

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

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



# August 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

- Aug 1 Learn to make frozen treats 9:30 - 11:30am, FM Lawrencetown  
Aug 2 Raven Haven 10 - 11:30am at Raven Haven  
**Aug 5 Natal Day - Closed**  
Aug 6 & 13 Amped up 9:30 - 11:30am, FM Lawrencetown  
Aug 7 Pirate Carnival 10 - 11:30am at Grant Potter Memorial Park  
Aug 8 Creative BBQ-ing 9:30-11:30am, FM Lawrencetown  
Aug 9 Clothing swap playgroup 9:30-11:30am, FM Lawrencetown  
Aug 12 Come see Family Matters in the Exhibition Parade!  
Aug 19 Book Club 10 - 11:30am, FM Lawrencetown  
Aug 19 Bridgetown Pool Family Matters swim 1 - 2pm  
Aug 21 Parent Time 9:30 - 11:30am, FM Lawrencetown  
Aug 22 Mickey Hill 10 - 11:30am  
Aug 23 Lawrencetown Pool 1-2pm  
Aug 26 BernArt Field Trip 10am, 1136 Hwy 325, Blockhouse, NS  
Aug 28 Community Connections Expo! 9:30 - 11:30am, FM Lawrencetown  
Aug 29 Baby Group 9:30 - 11:30am, FM Lawrencetown

## 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:** [pennyrafuse@gmail.com](mailto:pennyrafuse@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:** [fhccfmlunco@gmail.com](mailto:fhccfmlunco@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

**Tuesday 6 & 20 August , 9:30-11:30am at FM, Lawrencetown**

Last 2 sessions of the amazing Amped up course that started 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

## Baby/Child clothing swap playgroup

**Friday August 9, 9:30-11:30am at Family Matters, Lawrencetown.**

Bring in all your children's outgrown clothes, shoes etc and swap out for some different ones while your children enjoy playtime, crafts, songs, circle time and more.

## Book Club \*Time changed to morning for this session\*

**Monday August 19, 10 - 11:30am at FM, Lawrencetown**

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

## Parent Time

**Wednesday August 21, 9:30-11:30am at FM, Lawrencetown.**

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

## Baby Mother Goose

**Thursday August 29, 9:30-11:30am at FM, Lawrencetown.**

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

## Come see Family Matters at the Annapolis Valley Exhibition

**See us in the Exhibition Parade, Main street, Lawrencetown**  
Monday August 12 - Parade starts at 6:30pm

## Find our Family Matters Booth in the Youth Arena

Tuesday August 13 to Friday August 16 Staff will be in the booth from 12pm - 8pm & Saturday from 12 - 4pm

### Cooking Sessions!

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

**August 1 - Learn to make frozen treats**

**August 8 - Creative BBQ-ing**

Join us for an assortment of fun 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 Day!

**Wednesday August 7, 10am - 11:30am at the Grant Potter Memorial Park, 167 St. George St, Annapolis Royal.**

Join us and the Nova Scotia Early Childhood Development Intervention Services Team (NSECDIS) for a Pirate themed morning of games and fun.

### Raven Haven Beach

**Friday August 2, 10am - 11:30am at Raven Haven Beach, 2239 Virginia Rd, West Springhill.**

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

### Mickey Hill

**August 22, 10 - 11:30am at Mickey Hill, 7906 Highway 8, Graywood.**

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

### Park Day

**Tuesday August 27, 10 -11:30am at the Grant Potter Memorial Park, 167 St. George St, Annapolis Royal.** Join us for a fun morning in the park, free healthy snack provided.

### Special Field trips

#### Bridgetown Centennial Pool - Family Swim

**Monday August 19, 1 - 2pm @ the Bridgetown Pool, 8 Freeman Street, Bridgetown**

Come and have a lovely swim with your family. Public swim starts after the hour we have booked the pool for & you are welcome to stay for that too if you want!

#### BernArt Field Trip

**Monday August 26, Meet at 10am Bern Art, 1136 Hwy 325, Blockhouse <https://bernartmaze.ca/>**

Join us for a fun trip to see **BernArt!** Canada's very first **art** maze with nearly an entire kilometer of paths to explore and a unique surprise around every exciting twist and turn. Sign up required.

**Many apologies but we are not able to offer transportation for this trip.**

#### Lawrencetown Pool

**Friday August 23, 1 - 2pm @the Lawrencetown pool, 159 Trout Lake Rd.**

Come and have a lovely swim with your family during their free public swim session. If you want to stay longer you can - their public swim ends at 4pm!

### Community Connection Expo

**Wednesday August 28, 10 -11:30 at Family Matters, Lawrencetown**

Come and meet our Annapolis County Community partners and find out what is going on in our community for families and children.

**\*Community partners that would like to attend please call our main FM office on 902 584 2210 to register for a table.**

#### 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.



# AUGUST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>Sign up required for all events in blue</b></p>		<p><b>1</b></p> <p>Learn to make Frozen treats 9:30 - 11:30am @ Family Matters, Lawrencetown</p>	<p><b>2</b></p> <p>Raven Haven Beach Field Trip, 10 - 11:30am @Raven Haven,, 2239 Virginia Rd, West Springhill.</p>	<p><b>3</b></p>
<p><b>4</b></p>	<p><b>NATAL DAY CLOSED</b></p>	<p><b>6</b></p> <p>Amped Up 9:30-11:30am @ Family Matters, Lawrencetown</p>	<p><b>7</b></p> <p>Pirate Carnival 10am - 11:30pm @Grant Potter Memorial Park, 167 St. George St, Annapolis Royal</p>	<p><b>8</b></p> <p>Creative BBQ-ing 9:30 - 11:30am @ Family Matters, Lawrencetown</p>	<p><b>9</b></p> <p>Baby &amp; Child Clothing Swap Playgroup 9:30 - 11:30am @ Family Matters, Lawrencetown</p>	<p><b>10</b></p>
<p><b>11</b></p>	<p>See Family Matters in the Exhibition Parade Parade Starts at 6:30pm!</p>	<p><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b></p>	<p><b>16</b></p>	<p><b>17</b></p>
<p><b>Exhibition Week</b></p> <p>~~~~ Come and see us at our booth in the youth arena at the Exhibition ~~~~</p>						
<p><b>18</b></p>	<p><b>19</b></p> <p>Book Club 10 - 11:30am @ Family Matters, Lawrencetown</p> <p>Family Swim @ Bridgetown Pool Time 1 - 2pm @ 18 Freeman Street, Bridgetown</p>	<p><b>20</b></p> <p>Amped Up 9:30-11:30am @ Family Matters, Lawrencetown</p>	<p><b>21</b></p> <p>Parent Time 9:30 - 11:30am @ Family Matters, Lawrencetown</p>	<p><b>22</b></p> <p>Mickey Hill Beach and Trail 10 - 11:30am @Mickey Hill, 7906 Highway 8, Graywood</p>	<p><b>23</b></p> <p>Lawrencetown Pool Time 1-2pm @ 159 Trout Lake, Rd, Lawrencetown</p>	<p><b>24</b></p>
<p><b>25</b></p>	<p><b>26</b></p> <p>BernArt Field Trip Meet at 10a m, @ BernArt, 1136 Hwy 325, Blockhouse <a href="https://bernartmaze.ca/">https://bernartmaze.ca/</a></p>	<p><b>27</b></p> <p>Grant Potter Memorial Park 10 - 11:30am @ 167 St. George St Annapolis Royal</p>	<p><b>28</b></p> <p>Community Connection Expo 10 - 11:30am @ Family Matters, Lawrencetown</p>	<p><b>29</b></p> <p>Baby Group 9:30 - 11:30am @ Family Matters, Lawrencetown</p>	<p><b>30</b></p> 	