

Family Matters, The Annapolis County Family Resource Centre

"Building Happy, Healthy Families!"

August 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?

Miss Denise: denise.familymatters2018@gmail.com

Miss Billie Jo: billiejofamilymatters@gmail.com

Miss Kourtney: kourtneymbailey@gmail.com

Miss Jen: jencfamilymatters@gmail.com

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Miss Paige: paige.familymatters@gmail.com

Miss Colleen: fhdcfamilymatters@gmail.com

Mr. Jonathan: fhccfmooffice@gmail.com

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

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.

Back to the Basics of Healthy Living

Tuesdays, Wednesdays and Thursdays at various locations throughout the county and Family Matters

Back to the basics is a 6 week program that focuses on the health and well-being of families. Wednesdays will be cooking sessions at Family Matters. Tuesday and Thursdays will be outings to promote physical activities and workshops for improving mental health. Cooking will be a closed group for 15 families and other activities will be open to all participants.

Summer Rec Program

Monday-Friday 10:00-4:00 at Family Matters starting July 4

We are happy to be able to offer our summer rec program to children in primary to grade five. The cost is \$10/day per child. To register call Family Matters 902-584-2210

Evolve (Pride Social Youth Group)

Wednesdays 3:15-5:15 at St. James Anglican Church 289 Granville St, Bridgetown (Church St entrance)

Family Matters is happy to partner with SchoolsPlus and the St. James Anglican church in hosting a FREE youth group for ages 13-18. Pre-registration is requested but drop ins always welcome. Any questions contact at-leah.marshall@avcre.ca or 902-526-3535

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.

Baby Group/Stroller Walks

Fridays at 10 at Family Matters or various locations

We are happy to continue with baby group throughout the summer on Friday. Every other week we will offer a stroller walk at various locations.

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.

Lawrencetown & District Swimming Pool

Parent & Tot Swim

For Ages 4 months to 3. Every Saturday from 12:30-1 . Cost is \$44 for the entire summer. To register contact lawrencetownpool@gmail.com after June 21st.

FREE Public Swim 1:00-4:00pm daily

Middleton & District Swimming Pool

Tuesdays and Thursday 11:15-12:15

Every Tuesday and Thursday this summer there is a free hour of swimming for our participants and their families.



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.

