

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

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



# SEPTEMBER 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

Sept 6 - Post Partum Health & Wellness Reunion 10am - 12pm  
Sept 16 - Family Matters Open House 9:30 - 11:30am  
Sept 16 - Book Club 6 - 7:30pm  
Sept 16 & 23 - Promoting Positive Behaviours Course 6 - 8pm  
Sept 17 & 24 - Junior Kindergarten 9:30 - 11:30am  
Sept 18 - Bridgetown Parent Time 9:30 - 11:30am  
Sept 18 & 25 - Wilmot Playgroup 1 - 3pm  
Sept 19 & 26 - Middleton Parent Time 9:30 - 11:30am  
Sept 20 & 27 - Paradise Playgroup 9:30 - 11:30am  
Sept 20 & 27 - Baby group 9:30 - 11:30am  
Sept 23 - Annapolis Royal Playgroup 9:30 - 11:30am  
Sept 25 - Valley View Park Picnic 9:30 - 11:30am  
Sept 30 - National Day for Truth & Reconciliation - No Programs

## 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)

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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

## Annapolis Royal Playgroup

**Mondays 9:30-11:30 Location to be confirmed**

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

**Wilmot Playgroup \*NEW AFTERNOON TIME\***

**Every Wednesday 1 - 3pm Kinsmen Club 209 Dodge Rd**

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

**Book Club - \*NEW EVENING TIME\***

**2nd or 3rd Monday of the month at 6 - 7:30pm at Family Matters**

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

**Jr. Kindergarten Kids**

**Tuesdays 9:30-11:30am at Family Matters**

A registered program for children starting pre-primary or primary in Fall 2025. 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.

**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.

**Bridgetown Playgroup**

**Wednesday 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!

## Field trips

### Ongoing throughout the year

Join us throughout the county for field trips at various location. Check out our calendar or Facebook page to see where we will be.

### Valley view Park Picnic

**Wednesday September 25** - Join us for a fun morning of play with a picnic at Valleyview Park, 960 Hampton Mountain Rd, Bridgetown.9:30 - 11:30am. [Sign up required so we know how much food to bring!](#)

### Post partum mental health and wellness re-union group

**Friday 6th September** - Come and meet up with everyone again from earlier this year 10am - 12pm @Family Matters, Lawrencetown

### Middleton Parent Time & Curious Kids

**Thursday mornings 9:30-11:30 202 Main St. Middleton (St. John's United Church**

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

### Baby Mother Goose

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

Parents/caregivers and babies enjoy playtime , crafts, songs, rhymes and more. Childcare is available for older siblings.

### 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 , playtime , snack and more.

### Promoting Positive Behaviour Course

**Monday 16th September - 4th November\* (Please note: no group September 30th & Oct 14th)**

**6 - 8pm at Family Matters, 10 Middle Road, Lawrencetown.**

Free eight week course for parents/caregivers/guardians managing children aged between 3 - 12 years who are non-compliant, oppositional, or stubborn, or diagnosed with ADHD, ADD & ODD. Sign up required - contact [lindsey.downie@nshealth.ca](mailto:lindsey.downie@nshealth.ca) to register.

Topics covered: -

- Why children misbehave,
- Positive attention,
- Increasing cooperation & independence,
- Reward & incentive programs,
- Effective discipline strategies,
- Improving school behaviours,
- Managing behaviours in public.

## 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

**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.



**Please note :-** The Lawrencetown Elementary School play areas are only open to the public out of school hours and during holidays. No Admittance at all other times.

# SEPTEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 	3	4	5	6 Post partum mental health and wellness re-union 10am - 12pm @Family Matters, Lawrencetown	7
8	9	10	11	12	13	14
15	16 Family Matters Open House 9:30 - 11:30am @FM Lawrencetown  Book Club 6 - 7:30pm @FM Lawrencetown  <b>*Promoting Positive Behaviours Wk 1 @FM Lawrencetown</b>	17 <b>*Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown</b>	18 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion  Wilmot Playgroup 1 - 3pm @Kinsmen Center, 209 Dodge Rd, Wilmot	19 Middleton Parent Time 9:30 - 11:30am @St John's United Church, Middleton	20 Paradise playgroup 9:30 - 11:30am @Paradise Community Hall  Baby group 9:30 - 11:30am @FM Lawrencetown	21
22	23 Annapolis Playgroup 9:30 - 11:30am Location to confirm  <b>*Promoting Positive Behaviours Wk 2 @FM Lawrencetown</b>	24 <b>*Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown</b>	25 <b>*Valley View Park Picnic 9:30 - 11:30am @960 Hampton Mountain Rd, Bridgetown.</b>  Wilmot Playgroup 1 - 3pm @Kinsmen Center, 209 Dodge Rd, Wilmot	26 Middleton Parent Time 9:30 - 11:30am @St John's United Church, Middleton	27 Paradise playgroup 9:30 - 11:30am @Paradise Community Hall  Baby group 9:30 - 11:30am @FM Lawrencetown	28
29	30 	<b>*Pre Registration Is required for the Junior Kindergarten program as spaces are limited</b>	<b>*Sign up required for all events in blue</b>		