





# Goulds Family Resource Centre 709-747-8530

## October 2022

Family Resource Educator: Lesa    Healthy Baby Club Facilitator: Michelle  
 FRC Goulds FRC: 439 Main Road    GRC Goulds Rec Centre: 409 Main Road

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
2	3 LITTLE EXPLORERS 10:00-11:30 MOTHER GOOSE 1:00-2:00	4 DROP-IN PLAY 10:00-12:00 FRC HEALTHY BABY CLUB 8PM VIRTUAL	5 MUSIC JAM 9:30-11:30 HBC 12:30 EH BF CLINIC 2-3:30 ACTIVE PLAY 6:00-7:00 GRC	6 BABY & ME 10:00-12:00 FRC FAMILY NUTRITION 7PM FRC	7 DROP-IN PLAY 10:00-12:00 FRC	8 	
9 	10 CLOSED for THANKSGIVING	11 DROP-IN PLAY 10:00-12:00 HEALTHY BABY CLUB 8PM VIRTUAL	12 MUSIC JAM 9:30-11:30 *CAR SEAT CLINIC* HBC 12:30 EH BF CLINIC 2-3:30 ACTIVE PLAY 6-7 GRC	13 BABY & ME 10:00-12:00 FRC HEALTHY TOGETHER 9:30-11:00 GRC FAMILY NUTRITION 7PM FRC	14 DROP-IN PLAY 10:00-12:00 FRC	15	
16	17 LITTLE EXPLORERS 10:00-11:30 MOTHER GOOSE 1:00-2:00	18 DROP-IN PLAY 10:00-12:00 HEALTHY BABY CLUB 8PM VIRTUAL	19 MUSIC JAM 9:30-11:30 HBC 12:30 EH BF CLINIC 2-3:30 ACTIVE PLAY 6:00-7:00 GRC	20 BABY & ME 10:00-12:00 FRC HEALTHY TOGETHER 9:30-11:00 GRC FAMILY NUTRITION 7PM FRC	21 DROP-IN PLAY 10:00-12:00 FRC	22 	
23	24 LITTLE EXPLORERS 10:00-11:30 MOTHER GOOSE 1:00-2:00	25 DROP-IN PLAY 10:00-12:00 HEALTHY BABY CLUB 8PM VIRTUAL	26 MUSIC JAM 9:30-11:30 HBC 12:30 EH BF CLINIC 2-3:30 ACTIVE PLAY 6:00-7:00 GRC	27 HALLOWEEN CELEBRATION! 10:00-12:00 GRC (ALL AGES) FAMILY NUTRITION 7PM FRC	28 DROP-IN PLAY 10:00-12:00 FRC	29	
30 	31 LITTLE EXPLORERS 10:00-11:30 MOTHER GOOSE 1:00-2:00	<b>PLEASE NOTE!</b> ~ CERTAIN PROGRAMS TAKE PLACE AT THE GOULDS REC CENTRE AS NOTED (GRC) ~ LITTLE EXPLORERS LOCATION TO BE ANNOUNCED WEEKLY – CHECK FACEBOOK FOR UPDATES! ~ CAR SEAT CLINIC! OCT 12, 1-2 PM @ GOULDS RESOURCE CENTRE PARKING LOT. SIGN UP REQUIRED, PLEASE CALL MAIN OFFICE 747-8532. ~ HBC = HEALTHY BABY CLUB ~ EH BF CLINIC = EASTERN HEALTH BREASTFEEDING CLINIC				