



Gilbert Family Resource Center: Class & Activity Calendar September 2020

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
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Preguntas? Comuníquese con
Jennifer al 480-428-5446 ext. 104
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FamilyResourceAZ.org

Turn over for class information.

Voltear para información sobre clases.

Mon	Tue	Wed	Thu	Fri
	1 	2 Kinder Prep 'A' Class Online Via ZOOM (#3) Final 10 AM - 11 AM Video Conference #1 S.T.E.P Early Childhood 1 PM - 2:30 PM	3 	4
7 CLOSED 	8 International Literacy Day 	9 Kinder Prep 'B' Class Online Via Zoom (#1) 10 AM - 11 AM Video Conference #2 S.T.E.P Early Childhood 1 PM - 2:30 PM	10	11 #1 Musicology Video Class on Zoom 10 AM - 11 AM
14 FREE Online Zumba for Adults 4:30 PM - 5:30 PM	15 Zumbini Video Class 10:30 AM - 11:15 AM Triple P- Positive Parenting (#1) on Zoom 10 AM - 12 PM	16 Kinder Prep 'B' Class Online Via Zoom (#2) 10 AM - 11 AM Video Conference #3 S.T.E.P Early Childhood 1 PM - 2:30 PM	17 	18 #2 Musicology Video Class on Zoom 10 AM - 11 AM
21 FREE Online Zumba for Adults 4:30 PM - 5:30 PM	22 Triple P- Positive Parenting (#2) on Zoom 10 AM - 12 PM	23 Kinder Prep 'B' Class Online Via ZOOM (#3) Final 10 AM - 11 AM Video Conference #4 S.T.E.P Early Childhood 1 PM - 2:30 PM	24	25 #3 Final Musicology Video Class on Zoom 10 AM - 11 AM
28 FREE Online Zumba for Adults 4:30 PM - 5:30 PM 	29 Zumbini Video Class 10:30 AM - 11:15 AM Triple P- Positive Parenting (#3) on Zoom 10 AM - 12 PM	30 Video Conference #5 S.T.E.P Early Childhood 1 PM - 2:30 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.

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.

Kinder Prep 'A&B' 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.

Triple P–Positive Parenting Program * Triple P knows all families have different needs. In this 8 week session parents are given tips & tricks for positive parenting.

S.T.E.P. Early Childhood * Systematic Training for Effective Parenting for children 0-5. The Early Childhood S.T.E.P. workshop series will include learning about the intentions behind children's behavior and how healthy child development can influence positive behaviors. Parents will also gain skills to help communicate effectively with their child.

Musicology Video Class on Zoom * Class information will be shared once registration is complete. *Programming is live and cannot be viewed outside the scheduled session.