

April Newsletter

FAMILY MATTERS ACFRC

10 Middle Rd, Lawrencetown,
Nova Scotia, B0S 1M0.



Phone (902) 584 2210
www.family-matters.ca



BUILDING HAPPY, HEALTHY FAMILIES!

Our office is open: Monday - Friday 8am - 3pm

Family Matters - The Annapolis County Family Resource Centre is a non-profit organization in Annapolis County. Our Mission is to develop, co-ordinate & deliver programs, services & supports that are proven to promote the health & well being of children aged 0 - 18yrs and their families, guardians & caregivers in Annapolis County.

What's happening this month

Easter is early this year so we are kicking off April with our Easter Eggstravaganza! Join us Wednesday April 1st from 10 - 11:30am at the Bridgetown Legion. for a fun morning of crafts, dress up, egg hunt and more (Sign up required).

Do you have an infant and maybe wondering how to introduce solid food to your baby? Nova Scotia Health's "First Bites" program starts this month here at Family Matters on Thursday 23rd (see poster on

back page for full information and how to sign up).

Sign up is required for all events listed in blue on the calendar as spaces may be limited for some of these programs.

Call us on 904 584 2210 or message our FB Page to sign up.



Featured Group

Are a single parent? Then why not come to our single parents support group this month! FREE to attend & no sign up required!

For: Single parents & their babies & children

When: 9:30 - 11:30am on Bi-Weekly Thursdays

Where: @Our Main Family Matters Location, 10 Middle Rd, Lawrencetown

Come relax and chat with other Single parents that understand the challenges, highs and lows that every single parent faces in having to be everything at once.

Fully stocked Keurig & childcare available on site.

Free to attend - no sign up required.

Group Dates this Month:
Thursday 2nd, 16th & 30th April
from 9:30 - 11:30am @FM
Lawrencetown



Upcoming Events

April 1: Easter Eggstravaganza
10 - 11:30am @Bridgetown
Legion, 20 Jeffrey St, Bridgetown

April 2, 16 & 30: Single Parents
Support Group 9:30 - 11:30am
@FM Lawrencetown

***April 2:** Nictaux Park &
Playground 10 - 11:30am
@15 Old Runway Drive, Nictaux

April 2 & 9: Post Partum
Mental health & Wellness
10am - 12pm
@FM Lawrencetown (Sign up
required)

WE ARE CLOSED:
April 3: Good Friday
April 6: Easter Monday

April 7, 14, 21 & 28: Junior
Kindergarten 9:30 - 11:30am
@FM Lawrencetown (Sign up
required)

April 7, 14, 21 & 28: Baby
Group 1 - 2:30pm @FM
Lawrencetown

***April 7, 14, 21 & 28:** Amped
Up (7wk program) 6 - 8pm
@Family Matters Lawrencetown
(Sign up required)

Easter

EGGSTRAVAGANZA



10 - 11:30am, Wednesday 1st April
@Bridgetown Legion, 20 Jeffrey St, Bridgetown

Egg Hunt, Crafts, Dress Up Fun, Healthy Snack & more!



FREE to attend but pre registration required: Please message our Facebook Page or call our office at 902-584-2210 to sign up



NICTAUX PARK AND PLAYGROUND

April 2nd, 2026

10 AM - 11:30 AM
15 Old Runway Drive, Nictaux

PLEASE REGISTER BY

Calling the office at 902-584-2210 or
message our Facebook page



Upcoming Events Continued

April 8, 15, 22 & 29:

Bridgetown Parent-Time & Playgroup 9:30 - 11:30am
@Bridgetown Legion, 20 Jeffrey St, Bridgetown

April 9, 16, 23 & 30: Middleton Playgroup, 10 - 11:30am
@Middleton Library

April 10, 17 & 24:

Baby group, 9:30 - 11:30am
@FM Lawrencetown

April 10, 17 & 24:

Lawrencetown Playgroup, 9:30 - 11:30am @FM Lawrencetown

April 13, 20 & 27:

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

April 13, 20 & 27:

Lawrencetown Parent - Time 9:30 - 11:30am, @FM Lawrencetown

***April 23 & 30:** First Bites (4wk program) 10 - 11:30am @FM Lawrencetown

April 27: Board Meeting 12:30pm @FM Lawrencetown

April 27: Book Club 6 - 7:30pm @FM Lawrencetown

***April 28:** Supper & Games Night 5:30 - 7:30pm @FM Lawrencetown

***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 or email rebecca.familymatters@gmail.com

LCS STUDENTS & FAMILIES

Lawrencetown Consolidated School

LAWRENCETOWN CONSOLIDATED SCHOOL OPEN GYM NIGHTS

WEDNESDAY NIGHTS
6:00-8:00 PM
JANUARY-APRIL

LCS GYM
10 MIDDLE RD,
LAWRENCETOWN

ACTIVITIES
GYM ACTIVITIES
SPORTS
BOARD GAMES
TEAM GAMES
PLAY TIME
+ HEALTHY SNACKS

Family Matters
COUNTY OF ANNAPOLIS

REC@ANNAPOLISCOUNTY.CA

Looking for a fun, easy, night with the family?

Come on out to GAME ON!
Our Family supper and Games Night.

Family Matters will prepare a meal for you and your family - while you relax, eat and play games!

5:30 - 7:30pm, April 28th 2026
@FM Lawrencetown

Please message our Facebook page or call the office @ 902-584-2210 to register



Parent Time Play 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 & more! FREE to attend & no sign up required.

Lawrencetown Parent-Time:
Monday mornings 9:30 - 11:30am @FM Lawrencetown

Bridgetown Parent Time & Playgroup:
Wednesday Mornings 9:30 - 11:30am, @Bridgetown Legion, 20 Jeffery St, Bridgetown.

Single Parents Support Group: Bi Weekly (April 2nd, 16th & 30th) 9:30 - 11:30am, @FM Lawrencetown



Parent/Caregiver & Baby/Child Interactive Playgroups

Join us at any of our parent/caregiver & baby/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 Legion, 2008 Hwy #1, Clementsport.

Middleton Playgroup
Thursday mornings 10 - 11:30 @The Middleton Library, 45 Gates Ave, Middleton.

Lawrencetown Playgroup
Friday mornings 9:30 - 11:30am at Family Matters, Lawrencetown

Baby Mother Goose
Tuesday afternoons 1 - 2:30pm & Friday mornings 9:30 - 11:30 at Family Matters, Lawrencetown. Moms, Dads, Caregivers and their babies (up to 18m) meet together to enjoy playtime, crafts, songs, rhymes, parenting discussions, occasional guest speakers, and more.

Registered Programs

***Please call us on 902 584 2210 or message our Facebook Page to register for these programs.**

Book Club
2nd or 3rd Monday of the month from 6 - 7:30pm at Family Matters, Lawrencetown.

Join us once a month for the discussion on last months book. Books are provided and childcare available on site.



Jr. Kindergarten Kids
Tuesdays 9:30-11:30am at Family Matters, Lawrencetown

A registered program for children starting pre-primary or primary in Fall 2026. 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.



Family Matters Services

Ongoing as needed throughout the year

Lending Library

Come visit our main location or ask staff about our children's books, toys, resources and breast pump lending opportunities.

Car Seat Technicians

Need help installing a car seat? Want your car seat checked to make sure it is installed properly? Contact Rebecca, Ayla or Fiona to help you out at 902 584 2210 or message our FB page.

Mother Hubbard's Cupboard

Our community cupboard has moved off site. We have clothing, diapers, food & other baby items available. Open by appointment on Tuesdays, Wednesdays & Thursdays from 11am - 2pm. Call us or message our FB page to set up a time to visit. If you have anything that you would like to donate please check with staff.

Parenting Journey

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.

Drop in Play

@ 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.

Need to get in touch?



Contact us
by email:-

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:

fhccfmannaco@gmail.com

Mr. Jonathan:

bookkeeperfm@gmail.com

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 at:-
www.familyhomechildcarens.ca

Family Home Child Care Providers

Going back to work? Need child care? Get in touch with our consultant to find an approved home in both Annapolis & Lunenburg Counties.

All Family Matters Homes Child Care Homes are supported by our consultants.

- For Annapolis County enquiries call Colleen Jodoin on 902 824 4249 or email: fhccfmannaco@gmail.com
- For Lunenburg County enquiries call Katharine Wile on 902 521 2757 or email fhccfmlunco@gmail.com



April 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday / Sunday

Monday		Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
<p>All programs are FREE to attend</p> <ul style="list-style-type: none">  Sign up required  Parent Time Playgroups  Parent/Child Interactive Playgroups 			<p>1</p> <p>*Easter Eggstravaganza 10 - 11:30am @Bridgetown Legion, 20 Jeffery St, Bridgetown</p> <p>Family Gym Night 6 - 8pm @LCS Gymnasium (Sign up required)</p>	<p>2</p> <p>Single Parents Support Group 9:30 - 11:30am @FM Lawrencetown</p> <p>Nictaux Playgroup 10 - 11:30am @15 Old Runway Drive, Nictaux</p> <p>*Post Partum Mental Health & Wellness (#7 of 8wk program) 10am - 12pm @FM Lawrencetown</p>	<p>3</p> <p>Good Friday</p> 	<p>4 / 5</p>
<p>6</p> <p>Easter Monday</p> 	<p>7</p> <p>*Junior Kindergarten 9:30 - 11:30am @FM Lawrencetown (Sign up required)</p> <p>Baby Group 1 - 2:30pm @FM Lawrencetown</p> <p>*Amped Up Course 6 - 8pm (#1 of 7wk program) @FM Lawrencetown (Sign up required)</p>	<p>8</p> <p>Bridgetown Parent-time & Playgroup 9:30 - 11:30am @Bridgetown Legion, 20 Jeffery St, Bridgetown</p> <p>Family Gym Night 6 - 8pm @LCS Gymnasium (Sign up required)</p>	<p>9</p> <p>Middleton Playgroup 10 - 11:30am @Middleton Library, 45 Gates Avenue, Middleton</p> <p>*Post Partum Mental Health & Wellness (#8 of 8wk program) 10am - 12pm @FM Lawrencetown</p>	<p>10</p> <p>Baby Group 9:30 - 11:30am @FM Lawrencetown</p> <p>Lawrencetown Playgroup 9:30 - 11:30am @FM Lawrencetown</p>	<p>11 / 12</p>	
<p>13</p> <p>Lawrencetown Parent-time 9:30 - 11:30am @FM Lawrencetown</p> <p>Clementsport Playgroup 9:30 - 11:30am @Clementsport Legion, 2008 Hwy #1.</p>	<p>14</p> <p>*Junior Kindergarten 9:30 - 11:30am @FM Lawrencetown (Sign up required)</p> <p>Baby Group 1 - 2:30pm @FM Lawrencetown</p> <p>*Amped Up Course 6 - 8pm (#2 of 7wk program) @FM Lawrencetown (Sign up required)</p>	<p>15</p> <p>Bridgetown Parent-time & Playgroup 9:30 - 11:30am @Bridgetown Legion, 20 Jeffery St, Bridgetown</p> <p>Family Gym Night 6 - 8pm @LCS Gymnasium (Sign up required)</p>	<p>16</p> <p>Single Parents Support Group 9:30 - 11:30am @FM Lawrencetown</p> <p>Middleton Playgroup 10 - 11:30am @Middleton Library, 45 Gates Avenue, Middleton</p>	<p>17</p> <p>Baby Group 9:30 - 11:30am @FM Lawrencetown</p> <p>Lawrencetown Playgroup 9:30 - 11:30am @FM Lawrencetown</p>	<p>18 / 19</p>	
<p>20</p> <p>Staff Training</p> <p>No Programs</p>	<p>21</p> <p>*Junior Kindergarten 9:30 - 11:30am @FM Lawrencetown (Sign up required)</p> <p>Baby Group 1 - 2:30pm @FM Lawrencetown</p> <p>*Amped Up Course 6 - 8pm (#3 of 7wk program) @FM Lawrencetown (Sign up required)</p>	<p>22</p> <p>Bridgetown Parent-time & Playgroup 9:30 - 11:30am @Bridgetown Legion, 20 Jeffery St, Bridgetown</p> <p>Family Gym Night 6 - 8pm @LCS Gymnasium (Sign up required)</p>	<p>23</p> <p>Middleton Playgroup 10 - 11:30am (new time) @Middleton Library, 45 Gates Avenue, Middleton</p> <p>*First Bites (#1 of 4wk program) 10am - 11:30am @FM Lawrencetown</p>	<p>24</p> <p>Baby Group 9:30 - 11:30am @FM Lawrencetown</p> <p>Lawrencetown Playgroup 9:30 - 11:30am @FM Lawrencetown</p>	<p>25 / 26</p>	
<p>27</p> <p>Parent-time 9:30 - 11:30am @FM Lawrencetown</p> <p>Clementsport Playgroup 9:30 - 11:30am @Clementsport Legion, 2008 Hwy #1.</p> <p>Board Meeting 12:30pm @FM Lawrencetown</p> <p>*Book Club 6 - 7:30pm @FM Lawrencetown</p>	<p>28</p> <p>*Junior Kindergarten 9:30 - 11:30am @FM Lawrencetown (Sign up required)</p> <p>Baby Group 1 - 2:30pm @FM Lawrencetown</p> <p>*Supper & Games Night 5:30 - 7:30pm @LEC Gymnasium (Sign up required)</p> <p>*Amped Up Course 6 - 8pm (#4 of 7wk program) @FM Lawrencetown (Sign up required)</p>	<p>29</p> <p>Bridgetown Parent-time & Playgroup 9:30 - 11:30am @Bridgetown Legion, 20 Jeffery St, Bridgetown</p> <p>Family Gym Night 6 - 8pm @LCS Gymnasium (Sign up required)</p>	<p>30</p> <p>Single Parents Support Group 9:30 - 11:30am @FM Lawrencetown</p> <p>Middleton Playgroup 10 - 11:30am @Middleton Library, 45 Gates Avenue, Middleton</p> <p>*First Bites (#2 of 4wk program) 10am - 11:30am @FM Lawrencetown</p>			



First Bites

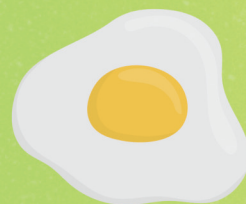
Raising a Happy Eater



This **4-week in-person workshop** provides guidance to caregivers on how to **safely** and **effectively** introduce solid foods to their infants using a **baby-led feeding approach**.

Topics covered include:

- Signs your baby is ready for solids
- Safe food sizes and textures
- Reducing choking risks
- Supporting self-feeding
- Building healthy eating habits



Dates: Thursdays | April 23 – May 14

Registration is for the full 4-week series.

Time: 9:30am – 11:00am

Location: Family Matters (Annapolis County Family Resource Center) 10 Middle Rd, Lawrencetown, NS

Registration: email avprogramregistration@nshealth.ca or call 902-848-6416



Childcare and help with transportation available upon request

