



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

The Family Resource Center offers families information, a variety of classes & workshops to support parents & families. Emergency Diaper Assistance is also available.

AZCEND at the Heritage Center
132 W. Bruce Ave. Gilbert, AZ 85233
Questions? Please contact Vanessa
480-428-5446 ext. 100
vanessa@azcend.org

Preguntas? Comuníquese con
Jennifer al 480-428-5446 ext. 104
jennifer@azcend.org



FamilyResourceAZ.org

Turn over for class information.

Voltear para información sobre clases.

Mon	Tue	Wed	Thu	Fri
3 FREE Online Zumba for Adults 4:30 PM - 5:30 PM	4	5	6	7
10 Primeros Cinco Años Video Conferencia (#1) 10 AM-11:30 AM FREE Online Zumba for Adults 4:30 PM - 5:30 PM	11 Dealing with Disobedience Video Conference #1 of 1 10 AM - 12 PM	12 Disciplina Positiva y Orientación Video Conferencia #1 of 1 10 AM - 12 PM	13	14 
17 Primeros Cinco Años Video Conferencia (#2) 10 AM-11:30 AM FREE Online Zumba for Adults 4:30 PM - 5:30 PM	18 	19 Kinder Prep 'A' Class Online Via Zoom (#1) 10 AM - 11 AM	20	21
24 Primeros Cinco Años Video Conferencia (#3) 10 AM-11:30 AM FREE Online Zumba for Adults 4:30 PM - 5:30 PM	25 Zumbini Video Class 10:30 AM - 11:15 AM	26 Kinder Prep 'A' Class Online Via ZOOM (#2) 10 AM - 11 AM	27 Ready for Reading. Ready for Success! Online Via Zoom #1 of 1 10 AM - 12 PM	28 
31 Primeros Cinco Años Video Conferencia (#4) Final 10 AM-11:30 AM FREE Online Zumba for Adults 4:30 PM - 5:30 PM				

FREE Online Zumba for Adults * Ask Us How to Join This Free Zumba Class Every Monday at 4:30 PM Parents/Adults need an outlet to relieve their stress. FREE online Zumba Fitness class for adults. These online classes are open to everyone without cost. Just click on the link provided at 4:30 p.m. and join in on the fun.

Primeros Cinco Años * Venga a explorar información sobre el desarrollo del cerebro en la primera infancia, cómo evitar los berrinches, técnicas para calmar al niño, y cómo prepararse para la escuela. Esta serie de cuatro sesiones está destinada a padres con hijos de 0 a 5 años. El objeto es ayudarles a criar al niño con una combinación "justa" de libertad y disciplina positiva.

Dealing with Disobedience * Positive Parenting Program – Discussion Group "Is Spanking Okay?" Spanking or an Alternative.

Join in for a single, 2-hour session.

This group will help provide strategies for:

1) How to deal with disobedience / misbehavior as a parent/guardian, or caregiver.

2) How to help the child to not disobey / defy.

(Applying "truth" strategies and finding a root cause, as well as some discipline techniques.)

Zumbini Video Class * Created by Zumba and BabyFirst for kids ages 0-4, the Zumbini program combines music, dance and educational tools for 45 minutes of can't-stop, won't-stop bonding, learning, and fun! Silliness and wacky dance moves are not required – but highly, highly encouraged. Virtual classes will be offered on the secure platform Dacast. These classes will ensure that children and families have the joy of class and experience the family bonding the class provides from the comfort of their own home. There is no limit to how many families may join in the virtual class.

Disciplina Positiva y Orientación * Las técnicas de disciplina positiva promueven el control del comportamiento y la autoestima. Aprenderemos cómo alentar de manera proactiva el comportamiento que queremos ver con estas estrategias positivas para padres.

Kinder Prep 'A' Class * Kinder Prep A & B pre-literacy workshops focus on the skills needed for entrance into kindergarten in language and literacy; social competence and social-emotional growth; and pre-math literacy. These highly interactive sessions are for parent/caregiver and child together. This program provides practice in developing skills while focusing on inexpensive, at-home activities known to encourage brain development. Both series are three sessions each, for parents/caregivers and children 3 to 5 years old, and do not need to be attended consecutively.

Ready for Reading, Ready for Success! * 2 hour workshop for parents and caregivers of children birth to age 5. Participants will learn how to share books with their young children in ways that develop a foundation for success in school. Main topics include: Benefits of early reading experiences. Building blocks of early literacy. Asking questions to stimulate language development and higher level thinking. Establishing a reading routine at home that instills a love for reading. Techniques for developing phonological awareness. Participants will be given a children's book and practical activities to do at home and to help their children get Ready for Reading, Ready for Success!