 am – ZooToYou - Who's Awake in the Desert? ◆ 11 am – Baby Shower	05 ◆ 9 am – Women's Self-Improvement Series★ ◆ 9 am – Zumbini® ● 11 am – Baby Signing Time®★	06 ◆ 9:30 am – Play & Learn ● 11 am – Play & Learn	07												
09 ● 10 am – Fun Arts ● 1:30 pm – MyChart	10 ● 10 am – NutriMiniKids / Adventuring with food ● 11 am – Safe Sleep★ ● 4 pm – Creative Play ◆ 5 pm – Safe Sleep	11 ● 9 am – Zumbini® ● 10 am – Preschool Science on Wheels - Icy Investigations	12 ◆ 9 am – Women's Self-Improvement Series★ ◆ 9 am – Zumbini® ● 11 am – Baby Signing Time®★	13 ◆ 9:30 am – Play & Learn ● 10 am – Sensory Play	14												
16 FRC Closed	17 ● 10 am – NutriMiniKids / Adventuring with food ● 4 pm – Creative Play	18 ● 9 am – Zumbini® ● 10 am – Mad Science - Magnetic Magic	19 ◆ 9 am – Women's Self-Improvement Series★ ◆ 9 am – Zumbini® ● 11 am – Baby Signing Time®★ ● 12 pm – Potty Training Workshop	20 ◆ 9:30 am – Play & Learn ● 11 am – Play & Learn	21 FRC Open 9 am – 11 am ● 9:30 am – Cultural Family Event - Lunar New Year												
23 ● 10 am – Dance Party: Music and Movement	24 ● 10 am – NutriMiniKids / Adventuring with food ● 4 pm – Creative Play ◆ 5 pm – Safe Sleep	25 ● 9 am – Zumbini® ● 10 am – Family & Friends® CPR★	26 ◆ 9 am – Women's Self-Improvement Series★ ● 9:30 am – Car Seat Safety★ ◆ 10:30 am – Zumbini®	27 ◆ 9:30 am – Play & Learn ● 10 am – Math for Littles	28												
					<p>Hours:</p> <table> <tr> <td>Monday</td> <td>8 am - 4:30 pm</td> </tr> <tr> <td>Tuesday</td> <td>8 am - 5:30 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> <tr> <td>Saturday</td> <td>9 am - 11 am</td> </tr> </table>	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	9 am - 11 am
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● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

★ Registration Required