

Family Matters, The Annapolis County Family Resource Centre

"Building Happy, Healthy Families!"

October 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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Miss Roberta: roberta.familymatters@gmail.com

Miss Colleen: fhdcfamilymatters@gmail.com

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 Centre

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 let us know you are coming the week prior to that program. 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.

Baby Yoga Playgroup

Mondays 9:30-11:30 at Family Matters 10 Middle Rd, Lawrencetown

Join us Monday mornings at the centre for parent/child interactive playgroup featuring some basic yoga and stretching. Sign up required.

Kingston Playgroup

Mondays 9:30-11:30 at the Autism Center 565 Main St, Kingston

Join us Monday morning at the Autism Center for a parent/children interactive playgroup. Snack is provided and sign up is required.

Book Club

Third Monday of the month at 1:00pm at Family Matters

Join us once a month for discussion on last months book. Books are provided and childcare is available. Sign up required.

Tuesday Nature Play and Story time

First and Third Tuesday of the Month 9:30-11:30 at Family Matters

Come check out our **NEW** natural playground at our main location. Join us for some parent/child interactive play and story time!

Take a Trip Tuesday

Second and Fourth Tuesday 10:00 at Various locations

Join us at various locations throughout the county for field trips, playgrounds and park days. This month we will be going to Dempsey's Corner and Riverside Park, Middleton.

Prenatal Class and Preparing for delivery

Tuesdays evening 6:00-8:00pm starting September 21 until October 26 at Family Matters

Join us Tuesday evenings for prenatal classes and preparing for delivery. Topics to be discussed will be prenatal care, fetal development, nutrition and health, stages of labor, comfort measures, breastfeeding basics, attachment and bringing baby home. Sign up is required. Contact Ayla at aylamedi-craft.p.j@gmail.com

Promoting Positive Behaviors in Children

Tuesday evening 6:00-8:00pm at Family Matters September 14 until November 2

Join us for an 8 week course for parents/caregivers of children between the ages of 3 and 12 years. Topics include why children misbehave, positive attention, increasing cooperation and independence, reward and incentive programs, effective discipline strategies, improving school behaviors and managing public behaviors. Sign up required. To register contact Family Matters or Lindsey Downie at lindsey.downie@nshealth.ca

Cooking/M meal prep with Families

Wednesday mornings 9:30 at Melvern Square Community center 165 Bridge St, Melvern square

Friday morning 9:30 at Paradise Community Hall 10300 hwy 1

Come cook with us in a family friendly environment with kitchen space and play space. Some sessions adults will cook while children have play time and some sessions will be kid friendly cooking. Sign up required.

Middleton Parent Time

Thursday Morning 9:30-11:30 202 Main St. Middleton (St. John's United Church

Parents enjoy time with other parents/caregivers 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.

Baby Parent Time

Wednesday Mornings 9:30 at Family Matters

Parents/care givers enjoy time with their little ones through stories, songs, crafts and more. Childcare is available for older siblings. Sign up required.

Parenting Journey

Home visits as scheduled by 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 Child Care Agency

Various homes in the Annapolis county supported by our consultant

Going back to work? Need childcare? Get in touch with our consultant to find an approved home and help you out. Do you love working with children? Want to stay home with your children? Check with us how u can become an approved day home.

Car Seat Technicians

Ongoing as needed throughout the year

Need help installing a car seat? Want you car seat checked to make sure it is installed properly? Contact one of our car seat technicians to help you out.

Lending Library

Ongoing as needed throughout the year

Come visit our main location or ask staff about our children's book, toys, resources, and breast pump lending opportunities.

Mother's Hubbard's Cupboard

Ongoing as needed throughout the year

Stop by Family Matters and visit our cupboards. Check out our clothing bins, diapers, baby food and other items available. If you have anything in good condition that you would like to donate please check with staff.

