

First Things First supports early childhood programs in Arizona through grants to community organizations that provide services—at no cost—for young children from birth to age 5 (before kindergarten) and their families.

The Southeast Maricopa Region includes Mesa, Gilbert, parts of Queen Creek and Apache Junction which lie within Maricopa County, and some unincorporated areas adjacent to Mesa or Gilbert.



GET THIS INFO ONLINE:

[FirstThingsFirst.org / Find-Programs](https://FirstThingsFirst.org/Find-Programs)



Parenting

There's no one right way to raise a child, and you don't have to be perfect. These programs are here to help you learn effective ways to support your child's healthy development and learning.

Family Resource Centers

Bring your children and take classes and workshops from trained parent educators, connect with community resources and more, all in one convenient location.

LSS Family Resource Center West Mesa at First Evangelical Lutheran Church

Aurelia Montero | (480) 489-5771
amontero@lss-sw.org

LSS Family Resource Center East Mesa at Our Savior's Lutheran Church

Zina Goode | (480) 489-5773
zgoode@lss-sw.org

AZCEND Gilbert Family Resource Center at the Heritage Center

Esmeralda Sanchez | (480) 428-5446
esmeralda@azcend.org

Home Visiting Programs

Work 1-on-1 with a trained and caring parent educator, in the convenience of your own home, to build on the parenting skills you already have and nurture your child's health, development and learning.

Healthy Families

Southwest Human Development

Amy Jaffe | (602) 427-4725
Healthyfamilies@swhd.org

Parents as Teachers

Child & Family Resources

Denise Huddleston | (480) 245-9379
dhuddleston@crfaz.org

Parents as Teachers

Arizona's Children Association

Hannah Gunderson | (480) 589-0766
hgunderson@arizonaschildren.org

Parent Partners Plus

(602) 633-0732

Family, Friend and Neighbor Caregivers

Many children spend parts of the day with non-parent caregivers in informal home settings. Learn how you can better support the health, development and learning of the young children in your care through health and safety practices, educational activities and understanding more about child development.

Kith and Kin

Vanessa Bejarano | (480) 829-0500 ext. 1313
vbejarano@candelen.org

Angela Tapia | (480) 829-0500 ext. 1231
atapia@candelen.org

Reach Out and Read

Reach Out and Read is a program that partners with trusted and trained community pediatricians to share information about the importance of reading with young children and their families during their well-child visits. In addition to discussing this with the family at the visit, the pediatrician will also give them a developmentally appropriate children's book to support their journey.

Reach Out and Read Arizona Chapter of the American Academy of Pediatrics

Melanie Martin | (602) 532-0137 ext. 413
melanie@azaap.org



Child Health and Development

All children develop differently, but it helps to know if they're meeting typical milestones or could use extra assistance, and many medical and dental problems can be prevented.

Dental/Oral Health

Prevent tooth decay by having a professional check your child's teeth (or yours, if you're pregnant), protect your child's teeth with fluoride, and get a referral to a dentist if you need one.

Dignity Health Early Childhood Oral Health Program

Dignity Community Care dba Chandler Regional Medical Center

Olga De La Torre | (480) 728-5709
dignityhealthcohd@dignityhealth.org



Quality Child Care and Preschool

Quality early learning programs help young children learn, grow and thrive. More than 1,000 child care centers, homes and preschool programs in Arizona participate in Quality First to improve the quality of early learning for kids from birth to age 5. Many offer Quality First Scholarships to help low-income families afford quality early care and education.



Learn more and find programs near you at: **FirstThingsFirst.org**



Birth to Five Helpline

A free service available to all Arizona families with young children, (as well as parents-to-be), who have questions about their baby, toddler or preschooler. Ask experts about your child's feeding, sleep, behavior or any other concern. The Birth to Five Helpline is here to help.



Southwest Human Development

1-877-705-KIDS (5437)
birthtofivehelpline.org

LEARN MORE

For more information about how First Things First supports the healthy development and learning of young children in our community, visit us at **FirstThingsFirst.org/Regions/Southeast-Maricopa** or call **602.771.4981**.

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Space may be limited and eligibility requirements may apply. While this listing only includes programs funded by First Things First, many of them can connect you with additional services that might be right for you.

In accordance with the Americans with Disabilities Act, First Things First (FTF) will not discriminate on the basis of disability in its services, programs or activities. Qualified individuals with disabilities may request auxiliary aids and services to make information and communications accessible as well as request reasonable modifications to policies and programs so that they can participate equally in FTF's services, programs and activities. For assistance, contact FTF at (602) 771-5057. This document was last modified 02/28/2024.

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TO FIND PROGRAMS
IN YOUR AREA

