

Summer Newsletter

FAMILY MATTERS ACFRC

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



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



What's happening this summer

We have lots to keep you busy this summer! Baby group is moving to Tuesday mornings, cooking on Wednesdays, Park days & playgroups on Thursdays & field trips every Friday to name a few!

From 17th - 22nd August there are no programs - find us at our booth at the Lawrencetown Exhibition instead.

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 902 584 2210 or message our FB Page to sign up.

Family Matters team

Cooking on a Budget

Join Family Matters & our friends from the Lawrencetown United Baptist Church this summer for a 6 week cooking on a budget program!

For: Parents & Caregivers

When: Wednesdays from 10am - 12pm starting July 8th

Where: Lawrencetown United Baptist Church, 430 Main St, Lawrencetown

Cooking on a budget doesn't have to mean sacrificing flavour, fun or nutrition! Knowing how to cook on a low budget can be a real game-changer, transforming everyday meals into delicious, wallet friendly dishes.

Come & learn creative strategies, simple recipes & cost-saving tips that make budget cooking a breeze!

When you learn how to cook on a low budget, you gain control over your grocery bills, reduce food waste & make healthier choices at home.

Childcare available on site & all children will be provided with a healthy snack.

FREE to attend but **Sign Up Required** as spaces are limited. Call us on 902 584 2210 or message our FB Page to sign up.



Summer Events

July 1: CLOSED - Canada Day!



July 2, 9 & 16: Middleton Playgroup
10 - 11:30am @Middleton Library, 45
Gates Avenue, Middleton

***July 2 & 9:** Learn to sew (2wk
Adult Sewing Class) 9:30 - 11:30am
@FM Lawrencetown

July 3: Mickey Hill Field Trip
10 - 11:30am @Mickey Hill
Provincial Park, 7906 Hwy#8

***July 6, 13, 20 & 27:** Circle of
Security (8wk Certificate Course)
9:30 - 11:30am @FM Lawrencetown
(Sign up now closed)

July 7, 14 & 21: Baby Group
9:30 - 11:30am @FM Lawrencetown

***July 8, 15, 22 & 29:** Cooking on a
budget (6wk Course) 10 - 12pm
@Lawrencetown United Baptist
Church, 430 Main St, Lawrencetown

July 10: Kejimkujik 10 - 11:30am
@3005 Kejimkujik Main Parkway,
Maitland Bridge

***July 16:** Learn to sew (1wk
Children 8yrs and over with their
parent /caregiver) 9:30 - 11:30am
@FM Lawrencetown

July 17: Aylesford Lake Beach
10 - 11:30am @Aylesford Lake Beach,
580 North River Road, Aylesford

July 23: No Programs

Learn to sew

Want to learn how sew and use a sewing machine?
Come to our 2wk adult beginners sewing classes.



Thursday July 2nd - Part 1

9:30 - 11:30am @FM Lawrencetown

You will learn:

- Sewing machine basics - including threading, tensions & basic stitches
- How to sew a french seam & narrow machine hem
- Prepare your pattern for next week
- Select fabrics for your bag

Thursday July 9th - Part 2

9:30 - 11:30am @FM Lawrencetown

You will learn:

- How to use your prepared pattern pieces
- How to cut out your bag pieces
- How to pin & sew your bag together using the skills you learned in the previous class.

All supplies included
FREE of charge

FREE to attend but Pre - Registration
required as spaces are limited

@Family Matters
10 Middle Road,
Lawrencetown



Call us on 902 584 2210
or message our
Facebook page to
sign up

FREE Childcare available on site

www.family-matters.ca

LEARN TO SEW A PATCHWORK PILLOW CHILDREN (8YRS+) WITH THEIR PARENTS/CAREGIVERS

THURSDAY 16TH JULY

FROM 9:30 - 11:30AM

@FAMILY MATTERS, 10 MIDDLE
ROAD, LAWRENCETOWN

- FOR CHILDREN AGED 8YRS +OVER WITH THEIR PARENTS/CAREGIVERS
- EACH FAMILY WILL MAKE A PATCHWORK CUSHION USING THE QUILT AS YOU GO METHOD WITH A SEWING MACHINE.
- 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

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



WWW.FAMILY-MATTERS.CA



Summer Events Continued

*July 24: Port Royal National Historic Site 10 - 11:30am

@53 Historic Lane, Lower Granville Rd, Port Royal

July 28: Baby Group Field Trip to Raven Haven Beach 10 - 11:30am @2239 Virginia Road, West Springhill

July 30: Splash Pad 10 - 11:30am @41 School Street, Middleton

July 31: River Ridge Common 10 - 11:30am @4668 Hwy10, Pinehurst

August 3: Closed - Natal Day

August 4 & 11: Baby Group 9:30 - 11:30am @FM Lawrencetown

*August 5 & 12: Cooking on a budget 10 - 12pm

@Lawrencetown United Baptist Church, 430 Main St, Lawrencetown

August 6: Rotary Park 10 - 11:30am @337 Marshall St, Middleton

August 7: Middleton Train Museum & Middleton Splash Pad

10 - 11:30am Meeting @Train Museum, 61 School St, Middleton

*August 10: Circle of Security (Weeks 7 & 8) 9:30 - 11:30am

@FM Lawrencetown (Sign up closed)

August 13: No Programs

August 14: Cornwallis Beach 10 - 11:30am @118 Paardeberg St, Cornwallis

August 17 - 22: Come see us at our booth at the Lawrencetown Exhibition

August 24 & 26: No Programs

*August 25: Baby Group Picnic 10 - 11:30am Meeting @Willet Park across from the Community Hall

August 27: Greenwood Base Playground 10 - 11:30am @49 Church St, Greenwood

August 28: Tupperville School Museum 10 - 11:30am @2663 Hwy #201, Tupperville

August 31 - September 11: No Programs

September 7: Closed - Labour Day

September 14: Regular Fall Programs Resume

*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

FIELD TRIP FRIDAYS!

Come to one of our field trips this summer!

FREE to attend & healthy snack provided for all children attending

JULY ← AUGUST →	3	Mickey Hill, 7906 Hwy#8, Graywood
	10	Kejmkujik National Park, 3005 Kejmkujik Main Parkway
	17	Aylesford Lake Beach, 580 North River Road, Aylesford Lake
	24	Port Royal Historic Site, 53 Historic Lane, Lower Granville Rd
	31	River Ridge Common, 4668 Nova Scotia Trunk 10, Pinehurst
	7	Middleton Train Museum & Splash Pad, 61 School Street, Middleton
	14	Cornwallis Beach, 118 Paardeberg Street, Cornwallis
	28	Tupperville School Museum, 2665 Hwy#201, Tupperville

10AM TO 11:30AM

SIGN UP REQUIRED ONLY FOR PORT ROYAL



Port Royal National Historic Site

Today, the Port-Royal National Historic Site of Canada features a reconstruction of the settlement's early 17th-century buildings, including the distinctive, closed-in quadrangle known as the Habitation. Visitors can step back into the earliest days of French exploration to gain an impression of the place where these early settlers lived.

JOIN US FRIDAY 24TH JULY!

SIGN UP REQUIRED

FREE to attend but Sign Up Required. Call us on 902 584 2210 or message our FB Page to sign up.

- 10 – 11:30am: Port Royal National Historic Site @53 Historic Lane, Lower Granville Rd, Port Royal
- Explore the museum (Family Matters will pay your entrance fee)
- Healthy Snack Provided for all children attending

Lawrencetown Exhibition 17th - 22nd August

Family Matters will be joining the exhibition parade again this year & we would love to have you join us!

If you would like to take part please message our FB page to let us know & meet us 6pm Monday 17th Aug on the Fitch Road.

Come find us at our booth in the Youth Arena and take a break from the exhibition crowds. Find out about all the FREE programs we offer and what we are planning for the fall!

We have a variety of toys and crafts for you to enjoy with your family.

We have a separate baby changing & baby feeding room available for families to use. Our Booth and baby facilities are open from 12pm - 8pm Tuesday to Friday & but closes at 4pm on Monday and approximately 6pm Saturday.

Admission to the exhibition is FREE to everyone on Monday 17th August!
(see <https://valleyex.ca/> for more info)

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.

Field Trip Fridays

Join us on Fridays for a variety of fun field trips from 10 -11:30am FREE to attend & healthy snack provided for all children attending. No Sign up required except for Port Royal National Historic Site.

Middleton Playgroup @The library until 16 July (then park days at various locations)

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



Baby Mother Goose

Tuesdays 9:30 - 11:30 at Family Matters, Lawrencetown (except our 2 field trip days: 10 - 11:30am 28th July to Raven Haven & 25 Aug to Margaretsville). 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 that will resume in September

*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 2027. 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

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: fhdcfamilymatters@gmail.com
- For Lunenburg County enquiries call Katharine Wile on 902 521 2757 or email fhccfmlunco@gmail.com



July 2026

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>CLOSED No Programs</p>	<p>2</p> <p>Middleton Playgroup 10 - 11:30am @Middleton Library, 45 Gates Avenue, Middleton</p> <p>*Learn to Sew (Adult sewing class Week 1) 9:30 - 11:30am @FM Lawrencetown</p>	<p>3</p> <p>Mickey Hill 10 - 11:30am @Mickey Hill Provincial Park, 7906 Hwy#8, Graywood</p>	<p>4 / 5</p>
<p>6</p> <p>*Circle of Security: #3 of 8wk course 9:30 - 11:30am @FM Lawrencetown (sign up now closed)</p>	<p>7</p> <p>Baby Group 9:30 - 11:30pm @FM Lawrencetown</p>	<p>8</p> <p>*Cooking on a budget (#1 of 6 Week Course) 10am - 12pm @430 Main St, Lawrencetown</p>	<p>9</p> <p>Middleton Playgroup 10 - 11:30am @Middleton Library, 45 Gates Avenue, Middleton</p> <p>*Learn to Sew (Adult sewing class Week 2) 9:30 - 11:30am @FM Lawrencetown</p>	<p>10</p> <p>Kejimkujik National Park 10 - 11:30am @3005 Kejimkujik Main Parkway, Maitland Bridge</p>	<p>11 / 12</p>
<p>13</p> <p>*Circle of Security: #4 of 8wk course 9:30 - 11:30am @FM Lawrencetown (sign up now closed)</p>	<p>14</p> <p>Baby Group 9:30 - 11:30pm @FM Lawrencetown</p>	<p>15</p> <p>*Cooking on a budget (#2 of 6 Week Course) 10am - 12pm @430 Main St, Lawrencetown</p>	<p>16</p> <p>Middleton Playgroup 10 - 11:30am @Middleton Library, 45 Gates Avenue, Middleton</p> <p>*Learn to Sew (Children 8yrs and over with their parents/caregivers) 9:30 - 11:30am @FM Lawrencetown</p>	<p>17</p> <p>Aylesford Lake Beach 10 - 11:30am @ 580 North River Road, Aylesford Lake</p>	<p>18 / 19</p>
<p>20</p> <p>*Circle of Security: #5 of 8wk course 9:30 - 11:30am @FM Lawrencetown (sign up now closed)</p>	<p>21</p> <p>Baby Group 9:30 - 11:30pm @FM Lawrencetown</p>	<p>22</p> <p>*Cooking on a budget (#3 of 6 Week Course) 10am - 12pm @430 Main St, Lawrencetown</p>	<p>23</p>  <p>No Programs</p>	<p>24</p> <p>*Port-Royal National Historic Site 10 - 11:30am @Port-Royal National Historic Site, 53 Historic Lane, Lower Granville Rd, Port Royal</p> <p>https://parks.canada.ca/lhn-nhs/ns/portroyal</p>	<p>25 / 26</p>
<p>27</p> <p>*Circle of Security: #6 of 8wk course 9:30 - 11:30am @FM Lawrencetown (sign up now closed)</p>	<p>28</p> <p>Baby Group Field Trip to Raven Haven 10 - 11:30pm @2239 Virginia Rd, West Springhill</p>	<p>29</p> <p>*Cooking on a budget (#4 of 6 Week Course) 10am - 12pm @430 Main St, Lawrencetown</p>	<p>30</p> <p>Middleton Splash Pad 10 - 11:30am @Splash Pad, 41 School Street, Middleton</p>	<p>31</p> <p>River Ridge Common 10 - 11:30am @4668 Nova Scotia Trunk 10, Pinehurst</p>	

August 2026

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 					1 / 2
<p>3</p> <h2 style="text-align: center;">Natal Day</h2>  <p style="text-align: center;">Closed No Programs</p>	<p>4</p> <p>Baby Group 9:30 - 11:30pm @FM Lawrencetown</p>	<p>5</p> <p>*Cooking on a budget (#5 of 6 Week Course) 10am - 12pm @430 Main St, Lawrencetown</p>	<p>6</p> <p>Rotary Park day 10 - 11:30am @337 Marshall St, Middleton</p>	<p>7</p> <p>Middleton Train Museum & Middleton Splash Pad 10 - 11:30am Meeting @ Middleton Train Museum, 61 School St, Middleton then heading to Splash Pad, 41 School Street, Middleton afterwards https://middletonrailwaymuseum.ca/visit-us/</p>	8/9
<p>10</p> <p>*Circle of Security: #Weeks 7 & 8 Combined 9:30 - 11:30am @FM Lawrencetown (sign up now closed)</p>	<p>11</p> <p>Baby Group 9:30 - 11:30pm @FM Lawrencetown</p>	<p>12</p> <p>*Cooking on a budget (#6 of 6 Week Course) 10am - 12pm @430 Main St, Lawrencetown</p>	<p>13</p>  <p style="text-align: center;">No Programs</p>	<p>14</p> <p>Cornwallis Beach 10 - 11:30am @118 Paardeberg St, Cornwallis</p>	15/16
<p>17</p> <p>Family Matters will be in the exhibition parade again this year & we would love to have you join us! If you would like to take part please message our FB page to let us know & meet us 6pm Monday 17th Aug on the Fitch Road.</p>	<p>18</p> <p style="text-align: center;">Admission to the exhibition is FREE to everyone on Monday 17th August! (see https://valleyex.ca/ for more info)</p> <p>Come find us at our booth in the Youth Arena and take a break from the exhibition crowds & find out about all the FREE programs we offer and what we are planning for the fall!</p> <p>We have a variety of toys and crafts for you to enjoy with your family & a separate baby changing & baby feeding room available for families to use. Our Booth and baby facilities are open from 12pm - 8pm Tuesday 18th to Friday 21st Aug & closes at 4pm on Monday 17th and approximately 6pm on Saturday 22nd Aug.</p>	<p>19</p>	<p>20</p>	<p>21</p>	<p>22/23</p>
<p>----- LAWRENCETOWN EXHIBITION 17TH - 22ND AUGUST -----</p>					
<p>24</p> <p style="text-align: center;">No Programs</p>	<p>25</p> <p>Baby Group Field trip to Margaretsville 10 - 11:30pm @Meeting at Willet Park across from the Community Hall</p>	<p>26</p>  <p style="text-align: center;">No Programs</p>	<p>27</p> <p>Greenwood base playground 10 - 11:30am @49 Church St, Greenwood</p>	<p>28</p> <p>Tupperville School Museum 10 - 11:30am @2663 Highway #201, Tupperville https://www.tuppervilleschoolmuseum.ca/</p>	29/30
<p>31</p> <p style="text-align: center;">No Programs</p> <p style="text-align: center;">Fall Groups Start on Monday 14th September</p>					