



# Goulds Family Resource Centre May 2026



709-747-8530







[www.kffrc.com](http://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
~ <b>ECE WEEK</b> MAY 24-30 - We acknowledge and thank our Early Childhood Educators for all they do and the difference they make in the lives of our children! ~ <b>CAR SEAT CLINICS</b> - Please contact us @ admin@kffrc.com for an appointment if you would like a car seat installed or checked. ~ <b>BREASTFEEDING CLINIC</b> - Please note our Public Health Nurse will not be on site for clinic on May 6 due to other commitments. HBC= HEALTHY BABY CLUB NLH BF= NL HEALTH BREASTFEEDING CLINIC					1  DROP-IN PLAY 9:30-11:30 FRC	2  
3  PARENT NIGHT GENTLE YOGA 6:30-8:00PM KILBRIDE COMM CTR (PLEASE SIGN-UP)	4  FUN WITH FAIRYTALES 10:00-12:00 FRC COFFEE & CONNECT 1:00-2:30 FRC	5  DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8:00PM VIRTUAL	6  BABY & ME 10-12 FRC HBC 12:30 FRC BF + POSTNATAL SUPPORT w/ Michelle 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	7  ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 12:30-2:00 GRC	8  DROP-IN PLAY 9:30-11:30 FRC	9   COME TOGETHER, CANADA Stronger connections. better mental health. MENTAL HEALTH WEEK   MAY 4-10
	11  FUN WITH FAIRYTALES 10:00-12:00 FRC COFFEE & CONNECT 1:00-2:30 FRC	12  DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8:00PM VIRTUAL	13  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	14  ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 GRC	15  DROP-IN PLAY 9:30-11:30 FRC	
17	18  * CLOSED * for VICTORIA DAY	19  DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8:00PM VIRTUAL	20  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	21  ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 GRC	22  DROP-IN PLAY 9:30-11:30 FRC	
24  	25  LITTLE EXPLORERS 10:00-12:00 BIDGOOD PARK Meet @ lot on Powers Rd COFFEE & CONNECT/ HAND-IN-HAND SUPPORT 1:00-2:30 FRC	26  DROP-IN PLAY 9:30-11:30 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB 8:00PM VIRTUAL	27  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	28  ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 GRC	29  DROP-IN PLAY 9:30-11:30 FRC	30  