

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
(480) 489-5772 | amontero@lss-sw.org

LSS Family Resource Center East Mesa at Our Savior's Lutheran Church
(480) 489-5773 | mgomez@lss-sw.org

AZCEND Gilbert Family Resource Center at the Heritage Center
(480) 428-5446 | heritagecenter@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.

Parent Partners Plus
(602) 633-0732

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



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: QualityFirstAZ.com



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**.

FIRST THINGS FIRST 

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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 07/27/2022.