

September Newsletter

FAMILY MATTERS ACFRC

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



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



What's happening this month

We are changing things up a bit this fall with some exciting new programs, different playgroup locations along with many of the regular groups we know you all love.

Note: There are no programs from August 31st to Sept 11th but our main office will be open (except on Friday 4th & Monday 7th Sept).

All programs resume as normal from Monday September 14th starting with our NEW 6wk learn to can course (sign up required).

Expecting a baby? Sign up & join us & NS Health for our 6wk Prenatal Course starting Sep 16th.

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

Family Matters team 

Featured Group

This month come to our **NEW** Create & Play group!

FREE to attend & no sign up required!

For: Parents & caregivers with their babies & children.

When: Every week from 10 - 11:30am

Where: Alternating Library locations - 1st & 3rd Wednesdays @The Middleton Library & 2nd & 4th Wednesdays @The DeVenney Room, Bridgetown & Area Library.

Come and have some educational & creative fun with us every Wednesday! This group will be alternating between The Middleton Library & Bridgetown Library every week.

Each week you and your children will learn and create a different educational activity together that you can take away to have fun with at home.

A wide variety of learning activities will be offered e.g. How to make playdough, messy play, sensory activities, cooking, gardening, music & more!



Upcoming Events

Aug 31 - Sept 3: FM Office open (no programs)

Sept 4 & 7: Closed - No Programs

Sept 8 - Sept 11: FM Office open (no programs)

Sept 14: Fall Programs Resume

***Sept 14, 21 & 28:**
Lawrencetown Parent Time
Learn to Can 9:30 - 11:30am
(6wk course sign up required)
@Lawrencetown United Baptist Church, 430 Main St, Lawrencetown

***Sept 15, 22 & 29 - Junior Kindergarten** 9:30 - 11:30am
@FM Lawrencetown (Sign up required)

Sept 15, 22 & 29 - Baby Group
1 - 2:30pm @FM Lawrencetown

Sept 16 - Middleton create & Play Group 10 - 11:30am
@Middleton Library, 45 Gates Ave, Middleton.

***Sept 16 & 23: Prenatal (6wk Course)** 6 - 8pm
@FM Lawrencetown (Sign up required)



LEARN TO CAN

Ever been curious about how to can? Canning captures fresh produce at the peak of its freshness & flavour so you can store it all through winter! Join our FREE 6 week beginners course & learn how to can a wide variety of produce safely at home.

YOU WILL LEARN:

- The difference between water bath & pressure canning
- Canning Equipment & Utensils
- Sterilization & safe preparation of your jars
- Preparing your food
- How to fill your jars
- Hot pack versus cold pack
- Loading your canner
- The different processing times for high acid & low acid foods
- Common mistakes and how to fix them

FREE TO ATTEND

Childcare available on site

6 Week Course

9:30 - 11:30AM EVERY
MONDAY FROM SEPT 14TH

@Lawrencetown United
Baptist Church, 430 Main St,
Lawrencetown

Pre Registration Required:

Call us or message our
Facebook Page to sign up.

902 584 2210



PRENATAL & PREPARING FOR DELIVERY CLASSES

**WEDNESDAY EVENINGS FROM 6 - 8PM THIS FALL
STARTING SEPTEMBER 16TH FOR 6WKS**

At Family Matters, 10 Middle Road, Lawrencetown

TOPICS INCLUDE :-

Prenatal Care, Nutrition & Health, Self Care, Fetal Development, Stages of Labor & Medical Interventions, Comfort Measures, Infant Feeding, Brain Development, Attachment, Bringing Baby Home & Post Partum.

FREE TO ATTEND BUT PRE REGISTRATION REQUIRED.

TO REGISTER

Call our main office on 902 584 2210 or message our
Facebook page or email fiona.familymatters@gmail.com
/ aylamedicraft.p.j@gmail.com

Upcoming Events Continued

***Sept 16 & 23: Promoting
Positive Behaviours 6:30 -
8:30pm**

@FM Lawrencetown (Sign up
required)

Sept 17 & 24 - Middleton
Playgroup, 10 - 11:30am
@MacDonald Museum, 21
School St, Middleton

Sept 18 & 25: Baby group 9:30
- 11:30am @FM Lawrencetown

Sept 18 & 25: Annapolis Royal
Parent-time & Playgroup 10 -
11:30am @Annapolis Royal
Library, 143 Ritchie Street,
Annapolis Royal

***Sept 21: Book Club 6 -
7:30pm @FM Lawrencetown**

Sept 23: Bridgetown Create &
Play Group 10 - 11:30am
@Bridgetown Library, 38
Queen St, Bridgetown

Sept 28: Board Meeting
12:30am @FM Lawrencetown

**Sept 30: Closed
No Programs:**

**National Day
for Truth &
Reconciliation**



October Programs

Oct 1: *Fatherhood Matters
5:30 - 7:30pm @FM
Lawrencetown

(Sign up required - Call Fatherhood
Matters at 902 679 9350 or email
coldford@fsens.ns.ca to sign up).

***Oct 8: *Post Partum Mental
Health & Wellness (8wk
course) 10am - noon**
@FM Lawrencetown Sign up via NS
Health (see poster on back page)

***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

FAMILY SERVICE NOVA SCOTIA
Child, Youth, and Family Learning Institute

DESIGN WITH DAD!



Dads, male-identifying caregivers, uncles, grandfathers, and children 4+ Join us for an afternoon of designing canvas hats and bags!

Thursday, October 1
5:30-7:30pm
Lawrencetown Consolidated School
10 Middle Rd, Lawrencetown, NS
Supper provided!

Registration Required!
Contact Cindy:
coldford@familyservicens.ca
902-679-9350

If transportation is a barrier, assistance may be available.

FALL/WINTER 2026

Promoting Positive Behaviours in Children

September 16 to October 28
(Wednesday evenings)

6:30 - 8:30 p.m.

Family Matters, Family Resource Centre, Lawrencetown

October 20 to December 8
(Tuesday mornings)

9:30 - 11:30 a.m.

Chipman Building Auditorium, Kentville

An eight week course for parents/caregivers of children between three and 12 years.

Topics include:

- Why children misbehave
- Positive attention
- Increasing cooperation and independence
- Reward and incentive programs
- Effective discipline strategies
- Improving school behaviours
- Managing behaviours in public

For whom:

- Any parent/guardian/caregiver, but especially those managing non-compliant, oppositional, or stubborn children (*children do not participate in group sessions*).
- Parents of children diagnosed with ADHD, ADD and ODD.
- Parents looking for education, support and assistance.

Lawrencetown sessions offer
childcare, e-mail
CYCSgroups@nshealth.ca



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.

Annapolis Royal Parent Time & Playgroup: Friday mornings from 10 - 11:30am @Annapolis Royal Library

Lawrencetown Parent Time & Playgroup (Currently - Learn to Can Course for Sept & Oct: Monday Mornings 9:30 - 11:30am @Lawrencetown United Baptist Church, 430 Main St, 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.

Create & Play!

Wednesday mornings 10 - 11:30am @Middleton Library or Bridgetown Library (alternating Wednesdays). Each week you and your children will learn and create a different educational activity together that you can take away to have fun with at home.

Middleton Playgroup

Thursday mornings 10 - 11:30 @The MacDonald Museum, 21 School St, Middleton.

Baby Mother Goose

Tuesday afternoons 1 - 2:30pm & Friday mornings 9:30 - 11:30 at FM 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 month's 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



September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
31 August   No Programs from Aug 31st - 11th September Our FM Office in Lawrencetown is open except Friday 4th September	1 	2 	3 	4 Closed No Programs	5/6
7 Labour Day  Closed No Programs	8 	9 	10 	11 	12/13
	  No Programs from 1st - 11th September Our FM Office in Lawrencetown re-opens after Labour Day All Fall Programs Resume Monday 14th September				
14 Learn to can #1 9:30 - 11:30am @Lawrencetown United Baptist, 430 Main St, Lawrencetown	15 *Junior Kindergarten 9:30 - 11:30am @FM Lawrencetown (Sign up required) Baby Group 1 - 2:30pm @FM Lawrencetown	16 Middleton Create & Play 10am - 11:30am @Middleton Library, 45 Gates Avenue, Middleton *Prenatal Session #1 6 - 8pm @FM Lawrencetown *Promoting Positive Behaviours #1 6:30 - 8:30pm @FM Lawrencetown	17 Middleton Playgroup 10 - 11:30am (new location) @MacDonald Museum, 21 School St, Middleton	18 Baby Group 9:30 - 11:30am @FM Lawrencetown Annapolis Royal Parent-time & Playgroup 10 - 11:30am (new location) @Annapolis Royal Library, 143 Ritchie Street, Annapolis Royal	19/20
21 Learn to can #2 9:30 - 11:30am @Lawrencetown United Baptist, 430 Main St, Lawrencetown *Book Club 6 - 7:30pm @FM Lawrencetown	22 *Junior Kindergarten 9:30 - 11:30am @FM Lawrencetown (Sign up required) Baby Group 1 - 2:30pm @FM Lawrencetown	23 Bridgetown Create & Play 10am - 11:30am (new location) @The DeVenney Room, Bridgetown & Area Library, 38 Queen St, Bridgetown *Prenatal Session #2 6 - 8pm @FM Lawrencetown *Promoting Positive Behaviours #2 6:30 - 8:30pm @FM Lawrencetown	24 Middleton Playgroup 10 - 11:30am (new location) @MacDonald Museum, 21 School St, Middleton	25 Baby Group 9:30 - 11:30am @FM Lawrencetown Annapolis Royal Parent-time & playgroup 10 - 11:30am (new location) @Annapolis Royal Library, 143 Ritchie Street, Annapolis Royal	26/27
28 Learn to can #3 9:30 - 11:30am @Lawrencetown United Baptist, 430 Main St, Lawrencetown Board Meeting 12:30pm @FM Lawrencetown	29 *Junior Kindergarten 9:30 - 11:30am @FM Lawrencetown (Sign up required) Baby Group 1 - 2:30pm @FM Lawrencetown	30 Closed No Programs  National Day for Truth and Reconciliation	All programs are FREE to attend  Sign up required  Parent Time Playgroups  Parent/Child Interactive Playgroups		

Postpartum Mental Health and Wellness

An 8 week group education program to improve mental health & wellness during first 2 years of becoming a parent



Gain understanding and strategies to improve postpartum depression and anxiety from Nova Scotia Health professionals and other parents experiencing similar feelings.

Past participants have said this about the program:

- *A fantastic resource - highly recommend*
- *Discussion is valuable and atmosphere very supportive*
- *Facilitators are super approachable - made it easier to talk about difficult topics*

Through presentations, group discussions & resources you will learn about the following:

- Causes & Contributions; Coping
- Communication; Boundaries; Relationships
- Nutrition, Exercise, Sleep, Time (to yourself)
- Bonding with Baby
- Returning to work; how to find ongoing support
- Other topics of interest to the group

Fall 2026 program dates:

Kentville: Oct 23 from 10am-noon

Lawrencetown: Oct 8 from 10am-noon

Register here:



Or by email, phone, text:

avprogramregistration@nshealth.ca

902-848-6416

Childcare and help with transportation available

