

OCTOBER 2024

MON	TUE	WED	THUR	FRI	SAT
9/30 STEM Day 1:30-2:30p TD3 FALL BREAK	1 Safe Sleep (virtual) 10:00-11:30a Free Infant Formula Pick Up 2:00-3:00p (first come first serve- text 480-682-8415)	2 Resources & Referrals Appts. 9:00a-12:00p	3 Transportation Play Date 9:00-9:45a	4 Sensory Play 9:30-10:15a	5
7 TD3 FALL BREAK	8 Playground Time 9:00-9:45a Snack Pot Luck 9:45-10:15a	9 Car Seat Safety Class (virtual) 6:00-8:00p	10 Story Time & Lending Library 3:00-4:00p	11 Hispanic Heritage Celebration - Salsa Making 10:45-11:45a	12
14	15 Coffee Talk (childcare provided) 8:30-9:30a Raising a Reader Week 1 4:30-5:30p	16 Nutrition Class** (childcare provided) 8:30-9:30a	17 Phoenix Zoo 9:30-10:15a Play Date 10:15-11:00a	18 Gymboree Toddlers Music 9:30-10:15a Turtle Talk: Collectively Raising Indige-Babies (virtual) 12:00-1:30p	19 Costume Exchange & Candy Bag Decorating 9:00-10:00a
21 Managing Stress as a Parent (virtual) 6:00-8:00p	22 Italian Heritage Celebration - Pizza Making 10:45-11:45a Raising a Reader Week 2 4:30-5:30p	23 Nutrition Class** (childcare provided) 8:30-9:30a Breath Mobile 9:00a-1:30p	24 Story Time & Lending Library 3:00-4:00p Fall Festival @ Escalante Park 6:00-8:00p	25 Behavior Workshop (childcare provided) 9:00-10:00a	26
28 Pumpkin Carving 9:00-10:00a	29 Dignity Health Immunization & Vision Screening 3:30-5:30p Raising a Reader Week 3 4:30-5:30p	30 Nutrition Class** (childcare provided) 8:30-9:30a	31 Costume Party 11:00a-12:00p		



The mission of Thrive to Five is to help families prepare children for success in school. We strive to build healthy and empowered families by providing free classes, resources, referrals and information on child health and development.

Family Resource Center Information
2130 E Howe Ave.
Tempe, AZ 85281
480-682-8415

FRC HOURS
Mon. / Wed / Thurs - 8:00am-4:30pm
Tues - 8:00am-6:00pm
Fri - 8:00am-1:00pm
Saturday - Once a month
Sunday Closed

Sign up for classes online at www.thrivetofive.org



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Class Descriptions

Safe Sleep (virtual): In this workshop you will learn what a safe sleep environment looks like for your child to help reduce injury.

Resources & Referrals: In need of assistance? Schedule an appointment to come speak with us. We can help find community resources, housing assistance, immunizations, food, toiletry items, child care tuition assistance, etc.

Transportation Play Date: Join us for a themed play date with other young families. We'll have cars, trains, planes, floor puzzles, and dress-up.

Story Time & Lending Library: Come listen to a read-a-loud, then explore our lending library. Twice a month we will open up our book collection to families to check out books to read at home. Continue to check out and return our books to receive free books to build your own library at home!

Playground Time: Schools out for fall break, so come join us for fun on the playground!

Snack Pot Luck: After playground time, bring a snack to share with friends. **If your child has allergies, please bring snacks for your child.**

Car Seat Safety (virtual): Instruction & info provided by a certified car seat technician. Car seats will be provided to participants that qualify.

Coffee Talk: This event offers time for grown-ups to socialize with other adults and discuss current topics related to raising kids. *LIMITED CHILD CARE AVAILABLE

Hispanic Heritage Celebration: Join us as we make pico de gallo and celebrate the Hispanic heritage. Bring your own tupperware to take salsa home to enjoy!

Raising a Reader: Raising A Reader is a national program designed to educate parents and caregivers about the importance of early literacy skills and how they can help build these skills in their young children to help them enter school ready to learn. Parents attend eight weekly early literacy workshops with their children 0-5 years-old. Families who participate in the program receive 12 high-quality children's books to build their home libraries and are connected to local resources!

Nutrition Class: This is an eight-week series (9/4-11/6) class provided by EFNEP (Expanded Food and Nutrition Education Program). This is a hands-on, nutrition education program designed to help families learn practical knowledge and skills to improve their overall health. *LIMITED CHILD CARE IS AVAILABLE *PRIZES WILL BE OFFERED AT EVERY CLASS!

Phoenix Zoo: Get up close and personal with captivating creatures as the expert staff share stories and information that are sure to leave an impression.

Managing Stress as a Parent (virtual): Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.

Gymboree Toddlers Music: Classes are uniquely and intentionally designed for early childhood development. Play is a fundamental component of early childhood education, and is the cornerstone of every one of our programs. Through play-based learning, your child is challenged physically, cognitively and socially.

Turtle Talk: Collectively Raising Indige-Babies (virtual): This series dives deep into the experiences of families raising Indigenous babies and children. Join us as we explore how these families nurture their children's Native identities and connections to the land while navigating diverse systems of care and learning.

AZ Science Center: Little Learners, Big Possibilities! We bring the science to you! Science on Wheels Workshops consist of hands-on, age-specific content based on Arizona State Education Standards.

Italian Heritage Celebration: Join us as we make pizza and celebrate the Italian heritage. Come hungry to learn about this culture and ready to eat pizza!

Breath Mobile: Phoenix Children's Hospital Breath Mobile provides free inhalers, breathing treatments and diagnosis and planning for breathing issues. Their services are free to students, families and the community.

Fall Festival: Join our neighborhood community at Escalante Park for an evening full of fun! Find our Thrive to Five table for a chance to be entered into a raffle!

Behavior Workshop: Class presented by Certified Behavior Specialist in our school district. Learn tips and strategies to help manage child behaviors at home. *LIMITED CHILD CARE AVAILABLE

Costume Exchange & Dress Up Play: Upcycle your child's old costumes and hope to find one that fits just right! Then, join in on a dress-up play date!

Pumpkin Carving: Ooey-gooey fun pulling the guts of a pumpkin, learning how to eat, clean, & cook the seeds, and carve a funny face. Enjoy this pumpkin by taking it home and displaying it during the week.

Dignity Health Immunization & Vision Screening: Free immunizations for children 0-18 years old with no insurance, insurance that doesn't cover vaccines, on AHCCCS, Native American or Alaska Native. **please bring child's vaccination records and any letters from the school regarding vaccines** Sign up through Dignity Health at dignityhealth.org/chandlerimmunizations or call 480-728-2004.

Costume Party: Wear a costume and come join other young families at a fall-themed party. *No scary costumes permitted.