



# Goulds Family Resource Centre March 2026

709-747-8530

[www.kffrc.com](http://www.kffrc.com) 

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 	2 <b>ON OUR WAY</b> 10:00-12:00 FRC SCHOOL AGE PROGRAM (K-3) 6:00-7:30PM FRC (Pre-Registration)	3 <b>DROP-IN PLAY</b> 10:00-12:00 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB (VIRTUAL) 8PM	4 <b>BABY &amp; ME</b> 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	5 <b>ACTIVE PLAY</b> 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 (KILBRIDE)	6 NO PROGRAM DUE TO STAFF MEETINGS	7  NOURISH TO FLOURISH NUTRITION MONTH 2026
8 	9 <b>ON OUR WAY</b> 10:00-12:00 FRC Wear green for St. Patrick's Day theme!	10 <b>DROP-IN PLAY</b> 10:00-12:00 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB (VIRTUAL) 8PM	11 <b>BABY &amp; ME 10-12</b> St. Patrick's Day Photo Op! HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	12 <b>ACTIVE PLAY</b> w/ Healthy Together 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 (KILBRIDE)	13 <b>DROP-IN PLAY</b> 10:00-12:00 Wear green for St. Patrick's Day Photo Op! <b>COFFEE &amp; CONNECT</b> 1:00-2:30 FRC	14 
15 	16 * <b>CLOSED</b> * for ST. PATRICK'S DAY HOLIDAY 	17 <b>DROP-IN PLAY</b> 10:00-12:00 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB (VIRTUAL) 8PM	18 <b>BABY &amp; ME</b> 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	19 <b>ACTIVE PLAY</b> 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 (KILBRIDE)	20 <b>DROP-IN PLAY</b> 10:00-12:00 <b>COFFEE &amp; CONNECT</b> 1:00-2:30 FRC	22  ROCK YOUR SOCKS MARCH 21 WORLD DOWN SYNDROME DAY
22	23 <b>ON OUR WAY</b> 10:00-12:00	24 <b>DROP-IN PLAY</b> 10:00-12:00 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB (VIRTUAL) 8PM	26 <b>BABY &amp; ME</b> 10:00-12:00 FRC HBC 12:30 FRC EH BF CLINIC 2:00-3:30 EVENING ACTIVE PLAY 6:00-7:00 GRC	26 <b>ACTIVE PLAY</b> 9:30-11:00 GRC MOTHER GOOSE 1:00-2:00 (KILBRIDE)	27 <b>DROP-IN PLAY</b> 10:00-12:00 <b>COFFEE &amp; CONNECT</b> 1:00-2:30 FRC	28
2 <sup>o</sup> 	30 <b>ON OUR WAY</b> Healthy Lunch Box 10:00-12:00 PARENT NIGHT 7:00-9:00PM FRC (Sign-up Required)	31 <b>DROP-IN PLAY</b> 10:00-12:00 FRC CLIMBERS & CRAWLERS 1:00-2:30 FRC HEALTHY BABY CLUB (VIRTUAL) 8PM	~ MARCH IS <b>NUTRITION MONTH!</b> Watch our Facebook page for info on nutrition-themed programs! ~ <b>CAR SEAT SAFETY</b> - Please contact us @ 709-747-8532 or <a href="mailto:admin@kffrc.com">admin@kffrc.com</a> to make an appointment ~ MARCH 9-13 is <b>SAFE SLEEP WEEK</b> promoting safe sleep practices for infants. Ask your educator for more info or visit <a href="http://www.canada.ca/en/public-health/campaigns/safe-sleep-week">www.canada.ca/en/public-health/campaigns/safe-sleep-week</a> .			

HBC= HEALTHY BABY CLUB EH BF= EASTERN HEALTH BREASTFEEDING CLINIC