











# Goulds Family Resource Centre 709-747-8530

## March 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
~ AROUND THE WORLD - FOR CHILDREN AGES 3-5. PLEASE SIGN-UP FOR THIS PROGRAM. ~ PARENT NIGHT MARCH 11- DISCUSSION WILL BE CHORES & RESPONSIBILITIES WITH CHILDREN. ~ ADVENTURES BEFORE BEDTIME CANCELLED ON MARCH 6 <sup>TH</sup> DUE TO STAFF TRAINING. ~ PARENT-CHILD MOTHER GOOSE - THIS SIGN-UP PROGRAM IS APPROPRIATE FOR PARENTS/CAREGIVERS WITH BABIES FROM NEWBORN TO WALKING. HBC = HEALTHY BABY CLUB EH BF CLINIC = EASTERN HEALTH BREASTFEEDING CLINIC					1 <b>OUTDOOR FUN!</b> <b>SLIDING @ DELLA DR. PARK</b> <b>10:00-11:30</b> <i>*Weather Permitting*</i>	2 
3	4 <b>AROUND THE WORLD</b> <b>10:00-12:00 FRC</b> <i>*SIGN-UP PROGRAM*</i> <i>*AGES 3-5*</i>	5 <b>DROP-IN PLAY</b> <b>10:00-12:00 FRC</b> <b>HEALTHY BABY CLUB</b> <b>8PM VIRTUAL</b>	6 <b>BABY &amp; ME</b> <b>10:00-12:00 FRC</b> <b>HBC 12:30 FRC</b> <b>EH BF CLINIC 2:00-3:30</b> <i>*NO EVENING GROUP*</i> <b>DUE TO STAFF TRAINING</b>	7 <b>DROP-IN PLAY</b> <b>10:00-12:00 FRC</b> <b>MOTHER GOOSE</b> <b>1:00-2:00 FRC</b>	8 <b>OUTDOOR PLAY &amp; TRY SNOWSHOEING @ BIDGOOD PARK</b> <b>10:00-11:30</b> <i>*Weather Permitting*</i>	9
10 	11 <b>AROUND THE WORLD</b> <b>10:00-12:00 FRC</b> <b>PARENT NIGHT CRAFT &amp; CHAT</b> <b>7:00 PM</b>	12 <b>DROP-IN PLAY</b> <b>10:00-12:00 FRC</b> <b>HEALTHY BABY CLUB</b> <b>8PM VIRTUAL</b>	13 <b>BABY &amp; ME</b> <b>10:00-12:00 FRC</b> <b>HBC 12:30 FRC</b> <b>EH BF CLINIC 2:00-3:30</b> <b>ADV. BEFORE BEDTIME</b> <b>6:00-7:00 GRC</b>	14 <b>ACTIVE PLAY</b> <b>9:30-11:00 GRC</b> <b>MOTHER GOOSE</b> <b>1:00-2:00 FRC</b>	15 <b>TODDLER TIME</b> <b>9:30-11:30 FRC</b> <i>Wear something Green today!</i>	16 
17 	18 <b>* CLOSED *</b> <b>for ST. PATRICK'S DAY HOLIDAY</b> 	19 <b>DROP-IN PLAY</b> <b>10:00-12:00 FRC</b> <b>HEALTHY BABY CLUB</b> <b>8PM VIRTUAL</b>	20 <b>BABY &amp; ME</b> <b>10:00-12:00 FRC</b> <b>HBC 12:30 FRC</b> <b>EH BF CLINIC 2:00-3:30</b> <b>ADV. BEFORE BEDTIME</b> <b>6:00-7:00 GRC</b>	21 <b>ACTIVE PLAY</b> <b>9:30-11:00 GRC</b> <b>MOTHER GOOSE</b> <b>1:00-2:00 FRC</b>	22 <b>TODDLER TIME</b> <b>9:30-11:30 FRC</b>	23 
24 	25 <b>AROUND THE WORLD</b> <b>10:00-11:30 FRC</b>	26 <b>DROP-IN PLAY</b> <b>10:00-12:00 FRC</b> <b>HEALTHY BABY CLUB</b> <b>8PM VIRTUAL</b>	27 <b>BABY &amp; ME</b> <b>10:00-12:00 FRC</b> <b>HBC 12:30 FRC</b> <b>EH BF CLINIC 2:00-3:30</b> <b>ADV. BEFORE BEDTIME</b> <b>6:00-7:00 GRC</b>	28 <b>ACTIVE PLAY</b> <b>9:30-11:00 GRC</b> <b>MOTHER GOOSE</b> <b>1:00-2:00 FRC</b>	29 <b>* CLOSED *</b> <b>for GOOD FRIDAY</b>	30 