

# September 2025 – Classes

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



It Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>01</b> FRC Closed	<b>02</b> ● 10 am – Preschool Science on Wheels - Icy Investigations	<b>03</b> ● 10:30 am – Start with Music ◆ 11 am – Baby Shower	<b>04</b> ● 9 am – MyChart ◆ 9 am – Women's Self-Improvement Series★ ● 10 am – Organize Your Family's Health Care Information ◆ 10:30 am – Zumbini®	<b>05</b> ◆ 9:30 am – Play & Learn ● 10:30 am – Generation Celebration - Grandparents Day	<b>06</b>
<b>08</b> ● 9 am – MyChart ● 10 am – ZooToYou ● 1 pm – Zumbini®	<b>09</b> ● 10:30 am – Raising a Reader ◆ 5 pm – Safe Sleep	<b>10</b> ● 10:30 am – Start with Music ◆ 11 am – Baby Shower	<b>11</b> ◆ 9 am – Women's Self-Improvement Series★ ● 10:30 am – Conversation Café ◆ 10:30 am – Zumbini® ● 11 am – Adult Craft Hour	<b>12</b> ◆ 9:30 am – Play & Learn ● 10:30 am – Platicas with Advance – Raising Healthy Eaters: Habits, Snacks & Smart Choices	<b>13</b>
<b>15</b> ● 10:30 am – Hispanic Heritage Month Celebration ● 1 pm – Zumbini®	<b>16</b> ● 10:30 am – Raising a Reader	<b>17</b> ● 10:30 am – Start with Music ◆ 11 am – Baby Shower	<b>18</b> ◆ 9 am – Women's Self-Improvement Series★ ◆ 10 am – Storytime and Fun Arts ● 10:30 am – Conversation Café ◆ 10:30 am – Zumbini®	<b>19</b> ◆ 9:30 am – Play & Learn	<b>20</b>
<b>22</b> ● 10:30 am – Fun Arts - Pirates ● 1 pm – Zumbini®	<b>23</b> ● 10:30 am – Raising a Reader ● 2 pm – Family & Friends® CPR★ ◆ 5 pm – Safe Sleep	<b>24</b> ● 10:30 am – Start with Music ◆ 11 am – Baby Shower	<b>25</b> ◆ 9 am – Women's Self-Improvement Series★ ● 10:30 am – Adult Craft Hour ◆ 10:30 am – Zumbini®	<b>26</b> ◆ 9:30 am – Play & Learn ● 10:30 am – Let's Play! Drama Storytime with Mesa Arts Center ● 11:30 am – Creative Play	<b>27</b>
<b>29</b> ● 11 am – Family Advisory Committee ★ ● 1 pm – Zumbini®	<b>30</b> ● 9 am – Friends in Our Community:WIC ● 10:30 am – Raising a Reader				<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