

September 2025 – Classes

Valleywise Community Health Center – South Phoenix/Laveen
Family Resource Center
5650 S. 35th Ave, Phoenix, AZ 85041 | 602-655-6406



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 FRC Closed	02 ● 10 am – Wellness Warriors ● 1 pm – Zumbini®	03 ● 10 am – Raising a Reader★ ◆ 11 am – Baby Shower ● 2 pm – It's Scrapbooking Time	04 ◆ 9 am – Women's Self-Improvement Series★ ◆ 10:30 am – Zumbini®	05 ◆ 9:30 am – Play & Learn ● 10 am – Adult Craft Hour	06
08	09 ● 10 am – Wellness Warriors ● 1 pm – Zumbini® ◆ 5 pm – Safe Sleep	10 ● 10 am – Raising a Reader★ ◆ 11 am – Baby Shower ● 11 am – Friends in Our Community: Phoenix Public Library	11 ◆ 9 am – Women's Self-Improvement Series★ ◆ 10:30 am – Zumbini® ● 11 am – Family Advisory Committee★	12 ● 9 am – MyChart ◆ 9:30 am – Play & Learn	13
15 ● 9:30 am – Farm Express Mobile Market	16 ● 10 am – Wellness Warriors ● 1 pm – Zumbini® ● 2 pm – Hispanic Heritage Month Celebration	17 ◆ 11 am – Baby Shower ● 2 pm – Storytime and Fun Arts	18 ◆ 9 am – Women's Self-Improvement Series★ ◆ 10 am – Storytime and Fun Arts ◆ 10:30 am – Zumbini®	19 ◆ 9:30 am – Play & Learn ● 10 am – Adult Craft Hour	20
22	23 ● 1 am – Zumbini® ● 10 am – Wellness Warriors ◆ 5 pm – Safe Sleep	24 ◆ 11 am – Baby Shower ● 2 pm – Sensory Play	25 ◆ 9 am – Women's Self-Improvement Series★ ◆ 10:30 am – Zumbini® ● 11 am – It's Scrapbooking Time★	26 ● 9 am – Organize Your Family's Health Care Information ◆ 9:30 am – Play & Learn	27
29 ● 9:30 am – Farm Express Mobile Market	30 ● 10 am – Wellness Warriors ● 1 pm – 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

● In person | ◆ Virtual

valleywisehealth.org/FRC | frc@valleywisehealth.org

★ Registration Required