

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

Phone (902) 584-2210  
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# November 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

**Nov 4 - Sewing Machine Clinic (by appointment)**

**Nov 4, 11, 18 & 25 - Cornwallis Playgroup 9:30 - 11:30am**

**Nov 4 - Fatherhood Matters 6 - 8pm**

**Nov 4, 11, 18 - Promoting Positive Behaviours 6 - 8pm**

**Nov 5, 12, 19 & 26 - Junior Kindergarten 9:30 - 11:30am**

**Nov 5, 12, 19 & 26 - The Incredible Years 9:30 - 11:30am**

**Nov 6, 13 & 27 - Bridgetown Playgroup 9:30 - 11:30am**

**Nov 6, 13 & 27 - Wilmot Playgroup 1 - 3pm**


**Nov 7 - Middleton Fire Hall Field Trip 10 - 11am**

**Nov 7 - Learn to Sew - Part 1 (Group 2), 1 - 2:30pm**

**Nov 8, 15, 22 & 29 - Baby Group 9:30 - 11:30am**

**Nov 8, 15, 22 & 29 - Lawrencetown Playgroup 9:30 - 11:30am**

**Nov 8, 15, 22 & 29 - Mental Health Peer Support Group 9:30 - 11:30am**

**Nov 11**  **Remembrance Day  
Closed  
No Programs**

**Nov 14 - Learn to Sew - Part 2**

**Group 1, 9:30 - 11:30am      Group 2, 1 - 2:30pm**

**Nov 18 Book Club 6 - 7:30pm**

**Nov 20 - National Children's Day Celebration**

**Nov 21 & 28 - Middleton Parent Time 9:30 - 11:30am**

**Nov 21 - Craft Club 1 - 2:30pm**

**Nov 25 - Board Meeting 11am followed by AGM 12:45pm @FM Lawrencetown**

**Nov 28 - Bowling 10 - 11:30am (to be confirmed)**

## 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)

## MUFFINS with DAD



**\*Fatherhood Matters - Muffins with Dad night**  
**Monday November 4th**  
**6—8pm at Family Matters, Lawrencetown.**

Join us for free supper, games and muffin making! For male identifying caregivers and children aged 4yrs and over.

Sign up required as spaces are limited. [Call/text 902 679 9350](tel:9026799350) or [email - coldford@fsens.ns.ca](mailto:coldford@fsens.ns.ca) or [to register](#).

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

### \*Middleton Fire Hall - Field Trip

**Thursday 7th November, 10 - 11am, at the Fire Hall, 49 Church Street, Middleton.**



Learn all about fire safety, see all the fire trucks up close and maybe even climb aboard in a more sensory friendly environment. Healthy snack provided.

### \*National Children's Day Celebration

**Wednesday November 20th, 10 - 11:30am @The Bridgetown Legion, 20 Jeffery Street, Bridgetown.**



Come celebrate National Children's Day! Join us for a fun morning of fairy tale and family favourite interactive plays performed by the staff of Family Matters! Healthy snack provided.

### \*Bowling - Field Trip

**Thursday November 28 (to be confirmed) 10 - 11:30am at the Greenwood Bowling Center, 110 Church St, Greenwood (In the basement of the 14 Wing Community Recreation building).** Everyone had soo much fun last time we're going bowling again! FREE to attend, sign up required & healthy snack provided.



## 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 - 11:30am 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

## \*Sewing Machine Clinic (\*Pre Registration Required)

**November 4th - by appointment @FM Lawrencetown**

Do you have a sewing machine at home but you're not sure how to use it or whether it works?

- Bring your machine, thread, accessories and foot pedal/power cable
- Learn how to set up your machine - including how to thread it, winding a bobbin & setting correct tension.
- Trouble shoot any issues it has sewing &/or figure out if it is broken
- Learn basic sewing machine maintenance

## \*Learn to sew (\*Pre Registration Required)

Want to learn how sew and use a sewing machine? Come to our new beginners sewing classes. All supplies included FREE of charge & childcare provided on site

**Group 1:- at Family Matters, 10 Middle Road, Lawrencetown**

**November 14th, 9:30 - 11:30am (FULL),**

### Part 2

- How to use your prepared pattern pieces
- Cutting out your bag pieces
- How to pin & sew your bag together using the skills you learned in the previous class.

**Group 2: at Family Matters, 10 Middle Road, Lawrencetown**

**November 7th, 1 - 2:30pm (Limited spaces still available)**

### Part 1

- Sewing machine basics
- Preparing your pattern
- Selecting fabrics
- Learn how to sew a French seam & a narrow machine hem

**November 14th, 1 - 2:30pm (Limited spaces still available)**

### Part 2

- How to use your prepared pattern pieces
- Cutting out your bag pieces
- How to pin & sew your bag together using the skills you learned in

## \*Promoting Positive Behaviours Course

**Mondays from 16th September - 18th November**

**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.



**The Incredible Years**

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

**9:30-11:30am at Family Matters, 10 Middle Rd, Lawrencetown**

Join Family Matters and SchoolsPlus Annapolis for this FREE 9

Week **Incredible Years** program for parents/caregivers/guardians of children ages 4 – 10. 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.

## 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)**

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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	
		<p><b>*Sign up required for all events in blue as spaces are limited</b></p>			<p><b>Lawrencetown playgroup</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>Baby group</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>Mental Health Support Group</b> 9:30 - 11:30am @FM Lawrencetown</p>		
3	<p><b>Sewing Machine Clinic</b> @FM Lawrencetown (by Appointment)</p> <p><b>Cornwallis Playgroup</b> 9:30 - 11:30am @Room 101, Desmond Piers Memorial Hall, 268 Marine Drive, Cornwallis</p> <p><b>*Promoting Positive Behaviours Course</b> @FM Lawrencetown</p> <p><b>Fatherhood Matters</b> 6 - 8pm @FM Lawrencetown</p>	<p><b>*Jr. Kindergarten</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>*Incredible Years Course</b> 9:30 - 11:30am @FM Lawrencetown</p>	<p><b>Bridgetown Parent Time &amp; Curious Kids</b> 9:30 - 11:30am @Bridgetown Legion</p> <p><b>Wilmot Playgroup</b> 1 - 3pm @Kinsmen Center, 209 Dodge Rd, Wilmot</p>	<p><b>Middleton Firehall Field Trip</b> 10 - 11am @Middleton Fire Hall, 49 Church Street, Middleton.</p> <p><b>Learn to Sew Part 1 - Group 2</b> 1 - 2:30pm @FM Lawrencetown</p>	<p><b>Lawrencetown playgroup</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>Baby group</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>Mental Health Support Group</b> 9:30 - 11:30am @FM Lawrencetown</p>	9	
10	<p><b>Closed for Remembrance Day</b></p> 	<p><b>*Jr. Kindergarten</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>*Incredible Years Course</b> 9:30 - 11:30am @FM Lawrencetown</p>	<p><b>Bridgetown Parent Time &amp; Curious Kids</b> 9:30 - 11:30am @Bridgetown Legion</p> <p><b>Wilmot Playgroup</b> 1 - 3pm @Kinsmen Center, 209 Dodge Rd, Wilmot</p>	<p><b>Learn to Sew Part 2 - Group 1</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>Learn to Sew Part 2 - Group 2</b> 1 - 2:30pm @FM Lawrencetown</p>	<p><b>Lawrencetown playgroup</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>Baby group</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>Mental Health Support Group</b> 9:30 - 11:30am @FM Lawrencetown</p>	16	
17	<p><b>Cornwallis Playgroup</b> 9:30 - 11:30am @Room 101, Desmond Piers Memorial Hall, 268 Marine Drive, Cornwallis</p> <p><b>Book Club</b> 6 - 7:30pm @FM Lawrencetown</p> <p><b>*PPB Course</b> @FM Lawrencetown</p>	<p><b>*Jr. Kindergarten</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>*Incredible Years Course</b> 9:30 - 11:30am @FM Lawrencetown</p>	<p><b>National Children's Day Event</b> 10 - 11:30am @Bridgetown Legion</p>	<p>Middleton Parent Time &amp; Curious Kids 9:30 - 11:30am @St John's United Church, Middleton</p> <p><b>Craft Club</b> 1 - 2:30pm @ FM Lawrencetown</p>	<p><b>Lawrencetown playgroup</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>Baby group</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>Mental Health Support Group</b> 9:30 - 11:30am @FM Lawrencetown</p>	<p><b>*My Fundy Holiday</b> with Aurora the Mermaid &amp; Billy Bones the Friendly Pirate 1- 3pm @ FM Lawrencetown</p>	23
24	<p><b>Cornwallis Playgroup</b> 9:30 - 11:30am @Room 101, Desmond Piers Memorial Hall, 268 Marine Drive, Cornwallis</p> <p><b>Board Meeting 11am AGM 12:45am</b> @FM Lawrencetown</p>	<p><b>*Jr. Kindergarten</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>*Incredible Years Course</b> 9:30 - 11:30am @FM Lawrencetown</p>	<p><b>Bridgetown Parent Time &amp; Curious Kids</b> 9:30 - 11:30am @Bridgetown Legion</p> <p><b>Wilmot Playgroup</b> 1 - 3pm @Kinsmen Center, 209 Dodge Rd, Wilmot</p>	<p><b>Bowling Field Trip</b> (to be confirmed) 10 - 11:30am @the Greenwood Bowling Center, 110 Church St, Greenwood (In the basement of the 14 Wing Community Recreation building).</p>	<p><b>Lawrencetown playgroup</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>Baby group</b> 9:30 - 11:30am @FM Lawrencetown</p> <p><b>Mental Health Support Group</b> 9:30 - 11:30am @FM Lawrencetown</p>	30	