

# June 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

Here at Family Matters we're taking full advantage of the warmer days and venturing out all around Annapolis County for lots of outdoor fun! Join us at Valleyview park for a fun picnic (sign up required) & lots of different park trips this month!

Monday 29<sup>th</sup> June we're having a Canada Day Party! Come help us celebrate from 10 - 11:30am @FM Lawrencetown (sign up required).

Did you miss the Circle of Security program last fall? Our next course

starts June 22<sup>nd</sup> @FM Lawrencetown (sign up required).

Sign up is required for 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

This month come to one of our field trips! **FREE** to attend & sign up is only required if specifically mentioned.

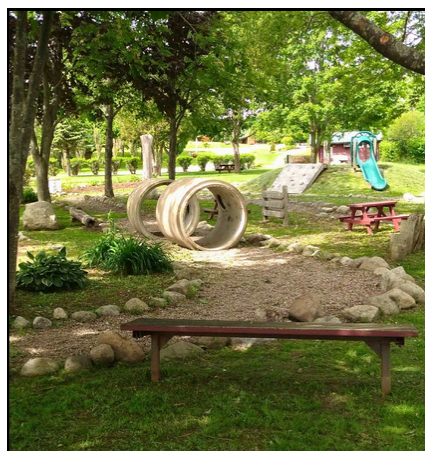
**For:** Parents & caregivers & their babies & children of all ages

**When:** Assorted days! See calendar for details every month.

**Where:** A variety of locations throughout Annapolis County!

When the weather warms up we start visiting all the amazing parks, playgrounds, swimming pools & splash pads (July & August) and other fun places that would be of interest to families. If we organise a field trip to somewhere that has an entrance fee - Family Matters will pay for you to go in!

This month we are visiting: Grant Potter Memorial Park, Nictaux Playground, Jubilee Park, Rotary Park, Greenwood base playground, Valleyview Park & more!



## Upcoming Events

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

**June 1 & 8:** Lawrencetown Parent Time 9:30 - 11:30am @FM Lawrencetown

**\*June 2:** Junior Kindergarten 9:30 - 11:30am @FM Lawrencetown (Sign up required)

**June 2, 9, 16 & 23:** Baby Group 1 - 2:30pm @FM Lawrencetown

**June 3 & 10:** Bridgetown Parent-time & Playgroup 9:30 - 11:30am @Bridgetown Legion, 20 Jeffery St

**June 4, 11 & 25:** Middleton Playgroup, 10 - 11:30am @Middleton Library

**June 5, 19 & 26:** Baby group 9:30 - 11:30am @FM Lawrencetown

**June 5 & 12:** Lawrencetown Playgroup, 9:30 - 11:30am @FM Lawrencetown

**June 8:** Grant Potter Memorial Park 10 - 11:30am @114 Saint George St, Annapolis Royal

**\*June 8:** Fatherhood Matters 6 - 8pm @FM Lawrencetown (Sign up required - Call Fatherhood Matters at 902 679 9350 or email coldford@fsens.ns.ca to sign up).

# JUNE PARK DAYS!

This month come to one of our park days!  
FREE to attend, healthy snack provided for all children attending

8

Grant Potter Memorial Park,  
114 St George Street, Annapolis Royal

16

Nictaux Playground,  
15 Old Runway Drive, Nictaux

17

Jubilee Park, 228 Granville St,  
Bridgetown

18

Hollow Mountain Community Park, 118  
Hollow Mountain Road, Port Royal

19

Greenwood Base, 49 Church St,  
Greenwood

30

Kingston Playground, 1490 Westwood  
St (next to Scotia Center), Kingston

10AM TO  
11:30AM

NO  
SIGN UP  
REQUIRED



# PICNIC in The Park



**FOODS - PLAY - FUN**

JOIN US FOR A DELIGHTFUL  
MORNING OF SUNSHINE, FUN &  
A LOVELY PICNIC IN THE PARK.

WEDNESDAY

**24**

JUNE

**VALLEYVIEW PARK**

**AT 10 - 11:30AM**

960 HAMPTON MOUNTAIN ROAD, BRIDGETOWN

FREE TO ATTEND BUT SIGN UP REQUIRED - PLEASE REGISTER BY CALLING  
THE OFFICE AT 902-584-2210 OR MESSAGE OUR FACEBOOK PAGE

## Upcoming Events Continued

\***June 9:** Junior Kindergarten  
Graduation 10 - 11:30am  
@Lawrencetown United Baptist  
Church, 430 Main St, Lawrencetown

**June 11:** Single parents  
Support Group 9:30 - 11:30am  
@FM Lawrencetown

\***June 12:** Baby Group Field  
Trip 10 - 11:30am  
@Bees Knees, 498 Main St,  
Lawrencetown

**June 15:** No Programs

**June 16:** Nictaux Playground  
10 - 11:30am  
@15 Old Runway Drive, Nictaux

**June 17:** Jubilee Park  
10 - 11:30am @228 Granville  
Street Bridgetown

**June 18:** Hollow Mountain  
Community Park 10 - 11:30am  
@118 Hollow Mountain Road, Port  
Royal

**June 19:** Greenwood Base  
10 - 11:30am @49 Church St,  
Greenwood

\***June 22 & 29:** Circle of  
Security (8wk Course)  
9:30 - 11:30am @FM  
Lawrencetown

**June 22:** Board Meeting  
12:30am @FM Lawrencetown

\***June 22:** Book Club 6 -  
7:30pm @FM Lawrencetown

\***June 23:** Bent/Crouse Farm  
10 - 11:30am @3799 Clarence  
Rd, Clarence

\***June 24:** Valleyview Park 10 -  
11:30am @960 Hampton  
Mountain Road, Bridgetown

\***June 29:** Canada Day  
Celebration 10 - 11:30am  
@FM Lawrencetown

**June 30:** Kingston Playground  
10 - 11:30am @1490 Westwood  
St (next to the arena).

**July 1st: Closed**  
**Happy Canada Day!**

\*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

## Single Parents Supporting Single Parents

Are you a single parent looking for other Single parents to chat with?

Come to Family Matters new Bi-Weekly single parents support group. 9:30 to 11:30am @our main Family Matters Location in Lawrencetown.

Coffee, snacks and chat.  
Free to attend & childcare available on site.

### JUNE GROUP DATE

JUNE 11<sup>TH</sup>

FROM 9:30 - 11:30AM

FREE to attend  
No Sign up required  
Call our office on  
902 584 2210 or  
message our FB Page  
for more information



## FAMILY MATTERS IS HAVING A CANADA DAY PARTY

COME HELP CELEBRATE CANADA DAY WITH US AT OUR MAIN FAMILY MATTERS LOCATION: 10 MIDDLE ROAD, LAWRENCETOWN

**JOIN US FROM  
10 - 11:30AM  
MONDAY JUNE 29**

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



## 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 (14<sup>th</sup> & 28<sup>th</sup> May) 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*

### Miss Katharine:

*fhccfmlunco@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](http://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.

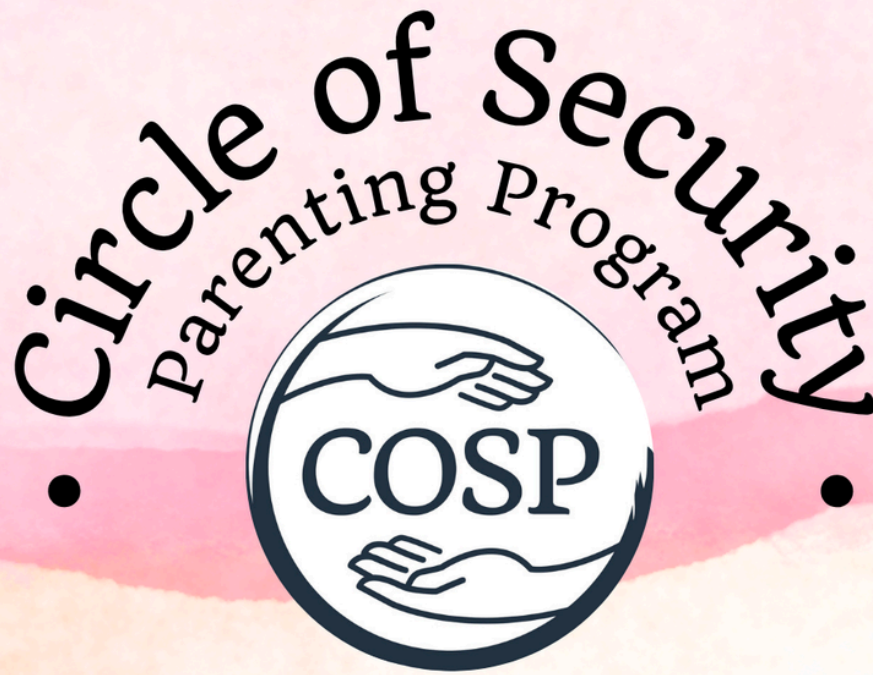
All Family Matters Homes Child Care Homes are supported by our consultants.

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



# June 2026

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday / Sunday     |  |
|--|---|---|--|--|-----------------------|--|
| <p><b>1</b></p> <p><b>Lawrencetown Parent-time</b><br/>9:30 - 11:30am<br/>@FM Lawrencetown</p> <p><b>Clementsport Playgroup</b><br/>9:30 - 11:30am<br/>@Clementsport Legion, 2008 Hwy #1.</p>  | <p><b>2</b></p> <p><b>*Junior Kindergarten</b><br/>9:30 - 11:30am<br/>@FM Lawrencetown (Sign up required)</p> <p><b>Baby Group</b><br/>1 - 2:30pm<br/>@FM Lawrencetown</p>  | <p><b>3</b></p> <p><b>Bridgetown Parent-time &amp; Playgroup</b><br/>9:30 - 11:30am<br/>@Bridgetown Legion, 20 Jeffery St, Bridgetown</p>   | <p><b>4</b></p> <p><b>Middleton Playgroup</b><br/>10 - 11:30am<br/>@Middleton Library, 45 Gates Avenue, Middleton</p>  | <p><b>5</b></p> <p><b>Baby Group</b><br/>9:30 - 11:30am<br/>@FM Lawrencetown</p> <p><b>Lawrencetown Playgroup</b><br/>9:30 - 11:30am<br/>@FM Lawrencetown</p>  | <p><b>6 / 7</b></p>   |  |
| <p><b>8</b></p> <p><b>Lawrencetown Parent-time</b><br/>9:30 - 11:30am<br/>@FM Lawrencetown</p> <p><b>Grant Potter Memorial Park</b><br/>10 - 11:30am<br/>@114 Saint George St, Annapolis Royal</p> <p><b>*Fatherhood Matters</b><br/>6 - 8pm<br/>@FM Lawrencetown (Sign up required - Call Fatherhood Matters at 902 679 9350 or email coldford@fsens.ns.ca to sign up).</p> | <p><b>9</b></p> <p><b>*Junior Kindergarten Graduation</b><br/>10 - 11:30am<br/>@Lawrencetown United Baptist Church Rooms, 430 Main St, Lawrencetown (Sign up required)</p> <p><b>Baby Group</b><br/>1 - 2:30pm<br/>@FM Lawrencetown</p>   | <p><b>10</b></p> <p><b>Bridgetown Parent-time &amp; Playgroup</b><br/>9:30 - 11:30am<br/>@Bridgetown Legion, 20 Jeffery St, Bridgetown</p>  | <p><b>11</b></p> <p><b>Single Parents Support Group</b><br/>9:30 - 11:30am<br/>@FM Lawrencetown</p> <p><b>Middleton Playgroup</b><br/>10 - 11:30am<br/>@Middleton Library, 45 Gates Avenue, Middleton</p>  | <p><b>12</b></p> <p><b>*Baby Group Field trip Knees</b><br/>10 - 11:30am<br/>@Bees Knees, 498 Main St, Lawrencetown</p> <p><b>Lawrencetown Playgroup</b><br/>9:30 - 11:30am<br/>@FM Lawrencetown</p> | <p><b>13 / 14</b></p> |  |
| <p><b>15</b></p>  <p><b>No Programs</b></p>   | <p><b>16</b></p> <p><b>Nictaux Playground</b><br/>10 - 11:30am<br/>@15 Old Runway Drive, Nictaux</p> <p><b>Baby Group</b><br/>1 - 2:30pm<br/>@FM Lawrencetown</p>   | <p><b>17</b></p> <p><b>Jubilee Park</b><br/>10 - 11:30am<br/>@228 Granville Street Bridgetown,</p>  | <p><b>18</b></p> <p><b>Hollow Mountain Community Park</b><br/>10 - 11:30am<br/>@118 Hollow Mountain Road, Port Royal<br/>(Brand New Park Due to Open June 7th!)</p>  | <p><b>19</b></p> <p><b>Baby Group</b><br/>9:30 - 11:30am<br/>@FM Lawrencetown</p> <p><b>Greenwood Base</b><br/>10 - 11:30am<br/>@49 Church St, Greenwood</p>   | <p><b>20 / 21</b></p> |  |
| <p><b>22</b></p> <p><b>*Circle of Security: #1 of 8wk course</b><br/>9:30 - 11:30am<br/>@FM Lawrencetown (sign up required)</p> <p><b>Board Meeting</b><br/>12:30pm<br/>@FM Lawrencetown</p> <p><b>*Book Club</b><br/>6 - 7:30pm<br/>@FM Lawrencetown</p>  | <p><b>23</b></p> <p><b>*Bent/Crouse Farm</b><br/>10 - 11:30am<br/>@3799 Clarence Rd, Clarence</p> <p><b>Baby Group</b><br/>1 - 2:30pm<br/>@FM Lawrencetown</p>  | <p><b>24</b></p> <p><b>*Valleyview Park Picnic</b><br/>10 - 11:30am<br/>@960 Hampton Mountain Road, Bridgetown</p>                          | <p><b>25</b></p> <p><b>Middleton Playgroup</b><br/>10 - 11:30am<br/>@Middleton Library, 45 Gates Avenue, Middleton</p>   | <p><b>26</b></p> <p><b>*Baby Group</b><br/>9:30 - 11:30am<br/>@FM Lawrencetown</p>   | <p><b>27 / 28</b></p> |  |
| <p><b>29</b></p> <p><b>*Circle of Security: #2 of 8wk course</b><br/>9:30 - 11:30am<br/>@FM Lawrencetown (sign up now closed)</p> <p><b>*Canada Day Party</b><br/>10 - 11:30am<br/>@Family Matters Lawrencetown</p>  | <p><b>30</b></p> <p><b>Kingston playground (next to Scotia Center)</b><br/>10 - 11:30am<br/>@Kingston Playground, 1490 Westwood St, Kingston (sign up required)</p> <p><b>Drop in to Family Matters for a FREE Summer Activity Kit!</b><br/>1 - 2:30pm<br/>@FM Lawrencetown</p> | <p><b>JULY 1</b></p>  <p><b>Closed - No Programs</b></p> | <p><b>All programs are FREE to attend</b></p> <ul style="list-style-type: none"> <li><span style="color: blue;">●</span> Sign up required</li> <li><span style="color: green;">●</span> Parent Time Playgroups</li> <li><span style="color: purple;">●</span> Parent/Child Interactive Playgroups</li> </ul> |  |                       |  |



At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.

**The Circle of Security Parenting™** program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

### **Learning Objectives of the 8 week certificate course:**

- Understand your child's emotional world by learning to read their emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

**9:30 - 11:30am every Monday from: June 22<sup>nd</sup> - August 10<sup>th</sup>**

at Family Matters, 10 Middle Road, Lawrencetown

Please note: There will be no group on August 4th (Natal Day) and weeks 7 & 8 are being combined into one session on August 10<sup>th</sup>

**FREE to attend but Pre Registration Required - Message our Facebook Page or call our office on 902 584 2210 to sign up** (On site childcare is available)



#### **For Whom:**

The Circle of Security Parenting program is for parents and caregivers of children from infancy through early adolescence. The program is designed to help you feel more confident in your parenting skills so you can enjoy your child(ren) more, better understand your child's behavior, respond to their needs with more empathy & develop a secure attachment and healthy emotional development in your child(ren).