

Goulds Family Resource Centre 709-747-8530

November 2025

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
	~ EVENING ACTIVE PLAY IS AGE APPROPRIATE FOR CHILDREN 18 MONTHS AND UP, WITH A TAKE-HOME SNACK. ~ PARENT NIGHT - SIGN-UP IS REQUIRED. PLEASE SEE OUR FACEBOOK PAGE. ~ PARENT-CHILD MOTHER GOOSE IS A SIGN-UP PROGRAM AND TAKES PLACE AT THE KILBRIDE COMMUNITY CENTRE. ~ COFFEE & CONNECT - A CASUAL SETTING FOR PARENTS/CAREGIVERS TO VISIT & CONNECT OUTSIDE OF REGULAR GROUPS ~ CRAWLERS & CLIMBERS – AN ACTIVE PLAY PROGRAM FOR BABIES WHO ARE CRAWLING TO 18 MONTHS <i>HBC = HEALTHY BABY CLUB EH BF CLINIC = EASTERN HEALTH BREASTFEEDING CLINIC</i>					1 
2	3 TODDLER TIME 9:30-11:30 FRC CAR SEAT CLINIC 1:00-3:00	4 DROP-IN PLAY 10:00-12:00 FRC CRAWLERS & CLIMBERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	5 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	6 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KCC KILBRIDE	7 LITTLE EXPLORERS 10:00-12:00 BOWRING PARK COFFEE & CONNECT 1:00-2:30 FRC	8 
9  WE REMEMBER	10 LITTLE EXPLORERS 10-12 BIDGOOD PARK SCHOOL AGE (K-5) LOOSE PARTS CHALLENGE 6-7:30PM (SIGN-UP)	11 * CLOSED * FOR REMEMBRANCE DAY	12 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	13 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KCC KILBRIDE	14 TODDLER TIME 9:30-11:30 FRC COFFEE & CONNECT 1:00-2:30 FRC	15
16	17 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK CAR SEAT CLINIC 1:00-3:00	18 DROP-IN PLAY 10:00-12:00 FRC CRAWLERS & CLIMBERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	19 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	20 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KCC KILBRIDE	21 TODDLER TIME 9:30-11:30 FRC COFFEE & CONNECT 1:00-2:30 FRC	22  NATIONAL CHILD DAY NOVEMBER 20th
23 	24 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK PARENT NIGHT 7:00-9:00PM	25 DROP-IN PLAY 10:00-12:00 FRC CRAWLERS & CLIMBERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	26 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	27 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KCC KILBRIDE	28 TODDLER TIME 9:30-11:30 FRC COFFEE & CONNECT 1:00-2:30 FRC	29 