“Building Happy, Healthy Families”

**Family Matters, the Annapolis County Family Resource Center**

**April**

What We Offer

Family Matters offers **FREE** programs and services to families in Annapolis County, with limited transportation provided.

**Baby Parent Time:**

**Mondays 9:30-11:30 at Family Matters**

*Enjoy a time of rhymes, songs, stories, infant massage and more one on one with your baby… Older siblings will have a program of their own.*

**Kindergarten Kids**

**Tuesdays 9:30-11:30 at Family Matters**

**Fridays 9:30-11:30 at Champlain Elementary School**

*A registered program for children starting school in Fall 2017. They will enjoy a structured preschool class with stories, songs, crafts, games, homework and more…*

**Parent Time/Curious Kids**

**Wednesdays 9:30-11:30 at Bridgetown Legion**

**Thursdays 9:30-11:30 at Saint James United Church Middleton**

**Fridays 9:30-11:30 at Champlain Elementary School Granville Ferry**

*Enjoy a time of interaction with your children, followed by a chance to have some adult time with some parenting education, guest speakers and more, while the children have the opportunity to interact with their peers in a play based learning environment.*

**Kingston Playgroup**

**Thursdays 1:00-3:00pm at Autism Center in Kingston**

*Enjoy a time of interaction with your children in an environment that is inclusive to all children.*

Who We Are

Family Matters is a non-profit organization in Annapolis County. Our mission is to develop, coordinate and deliver programs, services, and supports that are proven to promote the health and well being of children aged 0-18 years and their families, guardians, and caregivers in Annapolis County.

**Want to get in touch with us?**

***Miss Denise:*** [*denise@family-matters.ca*](mailto:denise@family-matters.ca)

***Miss Billie Jo:*** [*billiejo@family-matters.ca*](mailto:billiejo@family-matters.ca)

***Miss Hollie:*** [*fhdcfamilymatters@gmail.com*](mailto:fhdcfamilymatters@gmail.com)

***Miss Amanda:*** [*amanda@family-matters.ca*](mailto:amanda@family-matters.ca)

***Miss Crystal:*** [*crystal.familymatters@gmail.com*](mailto:crystal.familymatters@gmail.com)

***Miss Penny:*** [*pennyrafuse@gmail.com*](mailto:pennyrafuse@gmail.com)

***Miss Jennifer:*** [*jencfamilymatters@gmail.com*](mailto:jencfamilymatters@gmail.com)

***Miss Ayla:*** [*aylamedicraft.p.j@gmail.com*](mailto:aylamedicraft.p.j@gmail.com)

***Miss Kourtney:*** [*kourtney@family-matters.ca*](mailto:kourtney@family-matters.ca)

***Miss Roberta:*** [roberta.familymatters@gmail.com](mailto:roberta.familymatters@gmail.com)

***Miss Fiona:***

***Miss Paige:***

***Need a drive? Contact Miss Kourtney either at Family Matters or on her work cell phone (902- 824-3162) between 8:30- 3:00 Monday to Friday***

10 Middle Road

Lawrencetown N.S.

B0S 1M0

902-584-2210

[www.family-matters.ca](http://www.family-matters.ca)

Check us out on Facebook: Family Matters, the Annapolis County Family Resource Center

Open Monday -Friday 8:30-4:00



**Prenatal**

**Wednesdays from 6:00-8:00p.m from March 8-April 12**

*All expecting mothers, fathers and support people are welcome to attend prenatal education classes. The following topics will be covered; pre-natal care, comfort measures, fetal development, medical interventions, stages of labor, breastfeeding, preparing for a new baby, attachment and nutritional, mental, emotional and physical health.*

**Lending Library**

**Ongoing throughout the year as needed**

*Come visit our main location or ask staff about our children’s books, toys, resources, and Breast Pump lending opportunities at Family Matters.*

Mother Hubbard’s Cupboard

**Ongoing throughout the year as needed**

*Stop by Family Matters and visit our Cupboards… pick up some new to you clothing, diapers, baby food, and other items as they are available. If you have anything in good condition that you want to donate, please feel free to talk to staff about this.*

**Doula Services**

**Ongoing as needed throughout the year**

*Having a baby? Want support as you deliver? Contact Family Matters and talk to one of our Doula’s.*

**Drop in Play**

**At Family Matters, call ahead to make sure the playroom is available**

*Need a change of scenery? Our play room is available for you and your children to play.*

**Youth Group**

**New to Family Matters!!!**

*Family Matters will be launching an inclusive youth group for adolesents ages 11-18 starting April 5th, 2017. The group will run tenatively every 2 weeks on Wednesdays from 6:00pm to 7:30pm. During running time there will be no less than 2 family matters staff to facilitate and supervise in the Family Matters Lawrencetown location. Call for more information.*

**Parent/Child Interactive Playgroup**

**Wednesdays 9:30-11:30 at Wilmot Fellowship Center**

**Monday 9:30-11:30 Clark Rutherford Memorial School**

**Fridays 9:30-11:30 at Family Matters**

*Enjoy songs, stories, play and activities. This is an interactive and educational playgroup for mom, dad, grandparents, caregivers and their children.*

**Parenting Journey**

**Home Visits as scheduled by you and the home visitor**

*Parenting journey home visitors visit families in their homes (as requested by families) and offer support in the following areas; child/youth well being and development, parenting, family life management and community connectedness, linkages and referrals.*

**Family Home Daycare Agency**

**Various homes in Annapolis County supported by our Consultant**

*Going back to work? Need Childcare? Get in touch with Hollie (Family Home Daycare Consultant) to find an approved home to help you out. Do you love working with children? Want to stay at home with your children? Check with Hollie on how you can become an approved home.*

**Café Au Lait: Breastfeeding Support Group**

**2nd Thursday of Month 10:00-11:30 at Family Matters**

**4th Friday of Month 10:00-11:30 at Champlain Elementary School Granville Ferry**

*Enjoy the opportunity to interact with other breastfeeding mom, sharing successes and difficulties in breastfeeding…*

**Book Club**

**3rd Monday of Month 12:30-2:00 at Family Matters**

*Children enjoy literacy based activities to help them develop a love for reading, while moms, dads, grandparents and care providers (and a few seasoned book club veterans’) discuss books previously read…*

*Please register as soon as possible to ensure you get a spot…*