

October 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
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		01 ● 10:30 am – Potty Training Workshop	02 ◆ 9 am – Women's Self-Improvement Series★ ● 10:30 am – Conversation Café ◆ 10:30 am – Zumbini® ● 2 pm – Newborn Care★	03 ◆ 9:30 am – Play & Learn ● 10:30 am – Dance Party: Music and Movement	04
06 ● 1 pm – Zumbini®	07 ● 9 am – MyChart ● 10 am – ZooToYou ● 11:30 am – Preschool Science on Wheels - Slime Time ◆ 5 pm – Safe Sleep	08 ● 10:30 am – Great Arizona Puppet Theater - The Pirate and the Tooth Fairy ● 11:30 am – Creative Play ● 2:30 pm – Fun Arts	09 ◆ 9 am – Women's Self-Improvement Series★ ● 10:30 am – Conversation Café ◆ 10:30 am – Zumbini®	10 ◆ 9:30 am – Play & Learn ● 10:30 am – Dance Party: Music and Movement ● 11:30 am – Creative Play	11
13 FRC Closed	14 ● 10:30 am – Fall STEM for Littles	15 ● 10 am – Infant Massage ● 11 am – Storytime	16 ◆ 9 am – Women's Self-Improvement Series★ ● 10:30 am – Conversation Café ◆ 10:30 am – Zumbini®	17 ● 9 am – Car Seat Safety★ ◆ 9:30 am – Play & Learn	18
20 ● 1 pm – Zumbini®	21 ● 10:30 am – Fall STEM for Littles ● 2 pm – Family & Friends® CPR★ ◆ 5 pm – Safe Sleep	22 ● 10 am – Infant Massage ● 11 am – Dance Party: Music and Movement	23 ◆ 9 am – Women's Self-Improvement Series★ ● 10:30 am – Conversation Café ◆ 10:30 am – Zumbini®	24 ◆ 9:30 am – Play & Learn ● 10:30 am – Let's Play! Drama Storytime with Mesa Arts Center ● 11:30 am – Creative Play	25
27 ● 11:30 am – Organize Your Family's Health Care Information★ ● 1 pm – Zumbini®	28 ● 10:30 am – STEM for Littles - Pumpkins	29 ● 10 am – Infant Massage ● 11 am – Dance Party: Music and Movement	30 ◆ 9 am – Women's Self-Improvement Series★ ● 10:30 am – Adult Craft Hour ◆ 10:30 am – Zumbini®	31 ◆ 9:30 am – Play & Learn ● 10:30 am – Cultural Family Event - Día de los muertos	