

Goulds Family Resource Centre 709-747-8530

December 2025

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HBC= HEALTHY BABY CLUB EH BF = EASTERN HEALTH BREASTFEEDING CLINIC	1 CHRISTMAS STORYTIME & ACTIVITIES 10:00-12:00 FRC PARENT NIGHT 7:00-9:00PM FRC (SIGN-UP)	2 DROP-IN PLAY 10:00-12:00 FRC CRAWLERS & CLIMBERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	3 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	4 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 KCC KILBRIDE	5 NO PROGRAM DUE TO STAFF TRAINING	6
7 	8 CHRISTMAS STORYTIME & ACTIVITIES 10:00-12:00 FRC	9 DROP-IN PLAY 10:00-12:00 FRC CRAWLERS & CLIMBERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	10 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	11 ACTIVE PLAY 9:30-11:00 GRC MOTHER GOOSE 12:30-2:00 KCC KILBRIDE	12 NO PROGRAM DUE TO STAFF MEETING	13 
14	15 CHRISTMAS STORYTIME & ACTIVITIES 10:00-12:00 CARSEAT CLINIC 1:00-3:00 SCHOOL-AGE KIDS CRAFT NIGHT (SIGN-UP) 6:00-7:30PM FRC	16 DROP-IN PLAY 10:00-12:00 FRC CRAWLERS & CLIMBERS 1:00-2:30 FRC HEALTHY BABY CLUB 8PM VIRTUAL	17 BABY & ME 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC 	18 HOLIDAY CELEBRATION 10:00-12:00 GRC	19 TODDLER TIME 9:30-11:30 FRC	20
21	22	23	24	25	26	27 
28 	29	30	from the KFFRC family to yours... <i>Merry Christmas & Happy New Year!</i> ~ AGM TAKES PLACE VIRTUALLY ON DEC 10TH @ 7pm. PLEASE CONTACT US FOR LINK IF INTERESTED! ~ PARENT NIGHT - SIGN-UP IS REQUIRED. PLEASE SEE OUR FACEBOOK PAGE. ~ CAR SEAT CLINIC – 1-3pm ON DEC 15TH - PLEASE CALL TO BOOK AN APPOINTMENT TIME. ~ CRAWLERS & CLIMBERS – AN ACTIVE PLAY PROGRAM FOR BABIES CRAWLING TO 18 MONTHS ~ PROGRAMS END ON DEC 19TH FOR THE HOLIDAYS AND WILL RESUME ON MONDAY, JAN 5TH 2026			