


NOVEMBER 2024



480-644-6496 | MFRCinfo@mesaaz.gov | My.MesaAZ.GOV/MFRC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Parents Cafe 10-11am Community Links 11am-12pm	2 CLOSED
4 Raising a Reader 10-11am Little Picasso 11am-12pm Community Links 12-12:45pm	5 Grand Connection 11am-12:30pm Zumbini 4-5pm	6 Curious Learners 11am-12pm	7 Community Links 10am-4pm	8 Parents Cafe 11am-12pm	9 CLOSED
11 CLOSED Veterans Day	12 Grand Connections 11am-12:30pm Zumbini 4-5pm Community Links 5-5:45pm	13 <u>4th Trimester Meeting.</u> 10-11:30am Parent Financial Workshop: Interview Skills 1-3pm	14 Curious Learners 11am-12pm Community Links 12-1pm	15 Parents Cafe 10-11am Community Links 11am-12pm	16 <u>Preston's Pursuit</u> <u>Workshop</u> 10:00am <u>Free SAARC Autism</u> <u>Screening</u> 11am-1pm
18 Raising a Reader 10-11am Little Picasso 11am-12pm Community Links 12-12:45pm	19 Grand Connection 11am-12:30pm Zumbini 4pm-4:30pm Community Links 5-5:45pm	20 Mesa K-Ready Ways to Intro Literacy & Book Giveaway 11am-3pm	21 Free Dental Screening 9am-11am	22 Parents Cafe 10am-11am Community Links 11am-12pm	23 CLOSED
25 Raising a Reader 10-11am Little Picasso 11am-12pm Community Links 12-12:45pm	26 Grand Connections 11-12:30pm Zumbini 4-5pm Community Links 5-5:45pm	27 CLOSED	28 Thanksgiving Break CLOSED	29 Thanksgiving Break CLOSED	30 CLOSED

SEE PROGRAM DESCRIPTIONS ON BACK OF THIS CALENDAR!

Located at Mesa Public Library (lower level) at 64 E. 1st St. Mesa, AZ 85201
Mesa Family Resource Center offers a variety of **FREE** parent & child learning activities,
resources, referrals & support for parents, families & caregivers with children ages birth to 5.



FREE FAMILY LEARNING ACTIVITIES AND CLASSES



Curious Learners

Parent/Child Activity

Caregivers and children engage in (sometimes messy!) hands-on activities, which open the possibility of child development with meaningful connections. Children learn social and emotional connections, by problem solving, socializing, analyzing, exploring, and learning while playing. It brings the excitement of children as they are part of their own education with guidance of the caregiver.

Zumbini

Parent/Child Activity

Enjoy music and movement in a fun learning experience, promoting socialization, fine and gross motor skills, cognitive and emotional development. Strengthen the bond between caregivers and children through engaging in movement, singing, watching, and listening.

Little Picasso

Parent/Child Activity

School readiness starts at birth! Caregivers and children will acquire skills to help develop problem-solving abilities, creativity, and critical thinking. Socialize and improve communication skills.

Infant Massage

Parent/Child Activity

Caregivers will learn infant massage in a soothing and relaxed environment. Infant massage promotes nurturing touch, bonding, self-regulation, improved sleep, body awareness, and stress reduction. Offered as a 5-week session (1 hour per week). Please bring a small or baby blanket.

Community Links

Event

Join us in a safe and relaxed environment where families can connect with each other to build strong social connections to help reduce stress and isolation. Parents, caregivers, and children are all welcome!

Raising a Reader

Parent Education

A family shared reading program that supports reading habits in a fun way to strengthen the parent/child relationship in the first 5 years of the child's life. Positive interaction through reading, talking and playing to build strong pathways for social, cognitive, and emotional development. Join us every week to help build your child's reading routine!

Parents Cafe

Parent Education

A safe and trusting environment where caregivers build new connections through the 5 protective factors promoting caregiver resilience, social connections, support in time of need, share knowledge of parenting and child development, and social & emotional competence in children. Using the 5 protective cards, the goal is to strengthen families and community engagement. *Childcare provided.

Financial Education Workshop

Join the Mesa Workforce Center staff in a Parent Financial Workshop focusing on Interview skills. Childcare provided.

Grand Connections

Connect with other grandparents providing childcare for young grandchildren. Join us for 90 minutes per week in a 7-session program. Explore the joy and challenges of sharing childcare between two generations while considering the ways in which child-rearing advice has changed in the past two or three decades. Sign up in person or by calling 480-644-6496. Classes will begin Tuesday, November 5th, 2024 at 11:00am.

SUPPORTED BY

FIRST THINGS FIRST