

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 East Maricopa Region includes Chandler, Scottsdale, Tempe, Carefree, Cave Creek, Fountain Hills, Guadalupe, Paradise Valley, Goldfield Ranch, Rio Verde, Sun Lakes, Ahwatukee, Paradise Valley Village and the Fort McDowell Yavapai Nation.



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.

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.

Parents as Teachers

Ft. McDowell Yavapai Nation

Cathy Quintana | (480) 789-7208
cquintana@fmyn.org

Parent Partners Plus

(602) 633-0732

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.

AZCEND Family Resource Center

(480) 963-1423 | samantha@azcend.org

Chandler CARE Center

(480) 812-7900 | chandlercarecenter@cusd80.com

Chandler Family Learning Center Valleywise

(480) 344-6165 | flc@valleywisehealth.org

Thrive to Five Family Resource Center at Thew Elementary

(480) 894-5574 x 7082

lupita.avelar@tempeschools.org

Guadalupe Family Resource Center

(480) 491-2301 | renato.ramos@parentingaz.org

Scottsdale Family Resource Center

(480) 312-0038

scottsdalefamilyresourcecenter@scottsdaleaz.gov

Find Help Phoenix

Strengthens families of young children by providing information on free or low-cost resources in Maricopa County.

Find Help Phoenix

FindHelpPhx.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.

First Teeth First Dignity Health

Olga De La Torre | (480) 728-5792
Olga.DeLaTorre@DignityHealth.org

Well-Child Programs

Get information, assistance and referrals from a developmental specialist to help you support the health and development of your young child.

Pediatric Care Coordination Valleywise

Larsa Margous | (480) 375-1152
Larsa.Margous@valleywisehealth.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](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.



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/East-Maricopa](https://www.FirstThingsFirst.org/Regions/East-Maricopa) or call **602.771.4980**.

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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 on 07.27.22.