

# Family Matters, The Annapolis County Family Resource Center

"Building Happy, Healthy Families!"

February 2021

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



The Annapolis County  
Family Resource Centre

10 Middle Rd

Lawrencetown N.S.

B0S 1M0

902-584-2210

Check us out on Facebook: Family Matters, the

Annapolis County Family Resource Center

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

Open Monday-Friday 8:30-4:00

We ask that you please pre-register for our programs before you attend. Call the office, email or message our Facebook page to register the week prior to that program. Please remember spaces are limited. We also ask that you make sure you or your children do not have any of the following symptoms before attending our programs: fever, cough, sore throat, runny nose/nasal congestion, headache or shortness of breath.

Face masks (for adults and children over 2) will be mandatory in common areas such as washrooms and hallways and spaces where social distancing cannot be achieved. We are encouraging children and adults to bring their own water bottle to our programs.

## Walking Club

March 3 1:00 at Family Matters

Join us for some fresh air and exercise. Meet at Family Matters. Stroller friendly. Please call office to register.

## Craft Club

March 10 and March 31 at 1:00pm at Family Matters

Join us for some adult craft time. Sign up required. No childcare.

## Little Picasso Art Group

March 25 at 1:00pm at Family Matters

Join us for a parent/child interactive time of process not product art creations. Sign up required.

## Prenatal Classes

Tuesday March 23-April 27 6:30-8:00pm at Family Matters

Join us for Prenatal classes Tuesday nights. Pre registration is required by calling 902-584-2210 or emailing Ayla at [aylamedicraft.p.j@gmail.com](mailto:aylamedicraft.p.j@gmail.com). Topics to be covered are prenatal care, fetal development, nutrition and health, stages of labour, comfort measures, breastfeeding basics, attachment, and bringing baby home.

## Family Skate

March 31 10:00 at Lawrencetown Youth Arena

Join us for a family skate. Helmets required. Skaters only no bystanders due to Covid 19 restrictions. Please call our office to sign up.