

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

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



July & August 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 July Events



July 1 Canada Day - Closed - No Programs

July 2, 9, 16 & 23 - Amped Up! 9:30 - 11:30am @FM
Lawrencetown (sign up now closed)

July 2 - Annapolis Royal Pool 1 - 2pm @Annapolis Royal Community
Pool, 62 Champlain Drive, Annapolis Royal

July 3 - Post Partum 10-12pm @FM Lawrencetown (sign up now closed)

July 3 - Children 8yrs+ Learn to sew patchwork! 1 - 2:30pm
Older children aged 8yrs+ with their parents @FM Lawrencetown

July 4 - Hug a tree 10 - 11:30am @Mickey Hill Provincial Park, 7906 Hwy
8, Graywood

July 7 - Mini Hearts Ranch 10 - 11:30am @Location to confirm

July 7 - Book Club 6 - 7:30pm @FM Lawrencetown

July 8 - Baby Group Stroller Walk 9:30 - 11:30am @CARP
Wetland Site, 36 Brooklyn St, Middleton.

July 9 - Bridgetown Pool 1 - 2pm @Bridgetown Centennial Pool, 18
Freeman St, Bridgetown

July 10, 17, 24 & 31 - Summer Salads 9:30 - 11:30am @FM
Lawrencetown

July 10 - How to: Prepare for emergencies! 1 - 2:30pm @FM
Lawrencetown

July 11 - River Ridge 10 - 11:30am @4668 Hwy#10, Pinehurst

July 14 - Let's Do Art! 10 - 11:30am @FM Lawrencetown

July 15 - Baby Group 9:30 - 11:30am @FM Lawrencetown

July 16 - Lawrencetown Pool 1 - 2pm (during Public Swim) @159
Trout Lake Rd, Lawrencetown

July 17 - How to: Change a tire! 1 - 2:30pm @FM Lawrencetown

July 18 - Ivan's Concrete Creations - 10am (& going to beach
after), Meeting at Cosby's garden center, 4122 Sandy Cove Rd, Trunk 3, Brooklyn

July 21 - Music Day! 10 - 11:30am @Margaretsville Community Hall, 1
Seaman St, Margaretsville

July 22 - Baby Group Stroller Walk 9:30 - 11:30am @French
Basin Trail, 160 - 166 Hwy 1, Annapolis Royal.

July 23 - Middleton Pool 2 - 3pm (during Public Swim) @29 Gates
Avenue, Middleton

July 24 - How to: Can! 1 - 2:30pm @FM Lawrencetown

July 25 - Raven Haven Beach 10 - 11:30am @Raven Haven, 2239
Virginia Road, West Springhill

July 28 - Water Fun! 10 - 11:30am @Middleton Splash Pad, 41 School
St, Middleton

July 29 - Baby Group 9:30 - 11:30am @FM Lawrencetown

July 30 - Ambre's Reptiles 10 - 11:30am @FM Lawrencetown

July 30 - Annapolis Pool 1 - 2pm @Annapolis Royal Community Pool, 62
Champlain Drive, Annapolis Royal

July 31 - How to: Navigate meal times with your picky
eaters! 1 - 2:30pm @FM Lawrencetown

Upcoming August Events

Aug 1 - Field Trip to Bent Farms 10 - 11:30am @Bent Farms



Aug 4 - Natal Day - Closed - No programs

Aug 5 - Baby Group Stroller Walk 9:30 - 11:30am @Valleyview
Park, 960 Hampton Mountain Rd, Hampton

Aug 6 - Back to school expo 9:30 - 11:30am @FM Lawrencetown

Aug 6 - Bridgetown Pool 1 - 2pm @Bridgetown Centennial Pool, 18
Freeman St, Bridgetown

Aug 7 - No Groups

Aug 8 - Field trip to Keji 10 - 11:30am @Kejimikujik National Park and
National Historic Site, 3005 Kejimikujik Main Parkway, Maitland Bridge

Aug 11 - 16 Come and see Family Matters at our booth in
the youth arena at the Lawrencetown Exhibition

Aug 11 - Join Family Matters in Exhibition the parade (parade
starts at 6:30pm)

Aug 18 - No Groups

Aug 19 - Baby Group 9:30 - 11:30am @FM Lawrencetown

Aug 20 - Magic Show 10 - 11:30am @FM Lawrencetown

Aug 20 - Lawrencetown Pool 1 - 2pm (during Public Swim) @159 Trout
Lake Rd, Lawrencetown

Aug 21 & 28 - Summer Salads 9:30 - 11:30am @FM
Lawrencetown

Aug 21 - How to - Budget! 1 - 2:30pm @FM Lawrencetown

Aug 22 - Science Show 10 - 11:30am @FM Lawrencetown

Aug 25 - Book Club 6 - 7:30pm @FM Lawrencetown

Aug 26 - Baby group stroller walk and picnic 9:30 - 11:30am
@Meeting at Willet Park, Margaretsville

Aug 27 - Valley View Park 10 - 11:30am @Valleyview Park, 960
Hampton Mountain Rd, Hampton

Aug 27 - Middleton Pool 2 - 3pm (during public swim), 29 Gates Ave,
Middleton

Aug 28 - How To: Do Canning! 1 - 2:30pm @FM Lawrencetown

Aug 29 - No Groups

***Sign up required for all 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

Summer Events!

Call us on 902 584 2210 or Message our Facebook Page to sign up for these programs or for more info.

Looking to learn new things?

Family Matters listened and we have a summer filled with 'How to' sessions.

Starting Thursday July 3 and running every Thursday for the summer from 1-2:30 pm @ our Lawrencetown Site! 10 Middle Road, Lawrencetown



PLEASE REGISTER BY CALLING 902-584-2210 or message our Facebook page

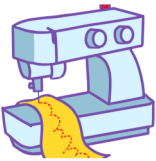
LEARN TO SEW PATCHWORK

CHILDREN (8YRS+) WITH THEIR PARENTS/CAREGIVERS

THURSDAY 3RD JULY FROM 1 - 2:30PM @FAMILY MATTERS, 10 MIDDLE ROAD, LAWRENCETOWN

CALL US ON 902 584 2210 OR MESSAGE OUR FACEBOOK PAGE TO SIGN UP

- FOR CHILDREN AGED 8YRS + OVER WITH THEIR PARENTS/CAREGIVERS
- EACH FAMILY WILL MAKE A PATCHWORK CUSHION USING THE QUILT AS YOU GO METHOD
- ALL SUPPLIES TO COMPLETE THE PROJECT ARE PROVIDED FREE
- LEARN BASIC PATCHWORK SKILLS AND HOW TO QUILT AS YOU GO!
- ON SITE CHILDCARE AVAILABLE FOR YOUNGER SIBLINGS
- SIGN UP REQUIRED AS SPACES ARE LIMITED



WWW.FAMILY-MATTERS.CA

FAMILY MATTERS IS GOING SWIMMING ON WEDNESDAY'S ALL SUMMER

Each Wednesday we will be at a different community pool. Starting in Annapolis Royal, then Bridgetown, Lawrencetown and Middleton.

Please check the calendar for the specific times, dates and areas!



FAMILY MATTERS IS PROUD TO PRESENT THE HUG A TREE PROGRAM FRIDAY JULY 4TH FROM 10-11:30

AT MICKEY HILL PROVINCIAL PARK, 7906 HWY#8, GRAYWOOD, B0S 1A0

THIS IS A PRESENTATION ON BEING PREPARED AND HAVING TOOLS TO HANDLE AN EMERGENCY IN THE WILDERNESS

PLEASE REGISTER BY CALLING THE OFFICE AT 902-584-2210 OR BY MESSAGING THE FACEBOOK PAGE



Summer Salads THAT EAT LIKE A MEAL!

JOIN FAMILY MATTERS FOR A 6 WEEK COOKING PROGRAM

WE ARE TAKING 10 FAMILIES starting Thursday July 10, 2025 from 9:30 - 11:30

CHILDCARE IS AVAILABLE Participants will learn how to prepare the salads and be able to sample all that they produce

PLEASE REGISTER by calling the office @ 902-584-2210 or message the Facebook Page

10 MIDDLE RD LAWRENCETOWN

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

Sign up for programs below

Baby Group

SUMMER SCHEDULE

JUNE, JULY & AUGUST

TUESDAY MORNINGS

10-11:30AM	24th June - Field Trip to Bees Knees, 498 Main St, Lawrencetown (sign up required)
No Groups	1st July - Canada Day!
9:30 - 11:30AM	8th July - Stroller walk @ CARP Wetland Trail, 36 Brooklyn St, Middleton
9:30 - 11:30AM	15th July @ FM Lawrencetown, 10 Middle Road, Lawrencetown
9:30 - 11:30AM	22nd July - Stroller walk @ French Basin Trail, 160-166 Hwy 1, Annapolis Royal
9:30 - 11:30AM	29th July @ FM Lawrencetown, 10 Middle Road, Lawrencetown
9:30 - 11:30AM	5th August - Stroller walk @ Valleyview Park, 960 Hampton Mountain Rd, Hampton
No Groups	See you at the Lawrencetown Exhibition
9:30 - 11:30AM	19th August @ FM Lawrencetown, 10 Middle Road, Lawrencetown
9:30 - 11:30AM	26th August - Stroller walk around Margaretsville - Meeting at Willet Park

902 584 2210 WWW.FAMILY-MATTERS.CA

Family Matters is going to River Ridge Common

July 11, 2025 from 10 - 11:30am
4668 Hwy #10 Pinehurst

PLEASE REGISTER BY CALLING 902-584-2210 OR MESSAGE OUR FACEBOOK PAGE



FAMILY MATTER'S IS GOING ON A FIELD TRIP

ARE YOU READY FOR AN ADVENTURE?

July 18, 2025 - Start time 10 am

Ivan's Concrete Creations

(Cosby's Garden Center)

4122 Sandy Cove Rd, Trunk 3, Brooklyn, Nova Scotia



WE WILL BE GOING TO THE BEACH AFTER, BRING YOUR BEACH GEAR AND YOUR LUNCH!

SO WHAT ARE YOU WAITING FOR? REGISTER BY CALLING THE OFFICE @ 902-584-2210 OR MESSAGE OUR FACEBOOK PAGE



FAMILY MATTER'S PRESENTS ART DAY

MONDAY JULY 14, 2025
10-11:30 AM

FUN ART EXPERIENCES AND ACTIVITIES TO TRY! BE PREPARED TO GET MESSY!

AT FAMILY MATTERS
10 MIDDLE RD, LAWRENCETOWN

PLEASE REGISTER BY CALLING THE OFFICE @ 902-584-2210

OR MESSAGE THE FACEBOOK PAGE



MORNING MUSIC IN MARGARETSVILLE WITH FAMILY MATTERS AND SPECIAL GUESTS

Monday July 21, 2025

10 - 11:30AM

To Register:-

Please call the office at 902-584-2210 or message the Facebook page.



FAMILY MATTER'S IS GOING TO RAVEN HAVEN

JULY 25, 2025
FROM 10-11:30 AM

2239 VIRGINIA, WEST SPRINGHILL



PLEASE REGISTER BY CALLING THE OFFICE @ 902-584-2210 OR MESSAGE THE FACEBOOK PAGE

Family Matters is going to the Splash Pad

Monday 28 July 2025
41 School Street, Middleton
10-11:30 am

To register please call the office @ 902-584-2210 or message the Facebook page



AMBER'S REPTILES ARE COMING TO FAMILY MATTERS

10 - 11:30AM
JULY 30TH, 2025

10 Middle Road, Lawrencetown

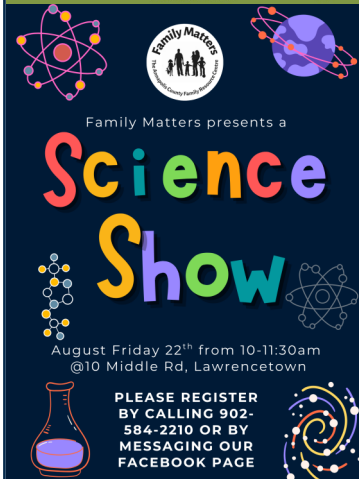
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More Summer Events!

Call us on 902 584 2210 or Message our Facebook Page to sign up for these programs or for more info.



Need a drive to come to our groups & events?

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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.

Baby Mother Goose

Alternate Tuesday Mornings 9:30 - 11:30am@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.

Baby Mother Goose - Stroller Walks

Alternate Tuesday Mornings 9:30 - 11:30am @Locations around Annapolis County. Parents/caregivers and babies meet together for a stroller walk together for exercise & conversation and have fun with their little ones at various locations around Annapolis County.. FREE to attend & no sign up required.

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.

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.

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.

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: fhdccfamilymatters@gmail.com

Mr. Jonathan: bookkeeperfm@gmail.com

Miss Katharine: fhccfmlunco@gmail.com

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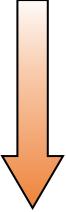


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July Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 Theme Days!		*Amped Up! #4 9:30 - 11:30am @FM Lawrencetown (sign up closed on June 11th) *Annapolis Royal Community Pool, 62 Champlain Drive, Annapolis Royal 1 - 2pm	*Post partum health & wellness (7th of 8 wk course) 10am - 12pm @FM Lawrencetown (sign up now closed) *Children 8yrs+ Learn to sew! 1 - 2:30pm @FM Lawrencetown	*Hug a Tree 10 - 11:30am @Mickey Hill Provincial Park, 7906 Hwy 8, Graywood	
6	*Mini Hearts Ranch 10 - 11:30am @Location to confirm *Book Club 6 - 7:30pm @FM Lawrencetown	Baby group stroller walk 9:30 - 11:30am @CARP Wetland Trail, 36 Brooklyn st, Middleton	*Amped Up! #5 9:30 - 11:30am @FM Lawrencetown (sign up closed on June 11th) *Bridgetown Centennial Pool 18 Freeman St, Bridgetown 1 - 2pm	*Summer Salads 9:30 - 11:30pm @FM Lawrencetown *How To: Prepare for emergencies! 1 - 2:30pm @FM Lawrencetown	*River Ridge 10 - 11:30am @River Ridge, 4668 Hwy#10, Pinehurst	12
13	*Let's Do Art! 10 - 11:30am @FM Lawrencetown	Baby group 9:30 - 11:30am @FM Lawrencetown	*Amped Up! #6 9:30 - 11:30am @FM Lawrencetown (sign up closed on June 11th) *Lawrencetown & District Pool @159 Trout Lake Rd, Lawrencetown 1 - 2pm (during public swim)	*Summer Salads 9:30 - 11:30pm @FM Lawrencetown *How To: Change a tire! 1 - 2:30pm @FM Lawrencetown	*Ivan's Concrete Creations & then to the beach! Meeting at 10am @Ivan's Concrete Creations (Cosby's Garden Center) 4122 Sandy Cove Rd, Trunk 3, Brooklyn	19
20	*Music Fun Day! 10 - 11:30am @Margaretsville Community Hall, 1 Seaman St, Margaretsville	Baby group stroller walk 9:30 - 11:30am @French Basin Trail, 160 - 166 Hwy 1, Annapolis Royal	*Amped Up! #7 9:30 - 11:30am @FM Lawrencetown (sign up closed on June 11th) *Middleton Pool 2 - 3pm (during public swim) 29 Gates Ave, Middleton	*Summer Salads 9:30 - 11:30pm @FM Lawrencetown *How To: Make Sour Dough! 1 - 2:30pm @FM Lawrencetown	*Raven Haven 10 - 11:30am @Raven Haven Beach, 2239 Virginia Road West Springhill	26
27	*Water Fun Day 10 - 11:30am @Middleton Splash Pad, 41 School St, Middleton	Baby group 9:30 - 11:30am @FM Lawrencetown	*Ambre's Reptiles 10 - 11:30am @FM Lawrencetown *Annapolis Royal Community Pool, 1 - 2pm 62 Champlain Drive, Annapolis Royal	*Summer Salads 9:30 - 11:30pm @FM Lawrencetown *How To: Navigate meals times with your picky eaters! 1 - 2:30pm @FM Lawrencetown		

August Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					*Field trip to Bent Farms 10 - 11:30am @Bent Farms - address to come	
3	 NATAL DAY	Baby group stroller walk 9:30 - 11:30am @Valleyview Park, 960 Hampton Mountain Rd, Hampton	*Back to School Expo 9:30 - 11:30am @FM Lawrencetown *Bridgetown Centennial Pool 18 Freeman St, Bridgetown 1 - 2pm	No Groups Today	*Keji 10 - 11:30am @Kejimikujik National Park and National Historic Site 3005 Kejimikujik Main Parkway, Maitland Bridge	
10	See Family Matters in the Exhibition Parade Parade Starts at 6:30pm					
<div>Exhibition Week</div> <div>~~~~~ Come and see us at our booth in the youth arena at the Exhibition ~~~~~</div>						
17	No Groups Today	Baby group 9:30 - 11:30am @FM Lawrencetown	*Magic Show 10 - 11:30am @FM Lawrencetown *Lawrencetown & District Pool 159 Trout Lake Rd, Lawrencetown 1 - 2pm (during public swim)	*Summer Salads 9:30 - 11:30pm @FM Lawrencetown *How To: Budget! 1 - 2:30pm @FM Lawrencetown	*Science Show 10 - 11:30am @FM Lawrencetown	
24	*Book Club 6 - 7:30pm @FM Lawrencetown	Baby group Stroller Walk & Picnic 9:30 - 11:30am @Margaretsville	Valley View Park 10 - 11:30am @Valley View Park. 960 Hampton Mountain Rd, Hampton *Middleton Pool 29 Gates Ave, Middleton 2 - 3pm (during public swim)	*Summer Salads 9:30 - 11:30pm @FM Lawrencetown *How To: Do Canning! 1 - 2:30pm @FM Lawrencetown	No Groups Today	
31						