

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

Phone (902) 584-2210  
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# OCTOBER 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. Our office is open :- Monday - Friday 8am - 3pm

## Upcoming Events

**Oct 1, 8, 15, 22 & 29** - Junior Kindergarten 9:30 - 11:30am  
**Oct 8, 15, 22 & 29** - Incredible Years Course  
9:30 - 11:30am @ FM Lawrencetown  
**Oct 2, 16, 23 & 30** - Bridgetown Parent Time  
9:30 - 11:30am @ The Bridgetown Legion  
**Oct 2, 16, 23 & 30** - Wilmot Playgroup 1 - 3pm  
**Oct 3, 10, 17 & 24** - Middleton Parent Time 9:30 - 11:30am  
**Oct 4, 18 & 25** - Paradise Playgroup 9:30 - 11:30am  
**Oct 4, 18 & 25** - Lawrencetown Baby group 9:30 - 11:30am  
**Oct 4, 18 & 25** - Mental Health Peer Support Group  
9:30 - 11:30am @ FM Lawrencetown  
**Oct 7, 14 & 28** - Cornwallis Playgroup 9:30 - 11:30am  
**Oct 7, 21 & 28** - Promoting Positive Behaviours Course  
6 - 8pm @ FM Lawrencetown  
**Oct 9** - Family Matters 30th Birthday 10 -11:30am @ The  
Grant Potter Memorial Playground, Annapolis Royal.  
**Oct 10, 17, 24 & 31** - Intergenerational Dance  
4 - 5pm @ FM Lawrencetown  
**Oct 11** - Thanksgiving Walk 10 - 11:30am @ The CARP  
Wetland Site, 36 Brooklyn Rd, Middleton.  
**Oct 14** - Thanksgiving - Closed - No Programs  
**Oct 17** - Craft Club 1—2:30pm @ FM Lawrencetown  
**Oct 21** - Rising Roots Forest School Field Trip 10 -11:30am  
@ Rising Roots, 2546 Highway 201, Tupperville  
**Oct 21** - Book Club 6 - 7:30pm  
**Oct 26** - Aurora the Mermaid 1-3pm @ FM Lawrencetown  
**Oct 31** - Spurr Brothers Farm Halloween Field Trip 10 -  
11:30am @14145 Highway 201, Wilmot

## Need a drive to come to our groups & events?

Limited FREE transportation may be available on request.  
Call our main office on 902 584 2210, message our FB Page  
or email Rebecca Dillman our transportation manager at:  
[rebecca.familymatters@gmail.com](mailto:rebecca.familymatters@gmail.com)

## Promoting Positive Behaviours Course

**Mondays from 16th September - 4th November\***

(\*Please note: There is no group on Thanksgiving - Oct 14th)

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

FREE 8 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.



**\*Tuesdays from October 8th - December 3rd**

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

Join Family Matters and SchoolsPlus Annapolis for this FREE 9 Week **Incredible Years** program for parents/caregivers/guardians of children ages 4 – 10. Learn a range of skills to help children regulate their emotions and improve their social skills to help them to get along better with friends, adults and do better at school. In addition to learning about a variety of normal behaviours experienced by most parents at some time, including but not limited to:

- Strategies to manage behaviours such as aggressiveness,
- Ongoing tantrums,
- Acting out behaviours such as swearing, whining, yelling, hitting, kicking, answering back, and refusing to follow rules.

This program will include childcare, snacks and lots of helpful information in a parent friendly environment.

\*Sign up required as spaces are limited. Contact our main Family Matters Office or Facebook Page to register.

## Cornwallis Playgroup

**Mondays 9:30 - 11:30 Room 101, Desmond Piers Memorial Hall, 268 Marine Drive, Cornwallis**

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

## Bridgetown Playgroup

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

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

## Middleton Parent Time & Curious Kids

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

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

## Craft Club

**3rd or 4th Thursday afternoon of the month 1 - 2:30pm at Family Matters**

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

## Intergenerational Dance

**Thursday 10, 17, 24 & 31 October 4 - 5pm @ FM Lawrencetown**

Do you love to dance? Join Aurora and Stuart for a fun active afternoon of dancing! All ages welcome from 0-99yrs!

## Baby Mother Goose

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

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

## Mental Health Peer Support Group

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

Come to our free weekly peer support group for adults. The group is an opportunity to express and share what you are experiencing and feeling in an atmosphere of compassion, respect and solidarity.

## 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.

\*Please contact our main Office on 902 584 2210 or message our Facebook Page to sign up for all the programs below.

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

**2nd or 3rd Monday of the month at 6 - 7:30pm 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.](#)

## \*Crockpot Cooking with Fatherhood Matters

**Monday October 7th 6—8pm at Family Matters, Lawrencetown.**

Prepare ready to go meals for home. Freeze or cook same day. All supplies and crockpot provided. For male identifying caregivers and children aged 4yrs and over. Sign up required as spaces are limited. [Email - coldford@fsens.ns.ca](mailto:coldford@fsens.ns.ca) or [call/text 902 679 9350](tel:9026799350) to register.

## \*Jr. Kindergarten Kids

**Tuesdays 9:30 - 1 1:30am at Family Matters, Lawrencetown**

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 siblings and parent time program for moms and caregivers. [\\*Pre Registration Required](#)

## \*Family Matters 30th Birthday Celebration

**Wednesday 9th October 10 - 11:30am @ Grant Potter Memorial Playground.**

Join us at the Grant Potter Memorial Playground to celebrate Family Matters 30th Birthday with a fun morning of play, songs, Birthday Cake & more. [Sign up required](#)

## \*Thanksgiving Walk

**Friday 11th October 10 - 11:30am @ CARP Wetland Site, 36 Brooklyn Rd, Middleton**

Join us for a relaxing walk around the CARP wetland site ending with a picnic. [Sign up required](#)

## \*Rising Roots Forest School Field Trip

**Monday 21st Oct 10 - 11:30am @ Rising Roots, 2546 Highway 201, Tupperville** Join us for some outside fun!

[Sign up required](#)

## \*My Fundy Holiday

**Saturday 26th October 1 - 3pm @ FM Lawrencetown**

Young explorers of all ages & their families come and join Aurora the Mermaid and Billy Bones the friendly Pirate for a fun afternoon of games, crafts, activities, treasure hunt, storytelling, snack & more! [Sign up required](#)

## \*Halloween Fun

**Thursday 31st October 10-11:30 @ Spurr Brother's Farm, 14145 Highway 1, Wilmot**

Wear your costumes and join us for a fun morning at Spurr Brother's Farm. Face painting, Halloween activities, snack and more! [Sign up required](#)

## Upcoming Car Seat Clinics

Have any questions or concerns about your children's car seats? Come to either of our free car seat clinics 9:30 - 11:30am @ the two dates and locations below. By appointment or by chance.

**Thursday October 24 @ St John's United, 202 Main St, Middleton**

**Monday October 28 @ The Desmond Piers Memorial Hall, 268 Marine drive, Cornwallis**

## 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, Colleen or Fiona to help you out.

## 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.

## 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.

## 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.

## 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.

## 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.

## Family Home Child Care Providers

**Various homes in both Annapolis & Lunenburg Counties supported by our consultants**

Going back to work? Need child care? Get in touch with our consultant to find an approved home.

## Family Home Child Care Agency

Do you love working with children? Want to stay home with your children? Family Home Childcare is currently recruiting care providers!

Family Home Childcare gives you the opportunity to be self employed and work from the comfort of your own home by caring for children in the safe, healthy, home based environment that you create.

## What are some of the Benefits of being a Regulated Family Matters Home Child Care Provider?

- Being 'approved' allows families peace of mind that you meet established standards through regular monitoring.
- Expenses are eligible to claim on income tax
- Approved providers can provide ALL families with fee reductions and subsidy to those who qualify
- Most equipment needed for approval is lent FREE of charge by the Family Home Childcare Agency.
- Resources & support from our Family Home Childcare Consultant
- Grants - Most start up costs can be helped through grants for: First Aid/CPR Level C, grocery start up etc.
- You set your own fees, hours, policies & daily routine!
- Find more info @ [www.familyhomechildcarens.ca](http://www.familyhomechildcarens.ca)

## 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: [penny.familymatters@gmail.com](mailto:penny.familymatters@gmail.com)**

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

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



**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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown	2 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion Wilmot Playgroup 1 - 3pm @Kinsmen Center, 209 Dodge Rd, Wilmot	3 Middleton Parent Time 9:30 - 11:30am @St John's United Church, Middleton	4 Paradise playgroup 9:30 - 11:30am @Paradise Community Hall Baby group 9:30 - 11:30am @FM Lawrencetown Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown	5
6	7 Cornwallis Playgroup 9:30 - 11:30am @Room 101, Desmond Piers Memorial Hall, 268 Marine Drive, Cornwallis  *Promoting Positive Behaviours Course @FM Lawrencetown	8 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown  *Incredible Years Course 9:30 - 11:30am @FM Lawrencetown	9 *Family Matters 30th Birthday Party 10 - 11:30am @ Grant Potter Memorial Playground, Annapolis Royal.	10 Middleton Parent Time 9:30 - 11:30am @St John's United Church, Middleton  Intergenerational Dance 4 - 5pm @ FM Lawrencetown	11 *Thanksgiving Walk 10 - 11:30am @ The CARP Wetland Site, 36 Brooklyn Rd, Middleton.  Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown	12
13	14 <b>Thanksgiving</b>    - Closed - No Programs	15 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown  *Incredible Years Course 9:30 - 11:30am @FM Lawrencetown	16 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion  Wilmot Playgroup 1 - 3pm @Kinsmen Center, 209 Dodge Rd, Wilmot	17 Middleton Parent Time 9:30 - 11:30am @St John's United Church, Middleton  Craft Club 1 - 2:30pm @ FM Lawrencetown  Intergenerational Dance 4 - 5pm @ FM Lawrencetown	18 Paradise playgroup 9:30 - 11:30am @Paradise Community Hall Baby group 9:30 - 11:30am @FM Lawrencetown Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown	19
20	21 Rising Roots Forest School Field Trip 10 - 11:30am @ Rising Roots, 2546 Highway 201, Tupperville  Book Club 6 - 7:30pm @FM Lawrencetown  *PPB Course @FM Lawrencetown	22 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown  *Incredible Years Course 9:30 - 11:30am @FM Lawrencetown	23 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion  Wilmot Playgroup 1 - 3pm @Kinsmen Center, 209 Dodge Rd, Wilmot	24 Middleton Parent Time & Car Seat Clinic 9:30 - 11:30am @St John's United Church, Middleton  Intergenerational Dance 4 - 5pm @ FM Lawrencetown	25 Paradise playgroup 9:30 - 11:30am @Paradise Community Hall Baby group 9:30 - 11:30am @FM Lawrencetown Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown	26 *My Fundy Holiday with Aurora the Mermaid & Billy Bones the Friendly Pirate 1- 3pm @ FM Lawrencetown
27	28 Cornwallis Playgroup & Car Seat Clinic 9:30 - 11:30am @268 Marine Drive, Cornwallis  *PPB Course @FM Lawrencetown	29 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown  *Incredible Years Course 9:30 - 11:30am @FM Lawrencetown	30 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion  Wilmot Playgroup 1 - 3pm @Kinsmen Center, 209 Dodge Rd, Wilmot	31 HALLOWEEN FUN @Spurr Brothers Farm 10 - 11:30am 14145 Highway 1, Wilmot  Intergenerational Dance 4 - 5pm @ FM Lawrencetown	*Sign up required for all events in blue  *Pre Registration Is required for the Junior Kindergarten program as spaces are limited	