

## New Parent Resources

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Group	When	Where	Service	Cost	Contact Information
MOMco	Bi-weekly Thursday Mornings at 9:30am - 11:30am	SUN VALLEY COMMUNITY CHURCH TEMPE 6101 S River Dr Tempe, AZ 85283	Practical teaching through speakers, demonstrations and videos for moms of children ages 0-5 years.	\$35 for the year	<a href="https://www.sunvalleycc.com/Registration?RegistrationInstanceid=2804">https://www.sunvalleycc.com/ Registration?RegistrationInstan celid=2804</a>
Modern Milk	varies based on class option	13802 N Scottsdale Rd. Suite 163 Scottsdale, AZ 85254	Happy Mom School, Before baby classes, after baby classes, yoga and fitness classes, lactation support, and special events	\$99-\$349 based on class option	480.999.1585, info@modernmilk.com, <a href="https://modernmilk.com/">https://modernmilk.com/</a>
La Leche League	3rd Monday of the month at 10am	Babymoon Inn 220 E. Lexington Ave. Phoenix, AZ 85012	Parent support and community, breastfeeding support, postpartum guidance, nutrition, starting solids and weaning	FREE	602-234-1956, <a href="http://www.llofaz.org/east-valley.html">http://www.llofaz.org/east- valley.html</a>
Arizona Breastfeeding Medicine &	appointment only	9364 E Raintree Dr. Suite 102 Scottsdale AZ 85260	Tongue tie revisions, lactation consulting, support groups, prenatal consults,	varies based on service	480.508.0861, <a href="https://bfmedaz.com/">https://bfmedaz.com/</a>
Triple P - Positive Parenting Program	7/11, 7/18, and 7/25 9:30a-10:30a	CPLC Guadalupe Family Resource Center: 5840 E. Calle Santos Bravo, Guadalupe, AZ 85283	one-time discussion groups short series seminars, in-depth group courses or individual sessions	FREE	<a href="https://positiveparentingaz.org/course-calendar/">https://positiveparentingaz.org/ course-calendar/</a>

Thrive to Five	varies based on class option	Thew Elementary School at 2130 E. Howe Ave., Tempe, AZ	educational programs including early literacy, nutrition, child development, art and literacy, STEAM, and kindergarten readiness classes to promote the understanding of early childhood development	FREE	<a href="http://www.thrivetofive.org/">http://www.thrivetofive.org/</a>
Phoenix Public Library Early Literacy Programs	varies based on class option	Burton Barr Central Library	BabyTime, ToddlerTime, Tools for School, Kindergarten Bootcamp, and more	FREE	(602) 534-2740, kathleen.harris@phoenix.gov, <a href="https://www.phoenixpubliclibrary.org/kids">https://www.phoenixpubliclibrary.org/kids</a>