

Family Matters, The Annapolis County Family Resource Center

"Building Happy, Healthy Families!"

January 2022

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 Courtney 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](#)

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.

Preschool Skate

Mondays 9:00-10:00am at Lawrencetown Arena

Come out for a FREE preschool skate. Proof of double vaccine and government ID required to enter arena.

Kingston Playgroup

Mondays 9:30-11:30 at the Autism Center 565 Main St, Kingston (On hold till center reopens)

Join us Monday mornings (once center is open back up) at the Autism Center for a parent/child interactive playgroup. Snack is provided. Sign up required.

Baby Mother Goose

Mondays 9:30-11:30 at Family Matters

Parents/caregivers and babies enjoy playtime, crafts, songs, rhymes and more. Childcare is available for older siblings.

Jr. Kindergarten Kids

A registered program for children starting pre-primary or primary in Fall 2022. They will enjoy a play based learning environment with stories, songs, crafts, games and more. Childcare is available for younger siblings and parent time program for moms and caregivers.

Book Club

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

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

Helping your child with ADHD

Tuesday mornings starting January 11 9:30-11:30 via Telehealth Zoom

This is a 10 week course for parents and caregivers of children with ADHD. Topics include medications, living with ADHD, behavioral challenges at home and school and learning difficulties. For more information call 1-855-273-7710 or email frankie.bent@nshealth.ca

Craft Club

Third Tuesday afternoon of the month 1:00pm at Family Matters

Join us for craft club once a month. Adults make a craft to take home. Childcare is available.

Walking in a Winter Wonderland

Wednesday mornings 10:00am at various locations

Join us Wednesday mornings for outdoor winter fun at various locations throughout the county.

Middleton Parent Time

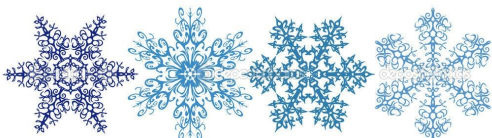
Thursday mornings 9:30-11:30 202 Main St. Middleton (St. John's United Church

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.

The Incredible Years

Starting date to be determined at Family Matters

The incredible years is a program for co parents and caregivers to provide parents with guidelines to prevent behavior problems from happening but also provides strategies to promote children's social, emotional and academic capability. Contact Miss Jen for more information.



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 child care? Get in touch with our consultant to find an approved home . Do you love working with children? Want to stay home with your children? Check with us on how you can become an approved child care home.

Car Seat Technicians

Ongoing as needed throughout the year

Need help installing a car seat? Want your car seat checked to make sure it is installed properly? Contact Ayla or Kourtney to help you out.

Lending Library

Ongoing as needed throughout the year

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

Mother 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 that you would like to donate please check with staff.

