

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

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



January 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

2025

HAPPY NEW YEAR

Upcoming Events

- Jan 6 - Family Matters Office re-opens
 - Jan 10, 17, 24, 31 - Mental Health Peer Support Group 9:30 - 11:30am
 - Jan 11, The Adventures of Aurora & Billy Bones 1 - 3pm @FM Lawrencetown
 - Jan 13 - All Programs resume
 - Jan 13, 20, 27 - Cornwallis Playgroup 9:30 - 11:30am
 - Jan 14 & 28 - Junior Kindergarten 9:30 - 11:30am
 - Jan 15 & 29 - Bridgetown Parent Time 9:30 - 11:30am
 - Jan 15 & 29 - ***NEW*** Lawrencetown Playgroup 1 - 3pm
 - Jan 15 & 29 - ***NEW*** Baby Group 1 - 3pm
 - Jan 16 - Learn to Sew Part 3: Group 1 (9:30 - 11:30am), Group 2 (1 - 2:30pm) @FM Lawrencetown
 - Jan 17, 24, 31 - Lawrencetown Playgroup 9:30 - 11:30am
 - Jan 17, 24, 31 - Baby Group 9:30 - 11:30am
 - Jan 20 - Book Club 6 - 7:30pm @FM Lawrencetown
 - Jan 21 - Breakfast with friends 9:30 - 11:30am @Location to be confirmed.
 - Jan 22 - Field Trip to Roo's Playhouse 10 - 11:30am @Roo's Playhouse, Greenwood
 - Jan 23, 30 - Middleton Parent Time 9:30 - 11:30am
 - Jan 23 - ***NEW*** Chit Chat Club 1 - 2:30pm @FM Lawrencetown
 - 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

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 Jan 11th, 1 - 3pm at Family Matters, 10 Middle Rd, Lawrencetown. FREE to attend but sign up required.

Breakfast with friends!

Wear your PJ's & join us 9:30-11:30am, Tuesday 21st January at - location to be confirmed. Enjoy a delicious breakfast followed by a parent & child interactive playgroup. FREE to attend but sign up required (Please note - there is no Junior Kindergarten this day).

BREAKFAST With FRIENDS

Join us once a month at various locations around Annapolis County for a delicious breakfast followed by a parent & child interactive playgroup

Tuesday 21st January 2025
9:30 - 11:30am

Wear your PJ's & join us at:
Location to be confirmed

FREE to attend but sign up required.
CALL US ON 902 584 2210
OR MESSAGE OUR FACEBOOK PAGE TO SIGN UP

Join us for a fun morning at

ROO'S PLAYHOUSE

963 Central Ave, Greenwood

Healthy snack provided for all children attending
10 - 11:30am, 22 January 2025

FREE to attend but sign up required. CALL US ON 902 584 2210 OR MESSAGE OUR FACEBOOK PAGE TO SIGN UP

Join us for a fun morning field trip to Roo's playhouse! 10 - 11:30am, 22nd January 2025. Health snack provided for all children attending. FREE to attend but sign up required (Please note - there is playgroup at the Bridgetown legion this day).

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

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 - 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

*Learn to sew (*Pre Registration Required)

2nd or 3rd Thursday of the month at Family Matters, Lawrencetown. (Group 1 9:30-11:30am, Group 2 1-2:30pm)

Learn how to sew and use a machine with our beginner sewing classes. All supplies and use of sewing machine are provided 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.

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.

Make this bright white 'snow' gluten free play dough recipe for hours of winter themed sensory play!

You will need:

1 cup cornstarch

1/2 cup salt

1 tbsp oil

1 tbsp cream of tartar

1 cup water

A few drops liquid glycerine - not essential, but makes it even smoother!

Optional extras:- Silver glitter &/or Peppermint essence



Method:

Mix all of the dry ingredients in a small sauce pan, add the oil and pour in the water. Heat the ingredients gently in your sauce pan, stirring until it comes together to form a non-sticky ball. Because of the cornstarch, you'll want to take it slow and keep stirring to prevent lumps. The mixture will form into a ball of dough and begin to pull away from the sides of the pan. When it has formed a ball, take it off the heat and plop the ball of dough onto some parchment paper or wax paper and allow to cool. When cool enough to handle, knead it until soft and stretchy. If your snow dough is a bit too sticky, add a little more cornstarch. Optional extras - roll your snow dough in oodles of silver glitter to make it sparkle like snow &/or add a few drops of peppermint essence for an added sensory smell if desired.

Winter Scavenger Hunt

To Listen For



Birds Chirping



The Wind



A Frozen Tree Crackling



Water Dripping From A Branch

To Smell



Bark



Cedar



Snow



Pine

To Feel



Chilly Cheeks



Tree Bark



Ice



Snowflakes On Your Face

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
						
5	6 Family Matters Office is open from today.	7	8	9	10	11
					Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown	My Fundy Holiday With Aurora the Mermaid & Billy Bones the friendly Pirate 1 - 3pm @FM Matters, Lawrencetown
12	13	14	15	16	17	18
	Cornwallis Playgroup 9:30 - 11:30am @Room 101, Desmond Piers Memorial Hall, 268 Marine Drive, Cornwallis	*Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown	Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion Baby group 1 - 3pm @FM Lawrencetown Lawrencetown playgroup 1 - 3pm @FM Lawrencetown	Learn to sew a simple bag part 3 Group 1, 9:30 - 11:30am @FM Lawrencetown Group 2, 1 - 2:30pm @FM Lawrencetown *Please note - Middleton Parent time and playgroup starts back next week.	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	
19	20	21	22	23	24	25
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