








# Goulds Family Resource Centre 709-747-8530

## November 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
~ <b>EVENING ACTIVE PLAY</b> IS AGE APPROPRIATE FOR CHILDREN 18 MONTHS AND UP, WITH A TAKE-HOME SNACK. ~ <b>PARENT-CHILD CRAFT NIGHT</b> - MONDAY OCTOBER 18 <sup>TH</sup> – <b>SIGN-UP IS REQUIRED.</b> PLEASE SEE OUR FACEBOOK PAGE. ~ <b>PARENT-CHILD MOTHER GOOSE</b> IS A SIGN-UP PROGRAM AND TAKES PLACE AT THE KILBRIDE COMMUNITY CENTRE. ~ <b>CAR SEAT SAFETY</b> - PLEASE CONTACT US IF YOU NEED A CAR SEAT SAFETY CHECK OR INSTALLATION!					1	
HBC = HEALTHY BABY CLUB EH BF CLINIC = EASTERN HEALTH BREASTFEEDING CLINIC					DROP-IN PLAY 10:00-12:00 FRC	
3 	4 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK	5 DROP-IN PLAY 9:30-11:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	6 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	7 ACTIVE PLAY 9:30-11:30 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE CC	8 NO PROGRAMS TODAY	9 
10  WE REMEMBER	11 * CLOSED * FOR REMEMBRANCE DAY	12 DROP-IN PLAY 9:30-11:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	13 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	14 ACTIVE PLAY 9:30-11:30 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE CC	15 DROP-IN PLAY 10:00-12:00 FRC	16
17  NATIONAL CHILD DAY NOVEMBER 20 <sup>th</sup>	18 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK PARENT-CHILD CRAFT NIGHT 6-7:30PM (AGES 6-10)	19 DROP-IN PLAY 9:30-11:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	20 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	21 ACTIVE PLAY 9:30-11:30 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE CC	22 NO PROGRAMS DUE TO STAFF TRAINING	23 
24 	25 NO PROGRAMS DUE TO STAFF TRAINING	26 NO PROGRAMS DUE TO STAFF TRAINING HEALTHY BABY CLUB 8PM VIRTUAL	27 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	28 ACTIVE PLAY 9:30-11:30 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE CC	29 DROP-IN PLAY 10:00-12:00 FRC	30 