

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

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



May 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

May 1 - Middleton Parent Time & Playgroup 9:30 - 11:30am

May 2, 9, 16, 23 & 30 - Mental Health Peer Support Group 9:30 - 11:30am

May 2, 9, 16, 23 & 30 - Baby Group 9:30 - 11:30am

May 2, 9, 16, 23 & 30 - Lawrencetown Playgroup, 9:30 - 11:30am

May 5 - Rising Roots field trip 10 - 11:30am @Rising Roots

May 5 - Fatherhood Matters 6pm @FM Lawrencetown

May 6 - Mother's day tea 10 - 11:30am @FM Lawrencetown

May 6, 13, 20, 27 - Baby Group 1 - 2:30pm @FM Lawrencetown

May 7 - FM outdoor play space clean up 9:30 - 11:30am

May 8, 22 & 29 - Post partum health & wellness 10am - 12pm @FM Lawrencetown (8 wk course - please note there will be no post partum group on the 15th May & 5th June).

May 8 - Emergency preparedness 1 - 2pm @FM Lawrencetown

May 11 - Wishing you all a Happy Mother's Day!

May 12 & 26 - Clementsport Playgroup 9:30 - 11:30am, @Clementsport Legion, 2008 Hwy #1.

May 12 & 26 - New Participants Program 9:30 - 11:30am, @Clementsport Legion, 2008 Hwy #1. (Sessions 2 & 3)

May 12 - Book Club 6 - 7:30pm @FM Lawrencetown

May 13, 20, 27 - Junior Kindergarten 9:30 - 11:30am

May 14 - Mad science Maritimes 10 - 11:30 @Bridgetown Legion

May 14 - Hug a tree event 1 - 2pm @FM Lawrencetown

May 15 - Learn to sew 9:30 - 11:30am @FM Lawrencetown

May 19 - Victoria Day - No Groups

May 21 - Seed planting for your garden 9:30 - 11:30am @FM Lawrencetown

May 22 - Greenwood base park day 10 - 11:30am

May 26 - Board meeting 12:30pm

May 28 - Bridgetown breakfast with friends 9:30 - 11:30am

***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!

Rising roots field trip

10 - 11:30am Monday 5th May @Rising roots, 2546 Highway 201, Tupperville. Join us as we partner with Rising Roots for a fun morning outdoors in nature! Healthy snack provided for all children attending. **FREE to attend but sign up required.**



Fatherhood Matters - Male identifying caregivers and their children age 4+ come join Fatherhood Matters to paint your own plant pot & plant a seed to take home & watch it grow! 6pm - Monday 5th May 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.



FM Outdoor playground refresh

WE NEED YOUR HELP! 9:30 - 11:30am, Wednesday 7th May @FM Lawrencetown
We are looking for any helping hands to help us clean up our playground and set up/build new fun equipment for the children. (Please note childcare is NOT available as staff will be building the new equipment)



Post partum health & wellness (8 wk course)

10am - 12pm Starting Thursday 8th, 22nd & 29th May @FM Lawrencetown. Sign up for this 8 wk course with Nova Scotia Health via Phone or text: 902-848-6416 or email avprogramregistration@nshealth.ca (please note there will be no post partum group on the 15th May & 5th June). Childcare is available on site.



Mother's Day Tea

9:30 - 11:30am, Tuesday 6th May @FM Lawrencetown. Join us for a delightful morning filled with joy, crafts and a lovely snack. Parent/Child interactive. **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 Groups

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

Tuesday Afternoons 1 - 2:30pm & 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.

Post Partum Mental Health & Wellness

(8wk course with NS Health)

Thursday Starting May 8th 10am - 12pm @FM Lawrencetown.
Childcare available on site & limited transportation available.

Sign up required with NS Health. Please note there will be no group on May 15th & June 5th.

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.

Monthly Registered Programs

*Please contact our main Office on 902 584 2210 or message our Facebook Page to register for 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 15th May - Learn to make a zipped pouch!

All Groups Now 9:30-11:30am

Learn how to sew & use a sewing machine with our beginner sewing classes. Learn how to follow a pattern, about interfacings & zippers & how/when to use them. All supplies and use of a sewing machine is provided for you to complete your project FREE of charge. Limited on site childcare is available.

FREE to attend but pre - registration required as spaces are limited.



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 May Events!

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

Emergency Preparedness with Brian Orde

1 - 2pm, Thursday 8th May @FM Lawrencetown. Are you prepared? You should be. Sometimes, nature doesn't call first. Get your Preparedness Checklist and some starting supplies to start you off with Brian Orde and Family Matters. **Sign up required as spaces are limited & child care available on site.**



New Participants Cooking Program

(May 12th, 26th & June 2nd) 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.



Mad Science Maritimes

Join us for a fun morning all about Fire & Ice with Mad Science Maritimes! 10 - 11:30am Wednesday 14th May @The Bridgetown legion, 20 Jeffery St, Bridgetown. **FREE to attend but sign up required.**



Hug a tree with Brian Mullen 1 - 2pm Wednesday 14th May @FM Lawrencetown. **Hug-a-Tree and Survive** is a program that helps lost children survive in the woods. It teaches children how not to become lost in the woods, and what to do should they become lost. Parent/ Child Interactive. **FREE to attend but sign up required.**

Seed Planting!

9:30 - 11:30am Wednesday 21st May @FM Lawrencetown. Come and learn about how to grow plants from seed and plant a variety of seeds to take home for your garden! A wide variety of seeds will be available. Healthy snack provided for all children attending. **FREE to attend but sign up required.**



Greenwood Base playground field trip!

10 - 11:30am Thursday 22nd May @The large playground on Church St, Greenwood. Healthy snack provided for all children attending.



Breakfast with friends! Wear your PJ's & join us Wednesday 28th May 9:30-11:30am, @The Bridgetown Legion, 20 Jeffery Street, Bridgetown for a delicious breakfast followed by a parent & child interactive playgroup. **FREE to attend but sign up**

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
			<p>*Sign up required for all events in blue as spaces are limited</p>	<p>1</p> <p>Middleton Parent Time & Playgroup 9:30 - 11:30am @St John's United, Middleton</p>	<p>2</p> <p>Lawrencetown playgroup 9:30 - 11:30am @FM Lawrencetown</p> <p>Baby group 9:30 - 11:30am @FM Lawrencetown</p> <p>Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown</p>	
4	<p>5</p> <p>*Rising Roots Field Trip 10 - 11:30am @Rising Roots, 2546 Highway 201, Tupperville.</p> <p>Fatherhood Matters - Paint & plant with Dad 6pm @FM Lawrencetown</p>	<p>6</p> <p>*Mother's day Tea 10 - 11:30am @FM Lawrencetown</p> <p>Baby group 1 - 2:30pm @FM Lawrencetown</p>	<p>7</p> <p>*Family Matters Outdoor Play Space Spring Clean Up & Build Day 9:30 - 11:30am @FM Lawrencetown</p>	<p>8</p> <p>*Post partum health & wellness (1st of 8 wk course) 10am - 12pm @FM Lawrencetown</p> <p>*Emergency Preparedness with Brian Orde 1 - 2pm @FM Lawrencetown (child care provided)</p>	<p>9</p> <p>Lawrencetown playgroup 9:30 - 11:30am @FM Lawrencetown</p> <p>Baby group 9:30 - 11:30am @FM Lawrencetown</p> <p>Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown</p>	10
11	 <p>12</p> <p>*New Participants Cooking Group & Clementsport Playgroup 9:30 - 11:30am @Clementsport Legion, 2008 Hwy #1, Clementsport</p> <p>*Book Club 6 - 7:30pm @FM Lawrencetown</p>	<p>13</p> <p>*Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown</p> <p>Baby group 1 - 2:30pm @FM Lawrencetown</p>	<p>14</p> <p>*Mad Science Maritimes 10 - 11:30am @Bridgetown Legion</p> <p>*Hug a Tree with Brian Mullen 1 - 2pm @FM Lawrencetown (parent / child interactive)</p>	<p>15</p> <p>*Learn to sew - How to put in zippers & make a zipped pouch! 9:30 - 11:30am @FM Lawrencetown</p>	<p>16</p> <p>Lawrencetown playgroup 9:30 - 11:30am @FM Lawrencetown</p> <p>Baby group 9:30 - 11:30am @FM Lawrencetown</p> <p>Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown</p>	17
18	<p>19</p> <p>Victoria Day</p> <p>No Groups</p>	<p>20</p> <p>*Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown</p> <p>Baby group 1 - 2:30pm @FM Lawrencetown</p>	<p>21</p> <p>*Seed planting for your garden 9:30 - 11:30am @FM Lawrencetown</p>	<p>22</p> <p>*Post partum health & wellness (2nd of 8 wk course) 10am - 12pm @FM Lawrencetown</p> <p>Greenwood Base Playground Trip 10 - 11:30am @14 Wing Greenwood Base, Church Ave, Greenwood</p>	<p>23</p> <p>Lawrencetown playgroup 9:30 - 11:30am @FM Lawrencetown</p> <p>Baby group 9:30 - 11:30am @FM Lawrencetown</p> <p>Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown</p>	24
25	<p>26</p> <p>*New Participants Cooking Group & Clementsport Playgroup 9:30 - 11:30am @Clementsport Legion, 2008 Hwy #1, Clementsport</p> <p>Board meeting 12:30pm</p>	<p>27</p> <p>*Jr. Kindergarten 9:30 - 11:30am @FM Lawrencetown</p> <p>Baby group 1 - 2:30pm @FM Lawrencetown</p>	<p>28</p> <p>*Breakfast with friends playgroup 9:30 - 11:30am @Bridgetown Legion</p>	<p>29</p> <p>*Post partum health & wellness (3rd of 8 wk course) 10am - 12pm @FM Lawrencetown</p>	<p>30</p> <p>Lawrencetown playgroup 9:30 - 11:30am @FM Lawrencetown</p> <p>Baby group 9:30 - 11:30am @FM Lawrencetown</p> <p>Mental Health Support Group 9:30 - 11:30am @FM Lawrencetown</p>	31