

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

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



February 2025 Newsletter

"Building Happy, Healthy Families!"

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

- Feb 3** - Winter fun with the County Active Team , 10 - 11:30am @Fort Anne, 323 St George Street, Annapolis Royal.
 - Feb 3** - Fatherhood Matters 6pm @FM Lawrencetown
 - Feb 4, 11, 18, 25** - Junior Kindergarten 9:30 - 11:30am
 - Feb 5** - Winter fun with the County Active Team , 10 - 11:30am @Jubilee Park, 232 Evangeline Trail, Bridgetown
 - Feb 5, 19 & 26** - ***NEW*** Baby Group 1 - 3pm
 - Feb 5, 19 & 26** - ***NEW*** Lawrencetown Playgroup 1 - 3pm
 - Feb 6 & 27** - Middleton Parent Time 9:30 - 11:30am
 - Feb 7** - Winter fun with the County Active Team , 10 - 11:30am @FM Lawrencetown
 - Feb 7, 14, 21, 28** - Mental Health Peer Support Group 9:30 - 11:30am
 - Feb 7, 14, 21, 28** - Baby Group 9:30 - 11:30am
 - Feb 8**, The Adventures of Aurora & Billy Bones 1 - 3pm @FM Lawrencetown
 - Feb 10** - Annapolis Area Playgroup 9:30 - 11:30am @Location To Be Confirmed
 - Feb 10** - Book Club 6 - 7:30pm @FM Lawrencetown
 - Feb 12** - Adopt a Valentine event 10 - 11:30am @The Bridgetown Legion
 - Feb 13** - Date night cooking 9:30 - 11:30am @St John's United, 202 Main St, Middleton
 - Feb 14, 21, 28** - Lawrencetown Playgroup 9:30 - 11:30am
 - Feb 17 - Heritage Day - No Programs**
 - Feb 19 & 26** - Bridgetown Parent Time 9:30 - 11:30am
 - Feb 20** - Learn to Sew a Ruffled Cushion: Group 1 (9:30 - 11:30am), Group 2 (1 - 2:30pm) @FM Lawrencetown
 - Feb 24** - Board meeting 12:30pm
 - Feb 24** - Breakfast with friends 9:30 - 11:30am @Location TBC
 - Feb 27** - Chit Chat Club 1 - 2:30pm @FM Lawrencetown
- *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

Message our FB page or call us on 902 584 2210 to sign up for the programs below!

COMING SOON TO FAMILY MATTERS

THE ADVENTURES OF AURORA & BILLY BONES

Treasure Hunt	Singing
Music Bingo	Trivia
Games	Colouring
Comedy	Improv
Dancing	Storytelling
Yoga	Puppets

ALL AGES

FOR YOUNG EXPLORERS & THEIR FAMILIES TO ENJOY.

Come play for FREE on Saturdays, 1-3pm
• Oct 26 • Nov 23 • Dec 14 • Jan 11

Contact Family Matters at 902-584-2210

Come and join Aurora the Mermaid and Billy Bones the friendly pirate Saturday Feb 8th, 1 - 3pm at Family Matters, 10 Middle Rd, Lawrencetown.

FREE to attend but sign up required.

Winter Active Fun! Come and join us along with the County active team from 10 - 11:30am at the following locations this week! Monday 3rd @Fort Anne, Annapolis Royal, Wed 5th @Jubilee Park, Bridgetown & Friday 7th @FM Lawrencetown

FREE to attend but sign up required

WINTER ACTIVE FUN!

Come join Family Matters and the County Winter active team this week. Feb 3rd @ Annapolis Royal Fort Grounds, Feb 5th @ Jubilee Park, Bridgetown and Feb 7th @ our Lawrencetown Site. From 10 to 11 thirty.

Free to attend but sign up is required. Please contact us by calling 902-584-2210 or message us at our Facebook page

Come Join Family Matters for our Adopt a Valentine Event

We will be at the Bridgetown Legion Wed Feb 12th from 9:30 - 11:30

Come pick out a new friend to adopt, take a picture and fill out your adoption papers. Have a snack and play



Free to attend but please sign up either by calling the office at 902-584-2210 or message our Facebook page

Join us for our Adopt a Valentine Event! We will be at the Bridgetown Legion Wed Feb 12th from 9:30 - 11:30 - Come pick out a new friend (stuffie) to adopt, take a picture and fill out your adoption papers, have a snack and play!

FREE to attend but sign up required

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.

Annapolis Area Playgroup

Monday mornings 9:30 - 11:30am, at a new location to be confirmed.

Lawrencetown Playgroup

Friday mornings 9:30 - 11:30am, Wednesday afternoons 1 - 3pm at Family Matters, 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

Chit Chat Club

4th Thursday afternoon of the month 1 - 2:30pm at Family Matters, Lawrencetown

Take a break from hectic family life and come chat to other parents & caregivers while your children enjoy play time and a healthy snack with us across the hall. Refreshments provided, FREE to attend & no sign up required.

Baby Mother Goose

Friday mornings 9:30 - 11:30, Wednesday Afternoons 1 - 3pm 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.

Field trips - Ongoing throughout the year

Join us throughout the county for field trips at various locations.

[*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

*Learn to sew course (*Pre Registration Required)

Thursday February 20 - Learn to Sew a Ruffled Cushion Cover . (Group 1 9:30-11:30am, Group 2 1-2:30pm)

Learn how to sew & use a sewing machine with our beginner sewing classes. All supplies and use of sewing machine are provided for each project FREE of charge & limited on site childcare is available.

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.

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.

More February Events!

Message our FB page or call us on 902 584 2210 to sign up for the programs below!

Male identifying caregivers and their children age 4+ come join Fatherhood Matters for a fun night of meal prepping for cooking with an air fryer! 6pm - Monday 3rd February at FM Lawrencetown. **FREE to attend but pre registration required as spaces are limited.** Call Fatherhood Matters on 902 679 9350 or email coldford@fsens.ns.ca to sign up.



Date Night Cooking with Family Matters

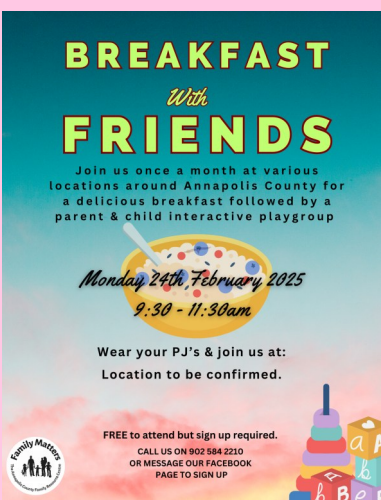
Thursday Feb 13th @ St John's United Church
202 Main Street Middleton from 9:30-11:30
Join us to learn how to make an appetizer, main course and dessert whether for that special someone or just for yourself. Please register for the event @ 902-548-2210 or message our Facebook page.



Join us to learn how to make an appetizer, main course and dessert.. whether for that special someone or just for yourself! Thursday 13th February, 9:30 - 11:30am at the St John's United Church, 202 Main Street, Middleton. **FREE to attend but sign up required as spaces are limited.** Childcare available on site.

Breakfast with friends!

Wear your PJ's & join us 9:30-11:30am, Monday 24th February for a delicious breakfast followed by a parent & child interactive playgroup. Location to be confirmed **FREE to attend but sign up required.**



Want to get in touch with us?

Miss Denise: denise.familymatters2018@gmail.com
Miss Billie Jo: billiejofamilymatters@gmail.com
Miss Jen: jencfamilymatters@gmail.com
Miss Penny: penny.familymatters@gmail.com
Miss Ayla: aylamedicraft.p.j@gmail.com
Miss Rebecca: rebecca.familymatters@gmail.com
Miss Fiona: fiona.familymatters@gmail.com
Miss Paige: paige.familymatters@gmail.com
Miss Colleen: fhdcfamilymatters@gmail.com
Mr. Jonathan: bookkeeperfm@gmail.com
Miss Katharine: fhccfmlunco@gmail.com

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

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
				*Sign up required for all events in blue as spaces are limited		1
2	3 Winter fun with the County Active Team, 10 - 11:30am @Fort Anne, 323 St George Street, Annapolis Royal. Fatherhood Matters 6pm @FM Lawrencetown	4 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown	5 Winter fun with the County Active Team, 10 - 11:30am @Jubilee Park, 232 Evangeline Trail, Bridgetown Baby group 1 - 3pm @FM Lawrencetown Lawrencetown playgroup 1 - 3pm @FM Lawrencetown	6 Middleton Parent Time 9:30 - 11:30am @St John's United, Middleton	7 Winter fun with the County Active Team, 10 - 11:30am @FM Lawrencetown Baby group 9:30 - 11:30am @FM Lawrencetown Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown	8 My Fundy Holiday With Aurora the Mermaid & Billy Bones the friendly Pirate 1 - 3pm @FM Matters, Lawrencetown
9	10 Annapolis Area Playgroup 9:30 - 11:30am @New location to be confirmed Book Club 6 - 7:30pm @FM Lawrencetown	11 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown	12 Adopt a Valentine Event! 9:30 - 11:30am @The Bridgetown Legion	13 Date Night Cooking 9:30-11:30am @St.John's United Church, 202 Main Street, Middleton.	14 Lawrencetown playgroup 9:30 - 11:30am @FM Lawrencetown Baby group 9:30 - 11:30am @FM Lawrencetown Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown	15
16	17 Heritage Day Closed No Programs	18 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown	19 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion Baby group 1 - 3pm @FM Lawrencetown Lawrencetown playgroup 1 - 3pm @FM Lawrencetown	20 Learn to sew a simple ruffled cushion Group 1, 9:30 - 11:30am @FM Lawrencetown Group 2, 1 - 2:30pm @FM Lawrencetown *Please note—there is no Middleton Parent playgroup today .	21 Lawrencetown playgroup 9:30 - 11:30am @FM Lawrencetown Baby group 9:30 - 11:30am @FM Lawrencetown Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown	22
23	24 Breakfast with friends 9:30 - 11:30am @Location to be confirmed Board meeting 12:30pm	25 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown	26 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion Baby group 1 - 3pm @FM Lawrencetown Lawrencetown playgroup 1 - 3pm @FM Lawrencetown	27 Middleton Parent Time 9:30 - 11:30am @St John's United, Middleton Chit Chat Club 1 - 2:30pm @FM Lawrencetown	28 Lawrencetown playgroup 9:30 - 11:30am @FM Lawrencetown Baby group 9:30 - 11:30am @FM Lawrencetown Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown	