

Goulds Family Resource Centre 709-747-8530

December 2022

Family Resource Educator: Lesa Healthy Baby Facilitator: Michelle
 FRC Family Resource Centre: 537 Main Road GRC Goulds Rec Centre: 509 Main Road

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PLEASE NOTE! ~ THERE WILL BE NO PROGRAMS DECEMBER 24 TO JANUARY 2 AS OUR CENTRES WILL BE CLOSED FOR THE CHRISTMAS BREAK. PROGRAMS WILL BEGIN AGAIN ON WEDNESDAY, JANUARY 4, 2023. ~ LITTLE EXPLORERS - TAKES PLACE AT BIDGOODS PARK - MEET AT POWERS ROAD PARKING LOT ~ HBC = HEALTHY BABY CLUB ~ EH BF CLINIC = EASTERN HEALTH BREASTFEEDING CLINIC * FROM THE KFFRC FAMILY TO YOURS... MERRY CHRISTMAS AND HAPPY NEW YEAR! *</p>				<p>1 BABY & ME 10:00-12:00 FRC ACTIVE PLAY 9:30 -11:00 GRC PARENT NIGHT 7:00PM FRC</p>	<p>2 DROP-IN PLAY 10:00-12:00 FRC</p>	<p>3</p>
<p>4 </p>	<p>5 LITTLE EXPLORERS 10:00-11:30 MOTHER GOOSE 1:00-2:00 FRC FAMILY FUN NIGHT 6:00-7:30 FRC</p>	<p>6 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL</p>	<p>7 TODDLER TIME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 ACTIVE PLAY 6:00-7:00 GRC</p>	<p>8 BABY & ME 10:00-12:00 FRC ACTIVE PLAY 9:30-11:00 GRC</p>	<p>9 DROP-IN PLAY 10:00-12:00 FRC</p>	<p>10 </p>
<p>11</p>	<p>12 LITTLE EXPLORERS 10:00-11:30 MOTHER GOOSE 1:00-2:00 FRC FAMILY FUN NIGHT 6:00-7:30 FRC</p>	<p>13 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL</p>	<p>14 TODDLER TIME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 ACTIVE PLAY 6:00-7:00 GRC</p>	<p>15 CHRISTMAS CELEBRATION  9:30-11:30 GRC</p>	<p>16 * NO PROGRAMS * STAFF CHRISTMAS EVENT</p>	<p>17</p>
<p>18 </p>	<p>19 BABY&ME BRUNCH 10:00-11:30 MOTHER GOOSE 1:00-2:00 FRC FAMILY FUN NIGHT 6:00-7:30 FRC</p>	<p>20 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL</p>	<p>21 TODDLER TIME 9:30-11:30 FRC HBC 12:30 FRC EH BF CLINIC 2-3:30 ACTIVE PLAY 6:00-7:00 GRC</p>	<p>22 HEALTHY BABY CLUB CHRISTMAS BRUNCH 10:00 FRC</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31 </p>

MERRY CHRISTMAS!