

# Family Matters, The Annapolis County Family Resource Center

"Building Happy, Healthy Families!"

## October 2019

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?

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Need a drive? Contact Miss Kourtney either at Family Matters or call/text her at 902-824-3162



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

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

### Baby Parent Time

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

Starting September 23 we will be offering Handle with Care. Handle with Care is a 6 week program that offers a set of simple interactive strategies to help parents/caregivers promote the mental health from birth to age of 6. All welcome to attend. Childcare provided.

### Kingston Playgroup

**Mondays at the Autism center in Kingston 9:30-11:30 (565 Main St Kingston)**

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

### Kindergarten Kids

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

A registered program for children starting school in Fall 2019. They will enjoy a play based learning environment with stories, songs, crafts, games and more.

### Promoting Positive Behaviours in Children

**Wednesdays October 9– November 27 6:00-8:00pm at Family Matters (Sign up Required)**

Promoting Positive Behaviours is an 8 week course for parents/caregivers of children between 3 and 12. Topics include why children misbehave, positive attention, Effective discipline strategies, Improving school behaviours and more.

### Parent Time/Curious Kids

**Wednesdays 9:30-11:30 at Bridgetown Legion (20 Jeffery St.)**

**Thursdays 9:30-11:30 at St. John's United Church Middleton (202 Main St Middleton)**

**Fridays 9:30-11:30 at Annapolis Royal Nursing Home (9745 St. George St.)**

Parents enjoy time with other parents with some parenting education, guest speakers, crafts and more, while children have the opportunity to interact with their peers in a play based learning environment.

## Parent/Child Interactive Playgroup

**Wednesdays 9:30-11:30 Wilmot Fellowship Center (208 Dodge Rd)**

**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.

## Little Picassos /Shake, Rattle & Rhyme

**Alternating Thursday afternoons starting Sept 19 1:30-2:30 at Family Matters**

Join us for an hour of process not product art at Little Picasso's and a hour of musical fun at Shake, Rattle & Rhyme.

## Parenting Journey

**Home visits as scheduled by you and your 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 Rebecca (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 Rebecca on how you can become an approved home.

## 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 doulas.

## Drop in Play

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

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

## Car Seat Technicians

**Ongoing as needed throughout the year**

Need help installing a car seat? Want your car checked to make sure it is installed correctly ? Contact Ayla, Amanda or Kourtney.

## Prenatal

**Wednesday October 9– November 6 6:00-8:00pm**

All expecting mothers, fathers, and support people are welcome to attend prenatal classes. The following topics will be covered; pre-natal care, comfort measures , fetal development, medical interventions, stages of labour, 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 pumps lending opportunities at Family Matters.

## Mother's 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 that are available. If you have anything in good condition that you want to donate please feel free to talk to staff about this.

## Book Club

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

Children enjoy literacy based activities to help them develop a love for reading, while moms, dads, grandparents, care providers and a few seasoned book club veterans' discuss books previously selected and read.

## Breast Feeding Support

**Ongoing as needed throughout the year**

Breast feeding ? Need support or have any questions. Contact Amanda at the office.