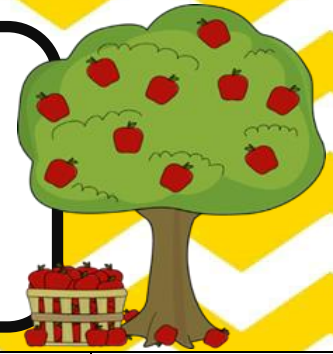




# Goulds Family Resource Centre 709-747-8530

## September 2024

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <b>* CLOSED *</b> for <b>LABOUR DAY</b>	3 <b>DROP-IN PLAY</b> 10:00-12:00 FRC <b>HEALTHY BABY CLUB</b> <b>8PM VIRTUAL</b>	4 <b>BABY &amp; ME</b> 10:00-12:00 FRC <b>HEALTHY BABY CLUB</b> 12:30 FRC <b>EH BF CLINIC 2-3:30</b>	5 <b>DROP-IN PLAY</b> 9:30-11:30 FRC	6 <b>* NO PROGRAM *</b> DUE TO STAFF MEETINGS	
8 <i>Happy Grandparents Day!</i>	9 <b>LITTLE EXPLORERS</b> 10:00-12:00 <b>BIDGOOD PARK</b> <b>PARENT CRAFT NIGHT</b> 7:00-9:00PM FRC	10 <b>DROP-IN PLAY</b> 10:00-12:00 FRC <b>HEALTHY BABY CLUB</b> <b>8PM VIRTUAL</b>	11 <b>BABY &amp; ME</b> 10:00-12:00 FRC <b>HEALTHY BABY CLUB</b> 12:30 FRC <b>EH BF CLINIC 2-3:30</b>	12 <b>DROP-IN PLAY</b> 9:30-11:30 FRC <b>PARENT-CHILD</b> <b>MOTHER GOOSE</b> 1:00-2:00 <b>KILBRIDE CC</b>	13 <b>* NO PROGRAM *</b> DUE TO STAFF TRAINING	14
15 <b>SEATS</b> for kids <b>CHILD PASSENGER</b> <b>SAFETY WEEK</b>	16 <b>LITTLE EXPLORERS</b> 10:00-12:00 <b>BIDGOOD PARK</b>	17 <b>DROP-IN PLAY</b> 10:00-12:00 FRC <b>HEALTHY BABY CLUB</b> w/ CAR SEAT <b>SAFETY SESSION</b> <b>8PM VIRTUAL</b>	18 <b>BABY &amp; ME</b> w/ CAR SEAT <b>SAFETY SESSION</b> 10:00-12:00 FRC <b>HBC 12:30 FRC</b> <b>EH BF CLINIC 2-3:30</b>	19 <b>ACTIVE PLAY</b> 9:30-11:00 GRC <b>PARENT-CHILD</b> <b>MOTHER GOOSE</b> 1:00-2:00 <b>KILBRIDE CC</b>	20 <b>DROP-IN PLAY</b> 10:00-12:00 FRC	21 <i>hello AUTUMN</i>
22 <b>Well-Being Week</b> <small>starting today to improve tomorrow</small> 	23 <b>LITTLE EXPLORERS</b> 10:00-12:00 <b>BIDGOOD PARK</b>	24 <b>DROP-IN PLAY</b> 10:00-12:00 FRC <b>HEALTHY BABY CLUB</b> <b>8PM VIRTUAL</b>	25 <b>BABY &amp; ME</b> 10:00-12:00 FRC <b>HBC 12:30 FRC</b> <b>EH BF CLINIC 2-3:30</b> <b>YOGA NIDRA</b> <b>6:30-7:30PM GRC</b>	26 <b>ACTIVE PLAY</b> 9:30-11:00 GRC <b>PARENT-CHILD</b> <b>MOTHER GOOSE</b> 1:00-2:00 <b>KILBRIDE CC</b>	27 <b>DROP-IN PLAY</b> 10:00-12:00 FRC	28 
29 	30 <b>* CLOSED *</b> <b>NATIONAL DAY</b> <b>FOR TRUTH &amp;</b> <b>RECONCILIATION</b> 	<b>WELCOME BACK! PLEASE NOTE THE FOLLOWING...</b> ~ CERTAIN PROGRAMS WILL ONCE AGAIN BE HELD AT THE REC CENTRE AS NOTED ABOVE ~ PARENT-CHILD MOTHER GOOSE - SIGN UP PROGRAM STARTING SEPT 12 <sup>TH</sup> @ KILBRIDE COMMUNITY CENTRE (FAHEY STREET) ~ CHILD PASSENGER SAFETY AWARENESS WEEK - WE HAVE TRAINED SAFETY TECHNICIANS IF YOU HAVE CONCERNS OR QUESTIONS REGARDING YOUR CHILDS CAR SEAT! <b>HBC = HEALTHY BABY CLUB EH BF CLINIC = EASTERN HEALTH BREASTFEEDING CLINIC</b>				