

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

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



# December 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

- Dec 2 - Fatherhood Matters 6 - 8pm @FM Lawrencetown**
- Dec 2 - Cornwallis Playgroup 9:30 - 11:30am**
- Dec 3 - Junior Kindergarten 9:30 - 11:30am**
- Dec 3 - The Incredible Years 9:30 - 11:30am**
- Dec 3 - Family Skate 5 - 6:30pm @Lawrencetown Rink**
- Dec 4 - Holiday Baking 9:30 - 11:30am @Bridgetown Legion**
- Dec 5 - Holiday Baking 9:30 - 11:30am @FM Lawrencetown**
- Dec 6 - Baby Group 9:30 - 11:30am**
- Dec 6 - Lawrencetown Playgroup 9:30 - 11:30am**
- Dec 6 - Mental Health Peer Support Group 9:30 - 11:30am**
- Dec 6 - Holiday Dance Party 6 - 7pm @FM Lawrencetown**
- Dec 9 - Holiday Movie 10 - 11:30am @Kings' Theatre**
- Dec 11 - Holiday Breakfast 10 - 11:30am @Lawrencetown Firehall, 549 Main Street, Lawrencetown.**
- Dec 12 - Storm date for Holiday Breakfast**
- Dec 13 - Mental Health Peer Support Group 9:30 - 11:30am**
- Dec 19 to Jan 3 - Family Matters Office closed**



- Jan 6 - Family Matters Office re-opens**
- Jan 13 - All Programs resume**
- Jan 20 - Book Club 6 - 7:30pm @FM Lawrencetown**
- Jan 23 - Craft Club 1 - 2:30pm**
- Jan 27 - Board meeting 12:30pm**
- \*Sign up required for above programs in blue**

## 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 call/email Rebecca Dillman our transportation manager at: 902 824 0085 / [rebecca.familymatters@gmail.com](mailto:rebecca.familymatters@gmail.com)



## \*Fatherhood Matters -

**Monday December 2nd  
6 - 8pm at Family Matters,  
Lawrencetown.**

Join us for free supper, games and gingerbread fun! For male identifying caregivers and children aged 4yrs and over. Sign up required as spaces are limited.

**Call/text 902 679 9350 or email - [coldford@fsens.ns.ca](mailto:coldford@fsens.ns.ca) or to register.**

Enjoy the magic of the Holiday season on the big screen!  
Join us for a family friendly showing of the movie  
**Arthur Christmas**  
10 - 11:30am, Monday 9th December  
FREE to attend but sign up required. Snack provided for all children attending

King's Theatre,  
209 George St,  
Annapolis Royal

CALL US ON 902 584 2210 OR  
MESSAGE OUR FACEBOOK  
PAGE TO SIGN UP

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



### \*Family Skate

Tuesday 3rd December 5 - 6:30pm at Lawrencetown Youth Arena, 590 Main Street, Lawrencetown.

Bring the family and enjoy some skating time with us! Helmets required for ALL people on the ice. A limited range of skates and helmets are available at the rink for use during the session. Snack provided.

### \*Holiday Baking Sessions

Either Wednesday 4th December 9:30 - 11:30am, at the Bridgetown Legion Or Thursday 5th December 9:30 - 11:30am, at Family Matters, Lawrencetown.

Get a head start on your holiday baking and come bake some treats with us! Spaces are extremely limited. \*Please note attendance is for one session per family\*

### \*Holiday Dance Party

6 - 7pm Friday 6th December, at Family Matters, 10 Middle Road, Lawrencetown.

Get your dancing shoes on and join us for a holly jolly dance party! Snack provided for all children attending.



### \*Holiday Breakfast

10 - 11:30am Wednesday 11th December, at the Lawrencetown Firehall, 549 Main Street, Lawrencetown.

Join us for a delicious breakfast, various activities, awesome music & maybe even a visit from Santa!



### Parent/Caregiver & Child interactive playgroups

Join us at any of our parent/caregiver & child interactive playgroups for playtime, art, healthy snack, story time and more. FREE to attend & no sign up required.

#### **Cornwallis Playgroup**

Monday mornings 9:30 - 11:30am, in Room 101, Desmond Piers Memorial Hall, 268 Marine Drive, Cornwallis

#### **Wilmot Playgroup**

Wednesday afternoons 1 - 3pm, at the Kinsmen Club 209 Dodge Rd

#### **Lawrencetown Playgroup**

Friday mornings 9:30 - 11:30am, at Family Matters, 10 Middle Road, Lawrencetown

### Parent Time Playgroups

Parents & Caregivers meet together for parenting advice, crafts, guest speakers, coffee and more while children are cared for in a play based environment and enjoy playtime, art, healthy snack, story time and more! FREE to attend & no sign up required.

#### **Bridgetown Parent Time & Curious Kids**

Wednesday Mornings 9:30 - 11:30am, at the Bridgetown Legion 20 Jeffery Street, Bridgetown

#### **Middleton Parent Time & Curious Kids**

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

### 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 on site. FREE to attend & no sign up required.

### Baby Mother Goose

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

Parents/caregivers and babies meet together to enjoy playtime, crafts, songs, rhymes, parenting discussions & occasional guest speakers, and more. FREE to attend & no sign up required.

### Mental Health Peer Support Group

Friday mornings 9:30 - 11:30 at Family Matters, 10 Middle Rd, 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. Childcare available on site.

FREE to attend & no sign up required.

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

### \*Book Club (\*Pre Registration Required)

**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.

### \*Jr. Kindergarten Kids (\*Pre Registration Required)

**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

### 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 locations. Check out our calendar or FB 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)**

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**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	2 <b>Cornwallis Playgroup</b> 9:30 - 11:30am @Room 101, Desmond Piers Memorial Hall, 268 Marine Drive, Cornwallis  <b>Fatherhood Matters</b> 6 - 8pm @FM Lawrencetown	3 <b>*Jr. Kindergarten</b> 9:30 - 11:30am @FM Lawrencetown  <b>*Incredible Years Course</b> 9:30 - 11:30am @FM Lawrencetown  <b>Family Skate</b> 5 - 6:30pm @Lawrencetown Youth Arena,	4 <b>Holiday Baking</b> 9:30 - 11:30am @Bridgetown Legion  No Playgroup Today	5 <b>Holiday Baking</b> 9:30 - 11:30am @Family Matters, Lawrencetown  No Parent Time or Playgroup today	6 <b>Lawrencetown playgroup</b> 9:30 - 11:30am @FM Lawrencetown  <b>Baby group</b> 9:30 - 11:30am @FM Lawrencetown  <b>Mental Health Support Group</b> 9:30 - 11:30am @FM Lawrencetown  <b>Holiday Dance Party</b> 6 - 7pm @Family Matters Lawrencetown	7
8	9 <b>Holiday Movie Morning</b> 10 - 11:30am @King's Theatre, 209 George St, Annapolis Royal	10	11 <b>Holiday Breakfast</b> 10 - 11:30am @Lawrencetown Firehall,	12 <b>Storm Date for Holiday Breakfast</b>	13 <b>Mental Health Support Group</b> 9:30 - 11:30am @FM Lawrencetown	14 <b>My Fundy Holiday</b> with Aurora the Mermaid & Billy Bones the friendly pirate 1 - 3pm @Family Matters, Lawrencetown
15	16	17	18	19	20	21
22	23	24	25  <b>Merry Christmas!</b>	26	27	28
29	30	31  <b>Happy New Year!</b>		<b>*Sign up required for all events in blue as spaces are limited</b>		