



Parenting & Education



First Time Parents? Whether you are looking for information on birthing classes or just resources to secure your child's well being, Parent's Resource Guide is there for you. Whatever your needs, find it here!

Home Schooling

COVENANT HOME SCHOOL RESOURCE CENTER

1117 E Devonshire Ave, PHOENIX
(602) 277-3497 / www.chsrc.org / info@chsrc.org

Help for all phases of home education:

- Discounted new and used books
- Weekly classes for students (math, art, science, language)
- Parent workshops and Q and A
- ID cards, transcript prep assistance
- Curriculum consultation

We are equipping families for a successful Home School journey!

Hospitals

ARROWHEAD HOSPITAL

18701 N 67th Ave, GLENDALE
(623) 561-7111

Parenting, child-birth, breastfeeding & sibling classes.

BANNER BAYWOOD MEDICAL CENTER

6644 E Baywood Ave, MESA
(480) 321-2000 / www.bannerhealth.com
Class Information Line: (602) 230-CARE (2273)

Birthing classes, breastfeeding classes, parenting classes, and sibling adjustment programs.

BANNER BOSWELL HOSPITAL

10401 W Thunderbird Blvd, SUN CITY
(623) 977-7211 / www.bannerhealth.com
Class Information Line: (602) 230-CARE (2273)

BANNER DEL E WEBB HOSPITAL

Louisa Kellam Center for Women's Health
14502 W Meeker Blvd, SUN CITY WEST
(623) 214-4000

Call for available class information.

BANNER DESERT MEDICAL CENTER

1400 S Dobson Rd, MESA
(480) 512-3000 / www.bannerhealth.com
Class Information Line: (602) 230-CARE (2273)
Birthing prep/breastfeeding classes, parenting classes, babysitting classes, and sibling adjustment programs.

BANNER ESTRELLA MEDICAL CENTER

9201 W Thomas Rd, PHOENIX
(623) 327-4000 / www.bannerhealth.com
Class Information Line: (602) 230-CARE (2273)

BANNER GATEWAY MEDICAL CENTER

1900 N Higley Rd, GILBERT
(480) 543-2000 / www.bannerhealth.com
Class Information Line: (602) 230-CARE (2273)

BANNER GOOD SAMARITAN MEDICAL CENTER

1111 E McDowell Rd, PHOENIX
(602) 239-2000 / www.bannerhealth.com
Class Information Line: (602) 230-CARE (2273)
Babysitting classes, birthing & parenting classes, breastfeeding classes, sibling adjustment programs.

BANNER IRONWOOD MEDICAL CENTER

37000 N Gantzel Rd, San Tan Valley
(480) 394-4000 / www.bannerhealth.com
Class Information Line: (602) 230-CARE (2273)

BANNER THUNDERBIRD MEDICAL CENTER

5555 W Thunderbird Rd, GLENDALE
(602) 865-5555 / www.bannerhealth.com
Class Information Line: (602) 230-CARE (2273)
Birthing classes, breastfeeding classes, parenting classes, and sibling adjustment programs.

CARDON CHILDREN'S MEDICAL CENTER

1400 S Dobson Rd, MESA
(480) 512-KIDS (5437) / www.bannerhealth.com

CARL T HAYDEN VA MEDICAL CENTER

650 E indian school rd, phoenix
(602) 277-5551.

CHANDLER REGIONAL HOSPITAL (CHW)

475 S Dobson Rd, CHANDLER
(480) 728-3000
Babysitting classes/birthing classes, breastfeeding classes, prenatal seminar, and sibling adjustment programs.

JOHN C LINCOLN HOSPITAL-DEER VALLEY

19829 N 27th Ave, PHOENIX
(623) 879-6100
Class information Line: (602) 870-6300
John C Lincoln CARES - Children's asthma education and diabetes education.

JOHN C LINCOLN HOSPITAL-NORTH MOUNTAIN

250 E Dunlap Ave, PHOENIX
(602) 943-2381
Class Information Line: (602) 870-6300
Birthing classes, breastfeeding classes, CPR classes, and sibling adjustment program.

MARICOPA MEDICAL CENTER

2601 E Roosevelt St, PHOENIX
(602) 344-5011
Prenatal care classes, birthing classes, and breastfeeding classes.

MARYVALE HOSPITAL MEDICAL CENTER

5102 W Campbell Ave, PHOENIX
(623) 848-5000
Class Information Line: (623) 848-5498

MAYO CLINIC

13400 E Shea Blvd, SCOTTSDALE
(480) 301-8000

MAYO CLINIC HOSPITAL

5777 E Mayo Blvd, PHOENIX
(480) 515-6296

MERCY GILBERT MEDICAL CENTER (CHW)

3555 S Val Vista Dr, GILBERT
(480) 728-8000

MOUNTAIN VISTA MEDICAL CENTER

1301 S Crismon Rd, MESA
(480) 358-6100
Community Education: (480) 358-6169
Women's Education: (480) 358-6672

PARADISE VALLEY HOSPITAL

3929 E Bell Rd, PHOENIX
(602) 923-5000
Women's Center: (602) 923-5636
Babysitting workshop, birthing classes, CPR for kids and teens, and sibling adjustment programs.

PHOENIX BAPTIST HOSPITAL & MEDICAL CNR

2000 W Bethany Home Rd, PHOENIX
(602) 249-0212
Class Information Line: (602) 246-5899
Birthing/breastfeeding classes, CPR for children and adults.

PHOENIX CHILDREN'S HOSPITAL

1919 E Thomas Rd, PHOENIX
(602) 546-1000

PHOENIX MEMORIAL HOSPITAL

1201 S 7th Ave, PHOENIX
(602) 258-5111
Birthing and breastfeeding classes.

SCOTTSDALE HEALTHCARE OSBORN

7400 E Osborn Rd, SCOTTSDALE
(480) 882-4000 / www.shc.org
Classes available in babysitting, birthing, breastfeeding, infant CPR, parenting, and sibling adjustment programs.

SCOTTSDALE HEALTHCARE SHEA

9003 E Shea Blvd, SCOTTSDALE
(480) 323-3000 / www.shc.org
Classes available in babysitting, birthing, breastfeeding, infant CPR, parenting, and sibling adjustment programs.

SCOTTSDALE HEALTHCARE THOMPSON PEAK

7400 E Thompson Peak Pkwy, SCOTTSDALE
(480) 327-7000



ST JOSEPH'S HOSPITAL & MEDICAL CENTER (CHW)
 350 W Thomas Rd, PHOENIX
 (602) 406-3000 / www.stjosephs-phx.org
 St. Joseph's four-certified nurse midwives provide support and guidance throughout your pregnancy, labor, birth and postpartum experience. Services include traditional prenatal care Centering Pregnancy and gynecological care. For information, call (602) 406-3510. SEE OUR AD ON PAGE 42

ST LUKE'S MEDICAL CENTER
 1800 E Van Buren St, PHOENIX
 (602) 251-8100, Call for class information.

TEMPE ST LUKE'S HOSPITAL
 1500 S Mill Ave, TEMPE
 (480) 784-5500
 Class Information Line: (480) 784-5588
 Birthing and breastfeeding classes.

WEST VALLEY HOSPITAL MEDICAL CENTER
 13677 W McDowell Rd, GOODYEAR
 (623) 882-1500
 Class Information Line: 1-888-669-3444
 Call for class information.

Parenting Resources

A-Z LEARNING ALTERNATIVES
 (480) 393-0875

ADOLESCENT SUBSTANCE ABUSE PROGRAM
 4222 E Camelback Rd, Ste 230H, PHOENIX
 (602) 434-0249

ALDEA MONTESSORI
 15639 N 40th St, PHOENIX
 (602) 485-0276 / www.aldea-montessori.com

ARIZONA ASSOCIATION OF FAMILY DAY CARE PROVIDERS
 813 W Elliot Rd, Ste B15, TEMPE
 (480) 345-9388
 En Espanol: (480) 730-5272
 Federally-funded agency serves those interested in becoming child care providers in their home.

ARIZONA BAPTIST CHILDREN'S SERVICES
 PO Box 35637, PHOENIX
 (602) 346-2300 / www.abcs.org
 Non-profit organization serving troubled children and families.

ARIZONA DEPARTMENT OF HEALTH SERVICES
 150 N 18th Ave, PHOENIX
BUREAU OF WOMEN AND CHILDREN'S HEALTH
 (602) 364-1400
PREGNANCY AND BREASTFEEDING HOTLINE:
 1-800-833-4642 / www.azdhs.gov
 Information and guidance on pregnancy and breastfeeding. Bilingual.

BABY SIGNS
 1-800-995-0226 / www.babysigns.com
 Provides workshops on how to teach babies sign language before they can talk. Using baby signs enhances communication skills.

BANNER BEHAVIORAL HEALTH SUBSTANCE ABUSE PROGRAM FOR ADOLESCENTS
 (602) 254-4357

BANNER HEALTH
 (602) 230-CARE (2273)

BLACK FAMILY AND CHILD SERVICES OF ARIZONA - PARENTING SKILLS TRAINING
 1522 E Southern, PHOENIX
 (602) 256-2948
 Improve parents' ability to meet children's needs, cope with stress, crisis.

BUREAU OF JEWISH EDUCATION CENTER FOR LIFELONG JEWISH LEARNING
 12701 N Scottsdale Rd, Ste 206, SCOTTSDALE
 (480) 634-8050
 Parenting conferences, adult education classes, interfaith workshops, resource center, lending library, Hebrew High School, Jewish Baby University for expectant parents and Jewish Marriage University-a marriage preparation courses.

CHILD CRISIS CENTER-EAST VALLEY
 604 W 9th St, MESA
 (480) 969-2308 / www.childcrisis.org
 Shelters for abused children. Free.

CHILD & FAMILY RESOURCES, INC
 700 W Campbell ave, Ste 3, PHOENIX
 (602) 234-3941 / www.childfamilyresources.org
 The agency's goals include promoting strength and stability of families to afford children and youth a supportive environment and maximize the child's physical, intellectual and emotional development. Programs include family support and services, child care services and training for providers.

CHRISTIAN FAMILY CARE AGENCY
 3603 N 7th Ave, PHOENIX
 (602) 234-1935

CORD BLOOD REGISTRY
 1-888-932-6568
 Cord Blood Registry offers expectant parents the opportunity to collect and store their newborn's umbilical cord blood stem cells for the future. Stem cells from cord blood are used to treat and/or cure a variety of serious diseases.

EDU PARTNERSHIPS, INC
 (480) 730-1087
 The primary resource for the partnership between parents and schools to improve K-12 education.
 i Provides parents with tools to be effective in their child's education.
 ii Provides schools with resources, strategies and training to become parent-friendly.

FAMILY RESOURCE CENTER
 817 N Country Club Dr, MESA
 (480) 834-9424
 Parenting classes, children's classes and play groups.

FAMILY SERVICE AGENCY
 2400 n central ave, ste 400, PHOENIX
 (602) 264-9891
 Individual, group, family counseling/support for single parents and step-families, and adoption services.

GRAND CANYON UNIVERSITY
 3300 W Camelback Rd, PHOENIX
 (602) 589-2300 / www.gcu.edu
 Continuing studies and adult education programs.

HORIZON FAMILY SOLUTIONS, LLC
 1-866-TEEN-911 (833-6911)

LA LECHE LEAGUE OF PHOENIX VALLEYWIDE.
 (602) 234-1956 / www.lalecheleague.org
 Support/advice/information on breastfeeding.

LINDAMOOD-BELL LEARNING CENTER
 10617 N Hayden Rd, Bldg B, Ste 101, SCOTTSDALE
 (480) 922-5675

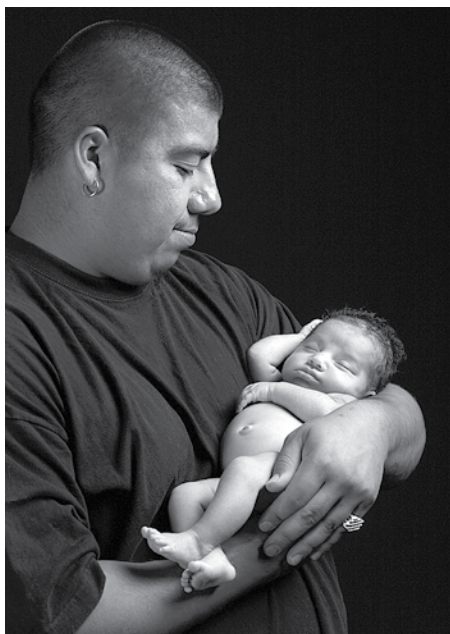
MARICOPA COMMUNITY COLLEGES
 District Office
 2411 W 14th St, TEMPE
 (480) 731-8000 / www.maricopa.edu
 11 locations throughout the Valley. Check website or call for information on continuing education classes.

MOM'S CLUB INTERNATIONAL
www.momsclub.org
 Valleywide support group for stay-at-home moms and their kids. Crafts, outings, pot luck and mom's night out.

MOPS INTERNATIONAL
www.mops.org
 Support group for mothers with children infant-Kindergarten. Check website to find Valley locations.

NEW LIFE PREGNANCY CENTER
 1431 E Southern Ave, Phoenix
 (602) 243-1614





NEW LIFE PREGNANCY CENTER

first southern baptist church of phoenix
3100 W Camelback Rd, Phoenix
(602) 515-3526

NOT MY KID

5230 E Shea Blvd, Ste 100, SCOTTSDALE
(602) 652-0163 / www.notmykid.org
Parents will tell you that they have heard about drugs, violence, rape, etc., but most tend to have the, inot my kid! mentality. Not My Kid employs individuals who speak to youth and adults about these behavioral health issues. Clear Choices, our

peer education program, focuses on guiding teens to make better life choices. PEAK is our adult program that exposes parents to the realities of issues that teens face daily. For more information, visit our website: www.notmykid.org.

NUESTRA FAMILIA

9401 W Garfield St, TOLLESON
Bilingual Support: (623) 936-3980
Free service for the west Valley. In-home counseling available.

PARENT UNIVERSITY

Mesa Unified School District Early Childhood & Parent Education
549 N Stapley Dr, MESA
(480) 472-7278 / www.mpsaz.org/parentu
Parents, grandparents, educators and child caregivers attend sessions about their roles in a child's development. Participants learn to deal with joys and frustrations of working with children and assist children in reaching their full potential.

PARENTING ARIZONA

(formerly Parents Anonymous)
6741 N 7th St, PHOENIX
(602) 248-0428 / www.parentingaz.org

PARENTING CLASSES FOR GRANDPARENTS RAISING GRANDCHILDREN

555 W Glendale Ave, GLENDALE
(602) 274-5022
DOAR (Developing Older Adult Resources). Support group for grandparents raising grandchildren.

PARENTING SERVICES

Information Line: (480) 834-9365
A parenting support information and referral line offers information about programs, classes, organizations and agencies in Maricopa County. This project is committed to improving the linking of families to parenting services.

PARENTING SKILLS PROGRAM

2131 E Broadway Rd, Ste 14, TEMPE
(480) 967-6895
Classes for parents are specialized depending on the age/ need of your child. Classes include choosing parenting styles, self-esteem parenting, growth and development, dealing with difficult issues, communications and more.

PHOENIX INDIAN CENTER, INC

4520 N Central Ave, Ste 250, PHOENIX
(602) 264-6768 / www.phxindcenter.org
Provides family and children's services, Native workforce services and educational services.

PLANNED PARENTHOOD

Information line: (602) 277-7526

RAISING SPECIAL KIDS

5025 E Washington St, Ste 204, PHOENIX
(602) 242-4366, Toll Free: 1-800-237-3007

RESOLVE: THE NATIONAL INFERTILITY ASSOCIATION

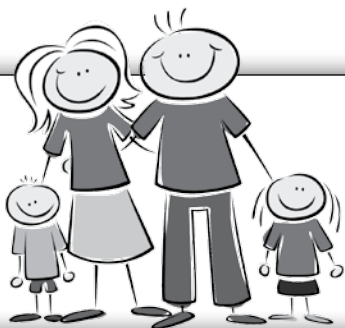
Southwest Region
Help Line: 1-877-203-7772 / southwest.resolve.org
Support group and helpline for couples facing infertility.

SAFE HOUSE INSTITUTE

PO Box 5622, GLENDALE
(602) 843-5358
First Aid and CPR courses for groups, families, organizations and businesses. Our instructor, your location.

VALLE DEL SOL, INC YOUTH & FAMILY CENTER

502 N 27th Ave, PHOENIX
(602) 258-6797 ext 200
Working with state and county offices, the center provides social services and counseling to families and children through referral or on a sliding fee basis. Call for dates and times of classes.



Parent Tip!

Research shows a correlation between eating in the morning and better performance in such areas as test results, recall and verbal skills. Children who eat a healthy breakfast also are less likely to gorge on high-fat food later and tend to get more vitamins and minerals.

Here are some tips for getting the kids to eat:

THE BENEFITS OF BREAKFAST

- Offer variety. Cereals, especially those that are lower in sugar, are a good source of carbohydrates. The milk supplies the needed calcium and protein.
- Make it easy. Cut up the fruit the night before for cereal./
- Be creative. An English muffin with mozzarella and tomato sauce may seem unconventional, but if a child enjoys it, it can be a healthy choice.
- Read labels. Some foods may surprise you. For example, many toaster waffles are actually quite low in fat.
- Set a good example. If you only gulp a cup of coffee, you're sending your children a mixed message about breakfast.

BREAKFAST ON THE WAY TO SCHOOL:

- Toaster waffles topped with fruit spread or fruit-flavored low-fat yogurt,
- Fruit-filled breakfast bar and drinkable yogurt.
- String cheese and fruit.
- Bagel spread with peanut butter and jelly or low-fat cream cheese.
- Scrambled-egg-and-cheese sandwich on toasted bread.
- Bag of bite-size cereal.
- Whole -wheat toast.