

# April 2025 – Classes

Valleywise Community Health Center – Mesa  
 Family Resource Center  
 950 E. Main St., Mesa, AZ 85203 | 602-655-6206



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>01</b> ● 2 pm – Newborn Care*	<b>02</b> ● 9 am – Kith & Kin* ◆ 9:30 am – Play & Learn ● 2:30 pm – Organize Your Family's Health Care Information	<b>03</b> ◆ 9 am – Women's Self-Improvement Series* ● 10:30 am – Conversation Café ◆ 10:30 am – Zumbini® ● 11:30 am – Walking Club	<b>04</b> FRC Closed	<b>05</b>
<b>07</b> ● 10:30 am – Week of the Young Child® (WOYC) - Music Monday ● 1 pm – Zumbini®	<b>08</b> ● 10 am – Week of the Young Child® (WOYC) - Tasty Tuesday ◆ 5 pm – Safe Sleep	<b>09</b> ◆ 9:30 am – Play & Learn ● 10:30 am – Week of the Young Child® (WOYC) - Work Together Wednesday	<b>10</b> ◆ 9 am – Women's Self-Improvement Series* ● 10:30 am – Week of the Young Child® (WOYC) - Artsy Thursday ◆ 10:30 am – Zumbini® ● 12 pm – Conversation Café	<b>11</b> ● 10:30 am – Week of the Young Child® (WOYC) - Family Friday	<b>12</b>
<b>14</b> ● 10 am – Kith & Kin* ● 1 pm – Zumbini®	<b>15</b> ● 10 am – Family & Friends® CPR*	<b>16</b> ◆ 9:30 am – Play & Learn ● 10:30 am – Fun Arts - Egg Decorating ● 2 pm – Bike Helmet Give-A-Way	<b>17</b> ◆ 9 am – Women's Self-Improvement Series* ● 10:30 am – Conversation Café ◆ 10:30 am – Zumbini® ● 11:30 am – Walking Club	<b>18</b> ● 10:30 am – STEM for Littles - Lava Lamps	<b>19</b>
<b>21</b> ● 10 am – Kith & Kin* ● 1 pm – Zumbini®	<b>22</b> ● 10:30 am – Holiday Arts - Earth Day ● 11 am – Storytime with Mesa Public Library ◆ 5 pm – Safe Sleep	<b>23</b> ◆ 9:30 am – Play & Learn ● 10 am – Storytime and Fun Arts with Compudopt ● 11 am – Creative Play	<b>24</b> ◆ 9 am – Women's Self-Improvement Series* ● 10:30 am – Adult Craft Hour ◆ 10:30 am – Zumbini®	<b>25</b> ● 10:30 am – Fun Arts - Superheroes	<b>26</b>
<b>28</b> ● 10 am – Kith & Kin* ● 1 pm – Zumbini®	<b>29</b> ● 2 pm – MyChart	<b>30</b> ◆ 9:30 am – Play & Learn ● 10:30 am – Cultural Family Event - Children's Day/Book Day			<b>Hours:</b> 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