

# Family Matters, The Annapolis County Family Resource Centre

"Building Happy, Healthy Families!"

April 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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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 Centre

Open Monday-Friday 8:30-4:00

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

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. **Vaccinations required to enter the centre.**

**The Lawrencetown Pool needs new committee members!**

The Lawrencetown pool is a sweet gem that offers affordable swim lessons, daily free swim and aquacise. Do you have a passion for pools? Many hands make light work and bring all the joy. Get in touch through the pool Facebook page or email [lawrencetownpool@gmail.com](mailto:lawrencetownpool@gmail.com)

**Kingston Playgroup**

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

**Kingston Vaccination required**

Join us Monday mornings at the Autism Center for a parent/child interactive playgroup. Snack is provided. Sign up required as spaces are limited.

**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**

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

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.

### Book Club

#### 2nd or 3rd 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.

### 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.

### Cooking Session

Wednesday mornings 9:30 at Moschelle Community Hall

Come cook with the cooking divas Miss Jen and Miss Courtney while the children play with their peers in a play based learning environment.

### Middleton Parent Time

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

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 March 24 at 5:30pm 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.

### Breakfast and Books

#### Friday mornings 9-10:30 at Family Matters

Join us at Family Matters for our new program . Breakfast will be provided followed by story time and playtime.

### Paradise Playgroup

#### Fridays mornings 9:30-11:30 at Paradise Community Hall

Join us for a parent-child interactive playgroup once a week. Come play, make art , have a snack and circle time.

### 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 Courtney 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.

