

# Family Matters, The Annapolis County Family Resource Centre

"Building Happy, Healthy Families!"

May 2023

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



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 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.

## Prenatal Classes

Thursday evenings starting May 4 from 6:00-8:00pm at Family Matters

Sign up for prenatal class and preparing for delivery. Topics covered are prenatal care, nutrition and health, fetal development, stages of labor and medical, interventions, comfort measures, breastfeeding basics and attachment/bringing home baby. Call 902-584-2210 to register or email Ayla at [Aylamedicraft.p.j@gmail.com](mailto:Aylamedicraft.p.j@gmail.com)

## 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.

## Wilmot Playgroup

Mondays 9:30-11:30 at the Kinsmen Club 209 Dodge Rd, Wilmot

Join us Monday mornings for a parent-child interactive playtime, art, snack, story time and more.

## Jr. Kindergarten Kids

Tuesdays 9:30-11:30 at Family Matters

A registered program for children starting pre-primary or primary in Fall 2023. 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

**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

**3rd or 4th 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.

### Annapolis Library

**Wednesday mornings 10-11:30 at 143 Ritchie St.**

Join us at Annapolis library for a sip and chat for the adults and a playtime for the children.

### Lawrencetown Playgroup

**Wednesday mornings 9:30-11:30 at Family Matters**

Join us at our centre for a parent-child interactive playtime!

### 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.

### Bridgetown Playgroup

**Thursday Mornings 9:30-11:30 Bridgetown Legion 20 Jeffery Street**

Join us at the Bridgetown legion for a parent-child interactive playgroup. Snacks, arts , playtime and more!

### Drop in Play

**at Family Matters when playroom is available.**

Need a change of scenery ? Just want to get out of the house. Drop in to Family Matters playroom for some play-time. Call ahead to make sure playroom is available.



### Paradise Playgroup

**Friday mornings 9:30-11:30 at Paradise Community Hall**

Join us at the Paradise Hall for a parent-child interactive play time. Come let your children enjoy social interaction in a fun learning environment with art , play-time , snack and more.

### 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 , Kourtney , Colleen or Fiona 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.