September 2021 – Classes

Valleywise Community Health Center – South Central Phoenix
Family Learning Center
33 W. Tamarisk St., Phoenix, AZ 85041 | 602-344-6660

Valleywise Health

The FLCs are providing free virtual classes for families. If interested, please contact the center closest to you for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Keep Your Child Safe We are offering a class for parents and caregivers. Car seats are available while supplies last.		01 **9 am** – Songs & Rhymes **10 am** – Zumbini®	02 **10 am** – Family Yoga **1 pm –** Eating Smart • Being Active	03 **11 am** – Preschool Science on Wheels - All about clouds **12 pm** – Storytime with Jackie	04
06 **FLC Closed**	07 **10 am –** Play & Learn **11 am –** SuperNova Total Wellness	08 **9 am** – Songs & Rhymes **10 am** – Zumbini® **11 am** – ZooToYou - 1, 2, Count the Zoo	09 **10 am** – Family Yoga **11 am** – ZooToYou - Animals A to Z **1 pm –** Eating Smart • Being Active **5:30 pm** – Better Money Habits **–** The Basics	10 **10am –** Storytime with Ana and Reyna **11 am** – Preschool Science on Wheels - Lights and Shadows	11
13 **10 am** – Zumbini® **11 am** – Family Yoga **3:30 pm** – New Hope Teen Pregnancy Class	14 **10 am –** Play & Learn **11 am –** SuperNova Total Wellness **1 pm –** Parent Advisory Group **3:30 pm** – New Hope Teen Pregnancy Class **5 pm** – Music Together®	15 **9 am** – Songs & Rhymes **10 am** – Zumbini® **10 am** – Baby Shower **11 am** – ZooToYou - Desert Discovery	16 **10 am** – Family Yoga **11 am –** Music Together® **1 pm –** Eating Smart • Being Active	17 **11 am** – Preschool Science on Wheels - 3-2-1 Blastoff **12 pm –** STEM for littles	18 **11 am –** Music Together®
20 **10 am** – Zumbini® **11 am** – Family Yoga **3:30 pm** – New Hope Teen Pregnancy Class	21 **10 am –** Play & Learn **11 am –** SuperNova Total Wellness **1 pm** – Storytime with Roberta **3:30 pm** – New Hope Teen Pregnancy Class **5 pm** – Music Together®	22 **9 am** – Songs & Rhymes **10 am** – Zumbini® **10 am** – Baby Shower **11 am** – ZooToYou - Animal Kingdom **12pm –** Storytime with Haydee	23 **10 am** – Family Yoga **11 am –** Music Together® **1 pm –** Eating Smart • Being Active	24 **11 am** – Preschool Science on Wheels - Dino-Mite! **12 pm –** PAX Tools – Strategies for parents (In Spanish)	25 **11 am –** Music Together®
27 **10 am** – Zumbini® **11 am** – Family Yoga **3:30 pm** – New Hope Teen Pregnancy Class	28 **10 am –** Play & Learn **11 am –** SuperNova Total Wellness **3:30 pm** – New Hope Teen Pregnancy Class **5 pm** – Music Together®	29 **9 am** – Songs & Rhymes **10 am** – Zumbini® **10 am** – Baby Shower **11 am** – ZooToYou – Movin and Groovin **1 pm** – Fun Arts with Maricella	30 **10 am** – Family Yoga **11 am –** Music Together® **1 pm –** Eating Smart • Being Active		