

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

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



March 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

Mar 3, 17, 24 & 31 - Clementsport Playgroup 9:30 - 11:30am, Clementsport Legion, 2008 Hwy #1.

Mar 3 - Fatherhood Matters 6pm @FM Lawrencetown

Mar 4, 18 & 25 - Junior Kindergarten 9:30 - 11:30am

Mar 5 & 26 - Bridgetown Parent Time 9:30 - 11:30am

Mar 6 & 27 - Middleton Parent Time 9:30 - 11:30am

Mar 7, 21 & 28 - Mental Health Peer Support Group 9:30 - 11:30am

Mar 7, 21 & 28 - Baby Group 9:30 - 11:30am

Mar 10 - Movie Morning 10-11:30am @Audio Visual Room, Lawrencetown Elementary

Mar 10 - Swimming 2:45-4:45pm @Greenwood base pool

Mar 11 - Family Skate 11 - 12:30pm @Lawrencetown Rink

Mar 12 - The Amazing Mr J (Magician) 10-11am @FM, 10 Middle Road, Lawrencetown

Mar 12 - Catch up session for sewing course 1 - 2:30pm @FM Lawrencetown

Mar 13 - No Programs

Mar 14 - No Programs

Mar 17 - St Patrick's Day Party 9:30-11:30am

@Clementsport legion

Mar 17 - Book Club 6 - 7:30pm @FM Lawrencetown

Mar 19 - Healthy snacks cooking 9:30-11:30am @Bridgetown

Mar 20 - Learn to Sew a Ruffled Cushion Part 2: Group 1 (9:30 - 11:30am), Group 2 (1 - 2:30pm) @FM Lawrencetown

Mar 21 & 28 - Lawrencetown Playgroup, 9:30 - 11:30am @FM Lawrencetown

Mar 24 - Board meeting 12:30pm

Mar 27 - Breakfast with friends 9:30 - 11:30am @St John's United Church, 202 Main St, Middleton

***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!

Fatherhood Matters

Male identifying caregivers and their children age 4+ come join Fatherhood Matters for an evening of fun snack prep! 6pm - Monday 3rd March 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.



Movie Morning

Join us for a movie in the Lawrencetown Elementary Audio Visual Room, Monday 10th March @10am - 11:30am
Please register by calling the office at 902-584-2210 or message our Facebook page

Swimming Afternoon

Come join us at the Greenwood Base Pool from 2:45-4:45pm, Monday 10th March. Please register by calling the office at 902-584-2210 or message our Facebook page.



Family Skate

Tuesday 11th March, 11-12:30pm.
Meet us at Lawrencetown Rink - we will have French Fries and chocolate milk after skating! Please register by calling the office at 902-584-2210 or message our Facebook page

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**

Middleton Parent Time & Curious Kids

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

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 - 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)

***Missed a session and need to catch up?** Come to the catch up sewing session Wednesday 12th March 1 - 2:30pm

***Thursday 20th March- Learn to Sew a Ruffled Cushion Cover -
Part 2. (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.

More March Events!

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



The Amazing Mr J Magician
Come and see the Amazing Mr J, Wednesday 12th March from 10 - 11am @FM Lawrencetown. The Amazing Mr.J's Magic Show guarantees a fun-filled, family friendly, audience interactive performance! All ages welcome! **FREE to attend but sign up required**

St Patrick's Day Event!

Join us Monday 17th March from 9:30 -11:30 @The Clementsport Legion, 2008 Hwy #1, Clementsport for our St Patricks' Day Party! Come and celebrate St Patrick's day, snack provided for all children attending.

FREE to attend but sign up required



Healthy snacks!

Join us Wednesday 19th March from 9:30 -11:30 @The Bridgetown Legion, 20 Jeffery St, Bridgetown. You will prepare and learn about healthy snacks and get some great ideas!

FREE to attend but Pre-Registration required as spaces are limited. Childcare available on site.

Breakfast with friends!

Wear your PJ's & join us Thursday 27th March 9:30-11:30am, @St John's United Church, 202 Main St, Middleton for a delicious breakfast followed by a parent & child interactive playgroup. **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
						1
2	3 Clementsport Playgroup 9:30 - 11:30am @Clementsport Legion, 2008 Hwy #1, Clementsport Fatherhood Matters - Healthy Snacks prep with Dad - 6pm @FM Lawrencetown	4 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown	5 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion	6 Middleton Parent Time 9:30 - 11:30am @St John's United, Middleton	7 Baby group 9:30 - 11:30am @FM Lawrencetown Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown Apologies there is no Lawrencetown playgroup today	8
9	10 *Movie Morning 10-11:30am @Audio Visual Room, Lawrencetown Elementary *Family Swim 2-3pm @Greenwood base pool	11 *Family Skate 11-12:30pm @Lawrencetown Youth Arena	12 *The Amazing Mr J (Magician) 10am-11:30am @FM Lawrencetown *Sewing Group Catch-up session. 1 - 2:30pm	13 No programs	14 No programs	15
March Break						
16	17 *St Patrick's Day Event! 9:30 -11:30am @Clementsport Legion, 2008 Hwy #1, Clementsport *Book Club 6 - 7:30pm @FM Lawrencetown	18 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown	19 *Learn to make healthy snacks 9:30 - 11:30am @Bridgetown Legion	20 *Learn to sew a simple ruffled cushion Part 2 Group 1, 9:30 - 11:30am @FM Lawrencetown Group 2, 1 - 2:30pm @FM Lawrencetown *Please note - there are no Middleton groups 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 Clementsport Playgroup 9:30 - 11:30am @Clementsport Legion, 2008 Hwy #1, Clementsport Board meeting 12:30pm	25 *Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown	26 Bridgetown Parent Time 9:30 - 11:30am @Bridgetown Legion	27 *Parent time & Breakfast with friends 9:30 - 11:30am @St John's United, Middleton	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	29
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