

October 2024 – Classes

Valleywise Community Health Center – North Phoenix
 Family Resource Center
 2025 W. Northern Ave., Phoenix, AZ 85021 | 602-655-6306



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 ● 9am – 3pm – Need Help Paying a Utility Bill? We may have a program to help you with your bill.	02 ◆ 9:30 am – Play & Learn ● 10 am – Storytime and Fun Arts ◆ 4:30 pm – First Five Years*	03 ◆ 9 am – Women’s Self-Improvement Series* ● 10:30 am – Fun Arts ◆ 10:30 am – Zumbini®	04 ● 10 am – Zumbini® ● 11 am – Raising A Reader	05
07 ● 10:30 am – Adult Craft Hour	08 ● 10:30 am – Math Fun ◆ 5 pm – Safe Sleep	09 ◆ 9:30 am – Play & Learn ● 10 am – Storytime and Fun Arts ◆ 1 pm – Women’s Self-Improvement Series* ◆ 4:30 pm – First Five Years*	10 ◆ 9 am – Women’s Self-Improvement Series* ◆ 10:30 am – Zumbini® ● 11 am – World Mental Health Day	11 ● 10 am – Zumbini® ● 11 am – Raising A Reader	12
14 FRC Closed	15 ● 11 am – Mini Picassos - a STEAM class	16 ◆ 9:30 am – Play & Learn ● 10 am – Storytime and Fun Arts ◆ 1 pm – Women’s Self-Improvement Series*	17 ◆ 9 am – Women’s Self-Improvement Series* ● 10:30 am – Fun Arts ◆ 10:30 am – Zumbini® ◆ 11 am – Tiny Tastes: Introduction to Baby’s First Food	18 ● 10 am – Zumbini® ● 11 am – Raising A Reader	19
21 ● 10:30 am – Adult Craft Hour ● 11:30 am – Organize Your Family’s Health Care Information	22 ● 10:30 am – Math Fun	23 ◆ 9:30 am – Play & Learn ● 10 am – Storytime and Fun Arts ◆ 1 pm – Women’s Self-Improvement Series*	24 ◆ 9 am – Women’s Self-Improvement Series* ● 10:30 am – Fun Arts ◆ 10:30 am – Zumbini®	25 ● 10 am – Zumbini® ● 11 am – Raising A Reader	26
28 ● 10:30 am – Adult Craft Hour	29 ● 11 am – Mini Picassos - a STEAM class	30 ◆ 9:30 am – Play & Learn ● 10 am – Storytime and Fun Arts ◆ 1 pm – Women’s Self-Improvement Series*	31 ◆ 9 am – Women’s Self-Improvement Series* ● 10 am – Fall STEM for Littles ◆ 10:30 am – Zumbini®		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

● En persona | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

*Registration Required