



Goulds Family Resource Centre

April 2025



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
HBC= HEALTHY BABY CLUB EH BF CLINIC= EASTERN HEALTH BREAST FEEDING CLINIC	 2 APRIL	1 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	2 BABY & ME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	3 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE	4 TODDLER TIME 9:30-11:30 FRC	5 
6	7 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK Meet at Parking Lot on Powers Road	8 DROP-IN PLAY 10:00-12:00 FRC PARENT NIGHT 7:00-9:00PM FRC HEALTHY BABY CLUB 8PM VIRTUAL	9 BABY & ME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	10 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE	11 NO PROGRAM DUE TO STAFF MEETINGS	12
13	14 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK Meet at Parking Lot on Powers Road	15 DROP-IN PLAY 10:00-12:00 FRC CAR SEAT CLINIC 2:00-4:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	16 BABY & ME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	17 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KILBRIDE	18 * CLOSED * for GOOD FRIDAY	19 
20 	21 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK Meet at Parking Lot on Powers Road	22 EARTH DAY STORY TIME with Library on the Go 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	23 BABY & ME 9:30-11:30 FRC HEALTHY BABY CLUB 12:30 FRC BREASTFEEDING CLINIC 2:00-3:30	24 *NOTE CHANGE!*	25 TODDLER TIME 9:30-11:30 FRC	26
28 	28 LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK Meet at Parking Lot on Powers Road	29 DROP-IN PLAY 10:00-12:00 FRC CAR SEAT CLINIC 2:00-4:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	30 BABY & ME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	~ APRIL 21-25: ALL PROGRAMS will take place at the Resource Centre due to availability of Rec Centre. There will be NO ACTIVE PLAY or MOTHER GOOSE this week. ~ EVENING ACTIVE PLAY is a drop-in program appropriate for children 18 months and up. A take-home snack is provided. ~ CAR SEAT CLINIC by appointment only.		