










# Goulds Family Resource Centre 709-747-8530

## January 2023



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	
1 	2	3 NO PROGRAMS TODAY! HEALTHY BABY CLUB 8PM VIRTUAL	4 TODDLER TIME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 ACTIVE PLAY 6:00-7:00 GRC	5 BABY & ME 10:00-12:00 FRC ACTIVE PLAY 9:30-11:00 GRC	6 DROP-IN PLAY 10:00-12:00 FRC	7 	
8 	9 DROP-IN PLAY 10:00-12:00 FRC FAMILY FUN NIGHT 6:00-7:30 FRC	10 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	11 TODDLER TIME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 ACTIVE PLAY 6:00-7:00 GRC	12 BABY & ME 10:00-12:00 FRC ACTIVE PLAY 9:30-11:00 GRC	13 DROP-IN PLAY 10:00-12:00 FRC	14 	
15 	16 ON OUR WAY 9:30-11:30 GROUP 1 12:30-2:30 GROUP 2 FAMILY FUN NIGHT 6:00-7:30 FRC	17 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	18 TODDLER TIME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 ACTIVE PLAY 6:00-7:00 GRC	19 BABY & ME 10:00-12:00 FRC ACTIVE PLAY 9:30-11:00 GRC	20 DROP-IN PLAY 10:00-12:00 FRC	21	
22	23 ON OUR WAY 9:30-11:30 GROUP 1 12:30-2:30 GROUP 2 FAMILY FUN NIGHT 6:00-7:30 FRC	24 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	25 TODDLER TIME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 ACTIVE PLAY 6:00-7:00 GRC	26 BABY & ME 10:00-12:00 FRC ACTIVE PLAY 9:30-11:00 GRC	27 DROP-IN PLAY 10:00-12:00 FRC	28 	
29 	30 ON OUR WAY 9:30-11:30 G1 FRC 12:30-2:30 G2 FRC NOBODY'S PERFECT 7:00-9:00 FRC	31 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	<p><b>PLEASE NOTE!</b>          ~ ON OUR WAY – FOR CHILDREN STARTING SCHOOL IN SEPTEMBER. SIGN UP IS REQUIRED HOWEVER THIS PROGRAM IS NOW FULL.          ~ “NOBODY’S PERFECT” PARENTING PROGRAM – SIGN UP IS REQUIRED FOR THIS PROGRAM, PLEASE WATCH OUR FACEBOOK PAGE!          ~ HBC = HEALTHY BABY CLUB ~ EH BF CLINIC = EASTERN HEALTH BREASTFEEDING CLINIC</p>				