

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 Southwest Maricopa Region includes Avondale, Buckeye, Gila Bend, Goodyear, Litchfield Park, Tolleson and Tonopah.



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.

**Buckeye Family Resource Center
at Buckeye Elementary School**
(623) 925-3911 | yrios@besd33.org

AZ Complete Health Avondale Resource Center
(623) 333-2703 | cjguajardo@avondaleaz.gov

Gila Bend Family Resource Center
(928) 683-6502 | alopez@gilabendaz.org

Pendergast Family Resource Centers
(623) 772-2339 | PendergastFRC@pesd92.org

Rio Vista Elementary Family Resource Center
(623) 772-2339 | PendergastFRC@pesd92.org

Sunset Ridge Elementary Family Resource Center
(623) 772-2339 | PendergastFRC@pesd92.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.

Parent Partners Plus
(602) 633-0732

**Parents as Teachers
Child & Family Resources**
Patty Garcia | (928) 783-4003 ext. 20
pgarcia@cfraz.org

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.

**Arizona Kith and Kin Project
Candelen**
Elizabeth Murray | (480) 493-0113
emurray@candelen.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.

Nutrition and Physical Activity

Participate in a series of fun classes to be more informed about nutrition and wellness and help motivate your family to eat healthy and be physically active.

Nutrition and Physical Activity Program
Maricopa County Department of Public Health
Jasmine Sanchez | (602) 568-9771
jasmine.sanchez@maricopa.gov



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.

QUALITY FIRST 
FIRST THINGS FIRST
Learn more and find programs near you at: [FirstThingsFirst.org](https://www.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.

Birth to Five HELPLINE 
"Nothing Out of the Question"

Southwest Human Development
1-877-705-KIDS (5437)
[birthtofivehelpline.org](https://www.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/Southwest-Maricopa](https://www.FirstThingsFirst.org/Regions/Southwest-Maricopa) or call **602.771.4960**.

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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 12/21/2023.

**SCAN QR CODE
TO FIND PROGRAMS
IN YOUR AREA**

