

AZCEND is a nonprofit that has been serving the East Valley for over 50 years. We provide a variety of services including providing food boxes, rental & utility assistance, and case management.

The Family Resource Center aims to provide families with the necessary information and tools to have a healthy home. We provide a variety of classes and workshops to help support parents and families. Child Watch is available for parents/caregivers during most of our classes and workshops.

Additionally, the Family Resource Center has Emergency Diaper Assistance, and a holiday assistance program called Operation Santa.

AZCEND at the Heritage Center  
132 West Bruce Avenue  
Gilbert, AZ 85233

Phone: 480-428-5446 ext. 100  
Email: samantha@azcend.org

Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Nurturing Parenting</b> 10:00am - 11:30am <b>**Story Time at HD South Museum</b> 10:00am	3	4 <b>Nurturing Parenting</b> 10:00am - 11:30am <b>Healing Trauma From Within</b> 3:00pm - 4:00pm <b>Interactive Family Play</b> 5:00pm	5	6
8 <b><u>CLOSED</u></b>	9 <b>Nurturing Parenting</b> 10:00am - 11:30am <b>**Story Time at HD South Museum</b> 10:00am	10	11 <b>Nurturing Parenting</b> 10:00am - 11:30am <b>Healing Trauma From Within</b> 3:00pm - 4:00pm <b>Interactive Family Play</b> 5:00pm	12	13 <b>Interactive Play</b> 9:00am
15 <b>Operation Santa Registration</b> 3:00pm - 5:00pm	16 <b>Nurturing Parenting</b> 10:00am - 11:30am <b>**Story Time at HD South Museum</b> 10:00am <b>Parenting and Stress</b> 2:00pm - 4:00pm	17 <b>Own It Financial</b> 12:00pm - 2:00pm <b>Operation Santa Registration</b> 3:00pm - 5:00pm	18 <b>Nurturing Parenting</b> 10:00am - 11:30am <b>Healing Trauma From Within</b> 3:00pm - 4:00pm <b>Interactive Family Play</b> 5:00pm	19	20
22	23 <b>Nurturing Parenting</b> 10:00am - 11:30am <b>**Story Time at HD South Museum</b> 10:00am	24 <b>Own It Financial</b> 12:00pm - 2:00pm	25 <b>Nurturing Parenting</b> 10:00am - 11:30am <b>Healing Trauma From Within</b> 3:00pm - 4:00pm <b>Interactive Family Play</b> 5:00pm	26	27
29 <b>Operation Santa Registration</b> 3:00pm - 5:00pm	30 <b>Nurturing Parenting</b> 10:00am - 11:30am <b>**Story Time at HD South Museum</b> 10:00am	31 <b>Own It Financial</b> 12:00pm - 2:00pm <b>Operation Santa Registration</b> 3:00pm - 5:00pm	1	2 <b>Musicology</b> 10:00am - 11:00am	3

**Own It Financial**

Four week program that will give you the tools you need to own your financial future.

**Story Time at HD South Home of the Gilbert Historical Museum**

**\*\*Located at 10 S. Gilbert Rd. Gilbert, Arizona**

**Nurturing Parenting**

A 16-session series that includes discussions and parent activities. Workshop topics include: Positive Parenting Skills, The Importance of Self Care, Building Your Child's Self Worth, Promoting Healthy Brain Development, Strategies for Effective Discipline and Rules & Routines

**Interactive Play**

Play time for parents/caregivers and children of all ages! Come and get out of the heat for some games, art, and fun! Free refreshments.

**Healing Trauma From Within**

Safe and confidential healing support group from sexual assault.

**Musicology**

A music program designed specifically for newborns through 5-year olds. Classes are divided into specific developmental age groups which promote language, rhythm, motor skills, self-esteem, creativity and joy!

**Parenting and Stress**

Understand the effects of stress on parenting and walk away with healthy strategies to manage stress.