



## WHAT WE DID THIS YEAR

*2020-2021 has been a challenging year for everyone, but we haven't let that stop us! Despite Covid-19, we were able to continue running programs that supported children and families, many of which were outside or virtual! Thanks to the support of our community members and families, we have been able to run a variety of programs, and we will continue to explore new ways to learn and play into the 2021 Fall season.*

## COMMUNITY HEALTHY LIVING FUND

Thanks to this grant, we were able to run the following two new amazing programs this year!

### HEALTHY TOGETHER

Healthy Together is a Canada-wide program that promotes healthy eating, healthy living, and physical exercise for children and families. With all of our staff trained as HT Facilitators, we were able to run this program at all 4 sites.

### LITTLE EXPLORERS

Little Explorers is an outdoor parent-child program involving child-led exploring, nature, crafts, and more! Participating in this program helps develop social skills, friendship building, curiosity, and a sense of independence.



We are excited to be continuing both these programs this fall, so keep your eye out for your FRC's calendar in September!



A participant of the Healthy Together program:

"My child and I loved this program, and are looking forward to returning in September!"

## EXCITING SITE UPDATES

Many of our sites have gotten some new equipment and upgrades. Our Kilbride site has recently added an outdoor Loose Parts Kitchen, equipped with many different types of loose parts for encouraging imaginative play. Thanks to the Government of NL Community Garden Support Program, our Goulds and Ferryland sites were able to purchase Hydroponic Gardens. Thanks to the Government of Canada Enabling Accessibility Fund, we were able to create a more calming environment and purchase sensory related equipment and toys.

A participant of the Little Explorers program:

"My children had a great time. Outdoors, water, running around, crafts, and a nice snack. Big thanks to the staff!"



## ONLINE CLOTHING CLOSET

Did you know that we have gently used children's clothing available for free? Now you can access our clothing closet online, through our Facebook group! Search KFFRC Clothing Exchange on FB to learn more.





### Healthy Baby Club

Each of our sites offer a Healthy Baby Club, a group that promotes the wellbeing of mothers during pregnancy. Sessions available both in-person and online! Contact us to learn more.

### Pre/Postnatal Wellness Program

A big thank you to The Wellness Coalition Avalon East who granted us the ability to run pre/postnatal health and wellness sessions; we had baby wearing, baby massages, a doula visit and more! Stay tuned for more upcoming sessions in the fall.

### Baby and Me

Baby and Me playgroups promote connection, growth and learning for baby and parent. You can find a Baby and Me playgroup at each of our sites!

## LET US KNOW WHAT YOU THINK!

We strive to grow and improve to meet the needs of our families. Please fill out our online survey to let us know what programs we should offer in the upcoming year, and to let us know how we're doing!

To access the survey, please go to [kffrc.com](https://kffrc.com)

**We want to thank everyone for another great year.  
We are looking forward to the next one!**

# SEPTEMBER CALENDARS

September 2021 Bay Bulls Family Resource Centre 334-3594 *1						
Family Resource Educator - Marilyn Power Resource Mother - Ann Marie Hann						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Play Group 10-11:30	2 HBC	3 Playground Fun 10-11:30	4
5	6 Labour Day Holiday centre is closed	7 Virtual Healthy Baby Club 8pm	8 HBC Baby and Me 1-3	9 Nature Kids 10-11:30	10 Playground Fun 10-11:30	11
12	13 Outdoor Play 10-11:30	14 No daytime programs (Staff strategic planning session) Virtual Healthy Baby Club 8pm	15 HBC Baby and Me 1-3	16 Nature Kids 10-11:30	17 Playground Fun 10-11:30	18
19	20 Outdoor Play 10-11:30	21 Healthy Together 10:30-12 Virtual Healthy Baby Club 8pm	22 HBC Baby and Me 1-3	23 Nature Kids 10-11:30	24 Playground Fun 10-11:30	25
26	27 Outdoor Play 10-11:30	28 Healthy Together 10:30-12 Virtual Healthy Baby Club 8pm	29 HBC Baby and Me 1-3	30 Nature Kids 10-11:30		

September Kilbride Family Resource Centre 747-8532						
Family Resource Educators - Corriene Murphy and Mikayla Walsh Healthy Baby Facilitator - Michelle Downey Kilbride Site(s) 277 Bay Bulls Rd Kilbride Recreation Centre (FS) 34 Fahey St (no longer marked LC)						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 Toddler Time 9:30-11:30 (KS)	2 Drop IN Play 9:30-11:30 (KS) HBC - 10-11:30(KS)	3 Little Explorers 10:00-11:30 Meeting area will be posted on our FB page	4
5	6 LABOUR DAY Centre Closed	7 No Daytime Programs Cleaning and set up day Virtual Healthy Baby Club 8pm	8 Toddler Time 9:30-11:30 (KS)	9 Drop IN Play 9:30-11:30 (KS) HBC - 10-11:30(KS)	10 Little Explorers 10:00-11:30 Meeting area will be posted on our FB page	11
12	13 Healthy Together Active Play 9:30-11:30 (FS)	14 No daytime programs (Staff Strategic Planning session) Virtual Healthy Baby Club 8pm	15 Toddler Time 9:30-11:30 (KS)	16 Drop IN Play 9:30-11:30 (KS) HBC - 10-11:30(KS)	17 Little Explorers 10:00-11:30 Meeting area will be posted on our FB page	18
19	20 Healthy Together Active Play 9:30-11:30 (FS) Baby Massage 1-30 (KS)	21 Drop IN Play 9:30-11:30 (FS) Playground Story Time 1:00-2:30 (FS) Virtual Healthy Baby Club 8pm	22 Toddler Time 9:30-11:30 (KS)	23 Drop IN Play 9:30-11:30 (KS) HBC - 10-11:30(KS)	24 Little Explorers 10:00-11:30 Meeting area will be posted on our FB page	25
26	27 Healthy Together Active Play 9:30-11:30 (FS)	28 Drop IN Play 9:30-11:30 (FS) Playground Story Time 1:00-2:30 (FS) Virtual Healthy Baby Club 8pm	29 Toddler Time 9:30-11:30 (KS)	30 Drop IN Play 9:30-11:30 (KS) HBC - 10-11:30(KS)	Check out our Baby Massage Sept 20 at 1:30 Ideal for babies 0-6 months 	

September 2021 Goulds Family Resource Centre 709-747-8530						
Family Resource Educator - Less Terry Family Resource Facilitator Mikayla Walsh Healthy baby Facilitator - Michelle Downey						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Baby & Me 10:00-11:30am Healthy Baby Club 12-30	2 Toddler Time 9:30-11:30	3 Little Explorers 10-11:30am Bidgood Park Powers Rd lot	4
5	6 Labour Day Holiday Center is Closed	7 Outside Playgroup 10am-12pm Playground Virtual Healthy Baby Club 8pm	8 Baby & Me 10:00-11:30am Healthy Baby Club 12-30	9 Toddler Time 9:30-11:30 Healthy Together 10am-12pm (Playground)	10 Little Explorers 10-11:30am Bidgood Park Powers Rd lot	11
12	13 Nature Kids 10am Bidgood Park Outside Storyline 12:30-1:30	14 No morning programs (Staff strategic planning session) Virtual Healthy Baby Club 8pm	15 BABY MASSAGE Baby & Me 10:00-11:30am Healthy Baby Club 12-30 Afterschool Group 2:30-4pm	16 Toddler Time 9:30-11:30 Healthy Together 10am-12pm Rec Center	17 Little Explorers 10-11:30am Bidgood Park Powers Rd lot	18
19	20 Nature Kids 10am Bidgood Park Outside Storyline 12:30-1:30	21 Outside Playgroup 10am-12pm Playground PARENTS NIGHT 7PM Virtual Healthy Baby Club 8pm	22 Baby & Me 10:00-11:30am Healthy Baby Club 12-30 Afterschool Group 2:30-4pm	23 Toddler Time 9:30-11:30 Healthy Together 10am-12pm Rec Center	24 Little Explorers 10-11:30am Bidgood Park Powers Rd lot	25
26	27 Nature Kids 10am Bidgood Park Outside Storyline 12:30-1:30	28 Outside Playgroup 10am-12pm Playground Virtual Healthy Baby Club 8pm	29 Baby & Me 10:00-11:30am Healthy Baby Club 12-30 Afterschool Group 2:30-4pm	30 Toddler Time 9:30-11:30 Healthy Together 10am-12pm Rec Center		

September 2021 Ferryland Family Resource Centre 14 Barkhouse Lane						
Facebook: KFFRC Ferryland Family Resource Centre Email: ferrylandrc@kffrc.com Phone: 432-3444 AnnMarie Hann: Parent Resource Educator and Healthy Baby Club Coordinator						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 L'il Gardners 10:00-11:30	2 Playgroup 10:00-12:00	3	4
5	6 Labor Day Holiday Centre is closed	7 Playgroup 10:00 - 12:00 Healthy Baby Club (Virtual) 8pm	8	9 Healthy Together 10:00-11:30 After School pgm 3:15 - 4:30	10	11
12 Grandparents Day	13 L'il Explorers 10:00 - 11:30	14 No daytime program due to staff strategic planning session Healthy Baby Club (Virtual) 8pm	15 Parent Night 7:00-8:30	16 Healthy Together 10:00-11:30 After School pgm 3:15 - 4:30	17 Playgroup 10:00 - 12:00 Book Library 12:00-2:00	18
19	20 L'il Explorers 10:00 - 11:30	21 Playgroup 10:00 - 12:00 Healthy Baby Club (Virtual) 8pm	22	23 Healthy Together 10:00-11:30 After School pgm 3:15 - 4:30	24 Playgroup 10:00 - 12:00 Book Library 12:00-2:00	25
26	27 L'il Explorers 10:00 - 11:30	28 Playgroup 10:00 - 12:00 Healthy Baby Club (Virtual) 8pm	29 Parent Night 7:00-8:30	30 Healthy Together 10:00-11:30 After School pgm 3:15 - 4:30		

Weekly posts will be made on Fridays for the following week. Sign up will be available at that time.

All calendars are posted monthly on our website and Facebook pages!