

Family Matters  
10 Middle Rd.  
Lawrencetown  
Nova Scotia  
BOS 1MO

Phone (902) 584-2210  
or Toll Free: 1-800-399-7119



# JULY 2024 NEWSLETTER

"Building Happy, Healthy Families!"

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

Family Matters - The Annapolis County Family Resource Centre is a non-profit organization in Annapolis County. Our mission is to develop, coordinate, 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.

## Upcoming Events

### July 1 - Canada Day - Closed - No Programs

July 2, 9, 16, 23, 30 Amped Up! 9:30 -11:30am, FM Lawrencetown  
July 3 & 31 Baby Group 9:30-11:30am, FM Lawrencetown  
July 4, 11, 18, 25 Cooking Sessions 9:30 -11:30am, FM Lawrencetown  
July 5 Middleton Trains & Splash Pad Field Trip 10 - 11:30am Middleton  
July 8 Cosby's Concrete Creations Field Trip 10am, Liverpool  
July 10 Carnival Theme Fun 10am - 12:30pm, Jubilee Park, Bridgetown  
July 12 Cornwallis Beach Field Trip 10am - 11:30am, Cornwallis Beach  
July 15 Mindful Drum Circle 9:30 - 11:30am, FM Lawrencetown  
July 17 Parent Time 9:30 - 11:30am, FM Lawrencetown  
July 19 Tupperville School Field Trip 10 - 11:30am, Tupperville  
July 22 Kingston Playground 9:30 - 11:30am, Kingston  
July 24 Water Fun 10am - 12:30pm, Rotary Park, Middleton  
July 26 Margaretsville Beach Field Trip 10 - 11:30am, Margaretsville  
July 29 Port Royal Habitation & Fort Anne Field Trip 10 - 11:30am, Cornwallis Beach

### Want to get in touch with us?

Miss Denise: [denise.familymatters2018@gmail.com](mailto:denise.familymatters2018@gmail.com)

Miss Billie Jo: [billiejofamilymatters@gmail.com](mailto:billiejofamilymatters@gmail.com)

Miss Jen: [jencfamilymatters@gmail.com](mailto:jencfamilymatters@gmail.com)

Miss Penny: [pennyerafuse@gmail.com](mailto:pennyerafuse@gmail.com)

Miss Ayla: [aylamedicraft.p.j@gmail.com](mailto:aylamedicraft.p.j@gmail.com)

Miss Fiona: [fiona.familymatters@gmail.com](mailto:fiona.familymatters@gmail.com)

Miss Paige: [paige.familymatters@gmail.com](mailto:paige.familymatters@gmail.com)

Miss Colleen: [fhdcfamilymatters@gmail.com](mailto:fhdcfamilymatters@gmail.com)

Mr. Jonathan: [bookkeeperfm@gmail.com](mailto:bookkeeperfm@gmail.com)

Miss Katharine: [fhccfmunco@gmail.com](mailto:fhccfmunco@gmail.com)

Our office is open :- Monday - Friday 8:00am - 3:00pm

Need a drive? Contact us on 902 584 2210 or message our FB Page

## Amped Up

Every Tuesday 9:30-11:30am at Family Matters, Lawrencetown

Join us for the amazing Amped up course starting July 2nd! This 7 week program places emphasis on emotional education, enhancing communication and self management skills as well as improving emotional regulation and a productive management of feelings and stressors. Sign up required and childcare available

## Book Club

Monday July 15, 1 - 2:30pm at Family Matters, Lawrencetown

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

## Mindful Drum Circle

Monday July 15, 9:30-11:30am at Family Matters, Lawrencetown

Join us for HealthRTHMS Wellness Drum Circle - Music, Mindfulness and Meditation.

- Practice mindfulness through drumming
- Create calming rhythms to reduce stress
- Welcoming and inclusive - everyone can drum!
- Connect with yourself and others
- Drums are provided

## Parent Time

Wednesday July 17, 9:30-11:30am at Family Matters, Lawrencetown.

Parents meet for parenting advice, crafts, guest speakers , coffee and more while children are cared for in a play based environment.

## Craft Club

Wednesday July 17, 1 - 2:30pm at Family Matters, Lawrencetown

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

## Baby Mother Goose

Wednesday July 3 & 31. 9:30-11:30am at Family Matters, Lawrencetown.

Parents/caregivers and babies enjoy playtime , crafts, songs, rhymes and more.

## Cultural Cooking Sessions

**Thursday mornings 9:30-11:30 at Family Matters, Lawrencetown**

Join us for an assortment of fun cultural cooking sessions. Come let your children enjoy social interaction with art, playtime, snack and more while parents meet and cook together. Sign up required.

## Themed Park Days!

**Wednesday 10am-12:30pm July 10th at Jubilee Park, Bridgetown**

Join us and the Nova Scotia Early Childhood Development Intervention Services Team (NSECDIS) for a Carnival themed morning of games and fun at Jubilee Park, Bridgetown.

**Wednesday 10am-12:30pm July 24 at Rotary Park, Middleton**

Join us and the Nova Scotia Early Childhood Development Intervention Services Team (NSECDIS) for a water fun themed morning of games and fun at Rotary Park, Middleton. Come ready to get wet!

## Cornwallis Beach

**10am - 11:30am July 12 at the Cornwallis Beach, 14 Paardeberg St. Cornwallis Park**

Join us for a fun morning of play at Cornwallis beach, free healthy snack provided. Don't forget your sunhats and sunscreen!

## Kingston Playground

**10am - 11:30am July 22 at the playground next to the arena, 1490 Westwood St, Kingston**

Join us for a fun morning at the Kingston playground, free healthy snack provided.

## Margaretsville Beach

**10am - 11:30am July 26 at Margaretsville Beach, 1 Lower Rd, Margaretsville**

Join us for a fun morning of play at Cornwallis beach, free healthy snack provided. Don't forget your sunhats and sunscreen!

## Special Field trips

### Middleton Trains & Splash Pad

**10-11:30am July 5th - Meet at Middleton trains, 61 School Street, Middleton**

Join us for a fun trip to see all the trains followed by some water fun at the Middleton splash pad. Sign up required

### Ivan's Concrete Creations

**10am July 8 - Meet at Cosby's Garden Centre, 4122 Highway 3, Liverpool**

Come and see Ivan's amazing concrete sculptures! Sign Up Required. **Many apologies but we are not able to offer transportation for this trip.**

### Tupperville School Museum

**10am - 11:30am July 19, Tupperville School Museum, 2663 Highway 210, Tupperville.**

Take a step back in time and come see one of the last one room school houses in Nova Scotia! Sign up required.

## Special Field trips Continued...

### Port Royal Habitation & Fort Anne

**10am - 11:30am July 29, Meeting at Port Royal Historic Site, 53 Historic Lane, Port Royal.**

Come & see a reconstruction of the Habitation, one of the earliest European settlements in North America where Samuel de Champlain lived in 1605. Followed by a visit to Fort Anne, 323 St. George Street, Annapolis Royal - Canada's first administered National Historic Site for a picnic. Sign up required.

### 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 playtime. Call ahead to make sure playroom is available.

### 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 - All Year round

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

### Lending Library - All Year round

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

### Mother Hubbard's Cupboard - All Year round

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.



# JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1</b></p> <p><b>CANADA DAY</b></p>  <p><b>Closed</b> <b>No programs</b></p>	<p><b>2</b></p> <p><b>Amped Up</b> 9:30-11:30am</p> <p>@ Family Matters, Lawrencetown</p>	<p><b>3</b></p> <p>Baby Group 9:30 - 11:30am</p> <p>@ Family Matters, Lawrencetown</p>	<p><b>4</b></p> <p><b>Learn to make Tabbouleh</b> 9:30 - 11:30am</p> <p>@ Family Matters, Lawrencetown</p>	<p><b>5</b></p> <p><b>Middleton Trains &amp; Splash Pad</b> 10 - 11:30am</p> <p>Meet @ Middleton Trains, 61, School Street Middleton</p>	<p><b>6</b></p>
<p><b>7</b></p>	<p><b>8</b></p> <p><b>Ivan's Concrete Creations Field Trip</b> Meet at 10am @ Cosby's Garden Centre, 4122 Hwy 3, Liverpool</p>	<p><b>9</b></p> <p><b>Amped Up</b> 9:30-11:30am</p> <p>@ Family Matters, Lawrencetown</p>	<p><b>10</b></p> <p>Bridgetown Carnival 10am - 12:30pm</p> <p>@ Jubilee Park, 228 Granville St, Bridgetown</p>	<p><b>11</b></p> <p><b>Cake baking from scratch with Fiona</b> 9:30 - 11:30am</p> <p>@ Family Matters, Lawrencetown</p>	<p><b>12</b></p> <p>Cornwallis Beach 10 - 11:30am</p> <p>@ Cornwallis Beach, 14 Paardeberg St, Cornwallis Park</p>	<p><b>13</b></p>
<p><b>14</b></p>	<p><b>15</b></p> <p><b>Mindful Drum Circle</b> 9:30am - 11:30pm @ Family Matters, Lawrencetown</p> <p><b>Book Club</b> 1 - 2:30pm @ Family Matters, Lawrencetown</p>	<p><b>16</b></p> <p><b>Amped Up</b> 9:30-11:30am</p> <p>@ Family Matters, Lawrencetown</p>	<p><b>17</b></p> <p>Parent Time 9:30 - 11:30am @ Family Matters, Lawrencetown</p> <p><b>Craft Club</b> 1 - 2:30pm @ Family Matters, Lawrencetown</p>	<p><b>18</b></p> <p><b>Learn to cook sea food chowder</b> 9:30 - 11:30am</p> <p>@ Family Matters, Lawrencetown</p>	<p><b>19</b></p> <p><b>Tupperville School Museum</b> 10am - 11:30pm</p> <p>@ Tupperville school, 2663 Highway 201, Tupperville</p>	<p><b>20</b></p>
<p><b>21</b></p>	<p><b>22</b></p> <p>Kingston Playground 10am - 11:30am</p> <p>@1490 Westwood St. (next to Arena), Kingston</p>	<p><b>23</b></p> <p><b>Amped Up</b> 9:30-11:30am</p> <p>@ Family Matters, Lawrencetown</p>	<p><b>24</b></p> <p>Middleton Carnival 10am - 12:30pm</p> <p>@ Rotary Park, Middleton</p>	<p><b>25</b></p> <p><b>Learn to make sushi rolls</b> 9:30 - 11:30am</p> <p>@ Family Matters, Lawrencetown</p>	<p><b>26</b></p> <p>Margaretsville Beach 10am - 11:30pm</p> <p>@ Margaretsville Beach, 1 Lower Rd, Margaretsville</p>	<p><b>27</b></p>
<p><b>28</b></p>	<p><b>29</b></p> <p><b>Port Royal &amp; Fort Anne</b> 10am</p> <p>Meet @ Port Royal Habitation, 53 Historic Lane, Port Royal. Followed by Picnic at Fort Anne, 323 St. George Street, Annapolis Royal</p>	<p><b>30</b></p> <p><b>Amped Up</b> 9:30-11:30am</p> <p>@ Family Matters, Lawrencetown</p>	<p><b>31</b></p> <p>Baby Group 9:30 - 11:30am</p> <p>@ Family Matters, Lawrencetown</p>		<p><b>Sign up required for all events in blue</b></p>	