







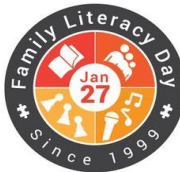


Goulds Family Resource Centre 709-747-8530

January 2025



Family Resource Educator: Lesa Healthy Baby Facilitator: Michelle
 FRC Goulds Resource Centre: 537 Main Rd GRC Goulds Rec Centre: 509 Main Rd

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
~ ON OUR WAY Sign-up program for children enrolled in Kindergarten Sept 2025. ~ SCHOOL AGE DROP-IN Age-appropriate crafts and activities. Guardian is required to stay. ~ EVENING ACTIVE PLAY Ages 18 months to 11 years, with a take-home snack. ~ PARENT-CHILD MOTHER GOOSE Sign-up program taking place at Kilbride Community Centre (Fahey Street). HBC= HEALTHY BABY CLUB EH BF= EASTERN HEALTH BREASTFEEDING CLINIC			1 	2 NO PROGRAMS	3 NO PROGRAMS	4 
5 	6 DROP-IN PLAY 10:00-12:00 FRC SCHOOL AGE DROP-IN AGES 5-9 YRS 6:00-7:30PM FRC	7 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	8 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	9 ACTIVE PLAY 9:30-11:00 GRC	10 TODDLER TIME 9:30-11:30 FRC	11
12 	13 ON OUR WAY Kindergarten Readiness 10:00-11:30 FRC (SIGN-UP PROGRAM)	14 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	15 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	16 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE	17 TODDLER TIME 9:30-11:30 FRC	18 
19 	20 ON OUR WAY Kindergarten Readiness 10:00-11:30 FRC (SIGN-UP PROGRAM)	21 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	22 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	23 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE	24 TODDLER TIME 9:30-11:30 FRC	25
26 	27 ON OUR WAY Kindergarten Readiness 10:00-11:30 FRC (SIGN-UP PROGRAM)	28 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	29 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	30 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE	31 TODDLER TIME 9:30-11:30 FRC	