



Goulds Family Resource Centre

April 2026










709-747-8530

www.kffrc.com 

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
<p>~ APRIL 6-10: ALL PROGRAMS will take place at the Resource Centre due to availability of the Rec Centre. There will be NO ACTIVE PLAY this week.</p> <p>~ MOTHER GOOSE will take place @ Goulds Rec Centre effective April 16th.</p> <p>~ EVENING ACTIVE PLAY is a drop-in program appropriate for children 18 months and up. A take-home snack is provided. ~ CAR SEAT CLINICS are by appointment, please contact us if you would like to book a check/install.</p>			<p>1 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC NLH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC</p>	<p>2 ACTIVE PLAY 9:30-11:00 GRC</p>	<p>3 * CLOSED * for GOOD FRIDAY</p>	<p>4  <i>April 2nd is Autism Awareness Day</i></p>
<p>5 </p>	<p>6 DROP-IN PLAY 10:00-12:00 FRC</p>	<p>7 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL</p>	<p>8 BABY & ME 10:00-12:00 FRC HEALTHY BABY CLUB 12:30 FRC NL HEALTH BF CLINIC 2:00-3:30 FRC</p>	<p>9 DROP-IN PLAY 9:30-11:30 *FRC*</p>	<p>10 DROP-IN PLAY 10:00-12:00 FRC</p>	<p>11 </p>
<p>12</p>	<p>13 FUN WITH FAIRYTALES 10:00-12:00 FRC</p>	<p>14 DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL</p>	<p>15 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC NLH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC</p>	<p>16 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 GRC</p>	<p>17 DROP-IN PLAY 9:30-11:30 FRC COFFEE & CONNECT 1:00-2:30 FRC</p>	<p>18</p>
<p>19 </p>	<p>20 FUN W/FAIRYTALES 10:00-12:00 FRC SCHOOL AGE KIDS EVENING GROUP 6:00-7:30PM FRC (SIGN UP REQUIRED)</p>	<p>21 DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL</p>	<p>22 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC BF SUPPORT 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC</p>	<p>23 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 GRC</p>	<p>24 DROP-IN PLAY 9:30 -11:30 FRC COFFEE & CONNECT 1:00-2:30 FRC</p>	<p>25 </p>
<p>26 </p>	<p>27 FUN WITH FAIRYTALES 10:00-12:00 FRC</p>	<p>28 DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL</p>	<p>29 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC BF SUPPORT 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC</p>	<p>30 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 GRC</p>	<p>HBC= HEALTHY BABY CLUB NLH BF= NL HEALTH BREASTFEEDING CLINIC *Please note our Public Health Nurse will not be on site on April 22 and 29 due to other commitments.</p>	<p></p>