



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](http://FamilyResourceAZ.org)

*Turn over for class information.*

*Voltear para información sobre clases.*

Mon	Tue	Wed	Thu	Fri
			1	2 <u>Zoom Story-time with Tia Lala</u> 10 AM - 10:30 AM
5 <u>FREE Online Zumba for Adults</u> 4:30 PM - 5:30 PM 	6 <u>Triple P- Positive Parenting (#4) on Zoom</u> 10 AM - 12 PM <u>Zumbini Video Class</u> 10:30 AM - 11:15 AM	7 <u>Video Conference #6 S.T.E.P Early Childhood</u> 1 PM - 2:30 PM	8 	9 <u>Zoom Story-time with Tia Lala</u> 10 AM - 10:30 AM
12 <b>CLOSED</b> 	13 <u>Triple P- Positive Parenting (#5) 1 on 1</u> TBD	14 <u>Video Conference #7 S.T.E.P Early Childhood</u> 1 PM - 2:30 PM	15 	16 <u>Zoom Story-time with Tia Lala</u> 10 AM - 10:30 AM
19 <u>FREE Online Zumba for Adults</u> 4:30 PM - 5:30 PM	20 <u>Triple P- Positive Parenting (#6) 1 on 1</u> TBD <u>Zumbini Video Class</u> 10:30 AM - 11:15 AM	21 <u>Video Conference #8 Final S.T.E.P Early Childhood</u> 1 PM - 2:30 PM	22	23 <u>Zoom Story-time with Tia Lala</u> 10 AM - 10:30 AM
26 <u>FREE Online Zumba for Adults</u> 4:30 PM - 5:30 PM	27 <u>Triple P- Positive Parenting (#7) 1 on 1</u> TBD	28 <u>Leaves are Falling. Autumn is Calling!</u> <u>Event Pick Up</u> 9 AM - 10 AM	29 	30 <u>Zoom Story-time with Tia Lala</u> 10 AM - 10:30 AM

**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.

**Open Zoom Story-time with Tia Lala** \* Link Will Be Provided Upon Registration. El enlace se proporcionará al registrarse.

**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.

