

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

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



# April 2025 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

**Apr 1, 8, 15, 22 & 29 - Junior Kindergarten 9:30 - 11:30am**

**Apr 1, 8, 15, 22 & 29 - New Day - Afternoon Baby Group 1 - 2:30pm @FM Lawrencetown**

**Apr 2, 9, 16, 23 & 30 - Bridgetown Parent Time & Playgroup 9:30 - 11:30am**

**Apr 3, 10 & 17 - Back to basics of parenting 3wk certificate course, 9:30 - 11:30am @Three Rivers Community Centre, 41 Messenger Rd, Torbrook Mines.**

**Apr 3, 10, 17 & 24 - Aurora & Billy Bones 4-6pm @FM**

**Apr 4, 11, & 25 - Mental Health Peer Support Group 9:30 - 11:30am**

**Apr 4, 11, & 25 - Baby Group 9:30 - 11:30am**

**Apr 4, 11, & 25 - Lawrencetown Playgroup, 9:30 - 11:30am @FM Lawrencetown**

**Apr 7 - Clementsport Playgroup 9:30 - 11:30am, @Clementsport Legion, 2008 Hwy #1.**

**Apr 7 - Fatherhood Matters 6pm @FM Lawrencetown**

**Apr 14 - Easter egg hunt 10 - 11:30am @Fort Anne, Annapolis Royal**

**Apr 14 - Date TBC - Book Club 6 - 7:30pm with Author Laura Churchill Duke @FM Lawrencetown**

**Apr 18 - Good Friday - No Groups**

**Apr 21 - Easter Monday - No Groups**

**Apr 24 - Learn to Sew a Ruffled Cushion Part 3: 9:30 - 11:30am @FM Lawrencetown**

**Apr 25 - Breakfast with friends 9:30 - 11:30am @FM Lawrencetown**

**Apr 28 - New Participants Program 9:30 - 11:30am, @Clementsport Legion, 2008 Hwy #1. (bi weekly course)**

**Apr 28 - Board meeting 12:30pm**

**There will be a Family Skate this month - Stay tuned for the date when it's confirmed!**

**\*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)

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

## Fatherhood Matters

Male identifying caregivers and their children age 4+ come join Fatherhood Matters for an evening of fun snack prep! 6pm - Monday 7th April 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](mailto:coldford@fsens.ns.ca) to sign up.



**Back to basics of parenting FREE 3wk Certificate Course.** @Three Rivers Community Centre, 41 Messenger Rd, Torbrook Mines. **9:30 - 11:30am Thursday 3rd, 10th & 17th April.** 3 C's of Parenting, learn how YOU make a difference & get ideas for fun activities you can do with your family. Child Care available on site. Call us on 902-584-2210 or message our Facebook page to sign up

## The Adventures of Aurora & Billy Bones

**4 - 6pm every Thursday! 3rd, 10th, 17th & 24th April!** Bring the whole family for lots of fun activities:- games, comedy, dancing, storytelling and more! **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.

### **Clementsport Playgroup**

**Monday mornings 9:30 - 11:30am, Clementsport Playgroup  
9:30 - 11:30am, Clementsport Legion, 2008 Hwy #1.**

### **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**

## Back to the basics of parenting (3wk course)

**Thursday 3rd, 10th & 17th April. 9:30 - 11:30am**

**@Three Rivers Community Centre, 41 Messenger Rd,  
Torbrook Mines**

### 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.

## Field trips - Ongoing throughout the year

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

## 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.

**\*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 course (\*Pre Registration Required)

**\*Thursday 24th April- Learn to Sew a Ruffled Cushion Cover -  
Part 3 @FM Lawrencetown**

**Both groups combined into one session, 9:30-11:30am,**

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.

## More April Events!

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



**Easter Egg Hunt 10 - 11:30am Monday 14th April @Fort Anne, Annapolis Royal.** Put your best Easter outfit on & join us for a fun egg hunt! We will be having professional family pictures taken of participants during the event by Kate Jollymore (photos will be provided at a later date to every family when they are ready). **FREE to attend but sign up required.**

### Breakfast with friends!

Wear your PJ's & join us Friday 25th April 9:30-11:30am, @Family Matters, Lawrencetown for a delicious breakfast followed by a parent & child interactive playgroup. **FREE to attend but sign up required.**



### Family Dance Party - 25th April 6-7pm @FM Lawrencetown

Get your dancing shoes on and bring the whole family for our April party! Sing your hearts out and have fun doing karaoke &/or just have fun dancing along to the tunes! Snack provided for all children attending. **FREE to attend but sign up required.**

### New Families Cooking Program (Bi weekly from April 28th) 9:30 - 11:30am, @Clementsport Legion

We are looking to have new participants come out and what better way to do that than by having our existing participants bring a friend! When you bring a new friend to our cooking program and attend for all 3 sessions: - you will BOTH receive a brand new Airfyer & some fun cooking utensils, while learning cooking tips & tricks and making new memories along the way! **FREE to attend but Pre - Registration required as spaces are limited. Childcare available on site.**



## 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)

## 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)

**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  Baby group 1 - 2:30pm @FM Lawrencetown	2 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion	3 Back to basics (3wk course) 9:30 - 11:30am @Three Rivers Community Centre, 41 Messenger Rd, Torbrook Mines.  Aurora & Billy Bones 4-6pm @FM Lawrencetown	4 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	5
6	7 Clementsport Playgroup 9:30 - 11:30am @Clementsport Legion, 2008 Hwy #1, Clementsport  Fatherhood Matters - Healthy Snacks prep with Dad - 6pm @FM Lawrencetown	8 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown  Baby group 1 - 2:30pm @FM Lawrencetown	9 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion	10 Back to basics (3wk course) 9:30 - 11:30am @Three Rivers Community Centre, 41 Messenger Rd, Torbrook Mines.  Aurora & Billy Bones 4-6pm @FM Lawrencetown	11 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	12
13	14 Easter Walk & Egg Hunt 10 - 11:30am @Meeting at Fort Anne & walking down to boardwalk to the Grant Potter Memorial park, Annapolis Royal  *Book Club (TBC) 6 - 7:30pm @FM Lawrencetown	15 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown  Baby group 1 - 2:30pm @FM Lawrencetown	16 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion	17 Back to basics (3wk course) 9:30 - 11:30am @Three Rivers Community Centre, 41 Messenger Rd, Torbrook Mines.  Aurora & Billy Bones 4-6pm @FM Lawrencetown	18 <b>GOOD FRIDAY</b>	19
20	21 <b>EASTER MONDAY</b> 	22 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown  Baby group 1 - 2:30pm @FM Lawrencetown	23 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion	24 *Learn to sew a simple ruffled cushion Part 2 Group 1, 9:30 - 11:30am @FM Lawrencetown  Aurora & Billy Bones 4-6pm @FM Lawrencetown	25 Breakfast with friends 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  Family Dance Party 6— 7pm @FM Lawrencetown	26
27	28 New Participants Cooking Group & Clementsport Playgroup 9:30 - 11:30am @Clementsport Legion, 2008 Hwy #1, Clementsport  Board meeting 12:30pm	29 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown  Baby group 1 - 2:30pm @FM Lawrencetown	30 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion		*Sign up required for all events in blue as spaces are limited	