



# Goulds Family Resource Centre 709-747-8530

## August 2023

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PLEASE NOTE!</b> ALL INDOOR PROGRAMS WILL BE HELD AT THE FAMILY RESOURCE CENTRE FOR THE SUMMER MONTHS DUE TO CAMPS AT THE REC CENTRE. PLEASE WEAR SUNSCREEN, HATS AND BRING WATER TO ALL OUTDOOR PROGRAMS!		1 <b>DROP-IN PLAY</b> 10:0-12:00 FRC <b>HEALTHY BABY CLUB</b> 8:00PM VIRTUAL	2 <b>* CLOSED *</b> pending <b>REGATTA DAY</b>	3 <b>BABY &amp; ME</b> 10:00-12:00 FRC (0-12 months)	4 <b>PLAYGROUND FUN</b> 10:00-12:00 (NEXT TO <b>FIRE STATION)</b>	5
6	7 <b>LITTLE EXPLORERS</b> 10:30-12:00 <b>OCEAN SCIENCE CTR –</b> <b>MARINE LAB ROAD</b> <b>*PLEASE SIGN-UP*</b>	8 <b>DROP-IN PLAY</b> 10:00-12:00 FRC <b>HEALTHY BABY CLUB</b> 8:00PM VIRTUAL	9 <b>TODDLER TIME</b> 9:30-11:30 FRC <b>HEALTHY BABY CLUB</b> 12:30 FRC <b>EH BF CLINIC</b> 2:00-3:30 FRC	10 <b>BABY &amp; ME</b> 10:00-12:00 FRC (0-12 months)	11 <b>PLAYGROUND FUN</b> 10:00-12:00 (NEXT TO <b>FIRE STATION)</b>	
13 	14 <b>LITTLE EXPLORERS</b> 10:00 <b>BIDGOOD PARK</b>	15 <b>DROP-IN PLAY</b> 10:00-12:00 FRC <b>HEALTHY BABY CLUB</b> 8:00PM VIRTUAL	16 <b>TODDLER TIME</b> 9:30-11:30 FRC <b>HEALTHY BABY CLUB</b> 12:30 FRC <b>EH BF CLINIC</b> 2:00-3:30 FRC	17 <b>BABY &amp; ME</b> 10:00-12:00 FRC (0-12 months)	18 <b>PLAYGROUND FUN</b> 10:00-12:00 (NEXT TO <b>FIRE STATION)</b>	19
20	21 <b>LITTLE EXPLORERS</b> 10:30-12:00 <b>END OF SUMMER</b> <b>PICNIC!</b> <b>*PLEASE SIGN-UP*</b>	22 <b>DROP-IN PLAY</b> 10:00-12:00 FRC <b>HEALTHY BABY CLUB</b> 8:00PM VIRTUAL	23 <b>TODDLER TIME</b> 9:30-11:30 FRC <b>HBC 12:30 FRC</b> <b>EH BF CLINIC 2-3:30</b> <b>CAR SEAT CLINIC</b> 1:00-3:00	24 <b>BABY &amp; ME</b> 10:00-12:00 FRC (0-12 months)	25 <b>LITTLE EXPLORERS</b> 10:00-12:00 (NEXT TO <b>FIRE STATION)</b>	
27 	28 <b>LITTLE EXPLORERS</b> 10:00-12:00 <b>THE GATES, KILBRIDE</b> <b>(END OF OLD PETTY</b> <b>HR. ROAD)</b>	29 <b>DROP-IN PLAY</b> 10:00-12:00 FRC <b>HEALTHY BABY CLUB</b> 8:00PM VIRTUAL	30 <b>TODDLER TIME</b> 9:30-11:30 FRC <b>HEALTHY BABY CLUB</b> 12:30 FRC <b>EH BF CLINIC</b> 2:00-3:30 FRC	31 <b>BABY &amp; ME</b> 10:00-12:00 FRC (0-12 months)	~ <b>LITTLE EXPLORERS</b> - CHECK OUR FACEBOOK PAGE FOR LOCATION UPDATES. ~ <b>CAR SEAT CLINIC</b> - AUGUST 23rd - PLEASE CONTACT US IN ADVANCE TO ARRANGE AN APPOINTMENT TIME. <b>HBC</b> = HEALTHY BABY CLUB <b>EH BF CLINIC</b> = EASTERN HEALTH BREASTFEEDING CLINIC	