




Goulds Family Resource Centre 709-747-8530

April 2024

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
	1 NO PROGRAMS TODAY	2 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	3 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:00	4 DROP-IN PLAY 10:00-12:00 FRC	5 NO PROGRAMS TODAY	6 
7 	8 AROUND THE WORLD 10:00-12:00 FRC	9 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	10 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:00 ADV. BEFORE BEDTIME 6:00-7:00 GRC	11 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE Spring Session 1:00-2:00 FRC	12 TODDLER TIME 9:30-11:30 FRC	13
14	15 AROUND THE WORLD 10:00-12:00 FRC PARENT NIGHT CRAFT & CHAT 7-9PM FRC	16 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	17 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:00 ADV. BEFORE BEDTIME 6:00-7:00 GRC	18 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 FRC	19 TODDLER TIME 9:30-11:30 FRC	20 
21 	22 NATURE KIDS 10:00AM BIDGOOD PARK (Backline Parking Lot)	23 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	24 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:00 ADV. BEFORE BEDTIME 6:00-7:00 GRC	25 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 FRC	26 TODDLER TIME 9:30-11:30 FRC	27
28 	29 NATURE KIDS 10:00AM BIDGOOD PARK (Backline Parking Lot)	30 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL NOBODY'S PERFECT 7:00-8:30 FRC	<p>~ AROUND THE WORLD - FOR CHILDREN AGES 3-5. PLEASE SIGN-UP FOR THIS PROGRAM. ~ NATURE KIDS - WALK THROUGH BIDGOOD PARK WITH A SNACK BREAK. BRING YOUR OWN WATER! ~ PARENT-CHILD MOTHER GOOSE - THIS SIGN-UP PROGRAM IS APPROPRIATE FOR PARENTS/CAREGIVERS WITH BABIES FROM NEWBORN TO WALKING. ~ NOBODY'S PERFECT - PARENTING PROGRAM, SIGN-UP REQUIRED (CHECK FACEBOOK PAGE). HBC = HEALTHY BABY CLUB EH BF CLINIC = EASTERN HEALTH BREASTFEEDING CLINIC</p>			