

WE BUILD STRONG FAMILIES,  
INDIVIDUALS AND COMMUNITIES

COCHRANE FAMILY  
& COMMUNITY  
SUPPORT SERVICES

# annual report

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COCHRANE & AREA  
FAMILY RESOURCE  
NETWORK



FAMILY RESOURCE NETWORK  
COCHRANE & AREA



cochrane



## COCHRANE FAMILY & COMMUNITY SUPPORT SERVICES

Cochrane Family & Community Support Services (FCSS), the Family Resource Network (FRN) and an affordable housing partnership with Cochrane Society for Housing Options (CSHO), offers a comprehensive range of programs designed to address the diverse social needs of the community. The collaborative partnership supports a robust continuum of services that serve the entire lifespan, encompassing community development, primary prevention and early intervention-based frontline services.

In times of scarcity and adversity, the importance of preventative social programs cannot be overstated. The collective efforts of FCSS, FRN and CSHO play a pivotal role in proactively addressing and mitigating challenges before they escalate into more intricate and resource-intensive issues. This proactive approach ensures the well-being of the community and fosters a more resilient and thriving society.

**93%**

of people reported that they have **more information** on what resources are available for their family.

### OUTCOMES

Look for FCSS/FRN 2022 outcomes throughout the report!

## COCHRANE FCSS HAS IDENTIFIED FIVE PRIORITIES



1

**Identifying and addressing priority issues through collaborative partnerships**



2

**Increasing the profile of social issues and awareness of programs and services**



3

**Increasing capacity of community organizations to support their sustainability**



4

**Responding to social needs with a focus on poverty reduction and promoting mental health through social connection**



5

**Increasing the resilience of individuals, families and community through preventative programming**

# children/ youth

**93%**

of people reported  
that they **know more**  
**about how to access**  
the community  
resources they need.



Early childhood development programs play a critical role in improving physical and mental health, reducing vulnerability and addressing health problems across the lifespan.

**260**

EARLY CHILDHOOD  
DEVELOPMENT PROGRAMS

**offered**

**2,190**

**attendees**

COMMUNITY HELPERS  
PROGRAM

**trained**

**131**

**youth**

**45**

**adults**

<b>Early Childhood Development Programs</b>	Support the physical, cognitive and social-emotional development of children, from birth to age six, in a fun, safe environment. Not only do they benefit children, but also parents by fostering informal support networks, providing child development insights and offering extra resources and help. <b>See page 5</b>
<b>Developmental Screening</b>	Ensures children are meeting physical and social-emotional milestones. <b>64 questionnaires completed</b>
<b>Childminding Program</b>	Reduces barriers for parents to attend important meetings and educational programs. <b>364 hours of childminding provided</b>
<b>Back to School Program</b>	Ensures children have necessary school supplies needed for the year. <b>114 children/youth supported</b>
<b>Kiwanis Toy Project</b>	A Christmas-inspired event offered for children birth to age eighteen, whose families are facing financial barriers. <b>150 children/youth supported</b>



<b>Community Helpers Program</b>	<p>Community Helpers are trained to support the mental health of their peers, supporting the mental wellbeing of the overall community. Additional training includes Applied Suicide Intervention Skills Training (ASIST), Mental Health First Aid and a self-care retreat.</p> <p><b>See page 5</b></p>
<b>Respite Program</b>	<p>This voluntary, confidential program supports families experiencing stress and crisis with short-term childcare.</p> <p><b>130 hours of support provided</b></p>
<b>Counselling Program</b>	<p>Short-term counselling offered to support families and children/youth.</p> <p><b>43 hours of counselling services provided</b></p>
<b>Back to School Event</b>	<p>Provides students and parents with the support and resources available to have a successful school year.</p> <p><b>56 participants</b></p>



**94%**

of people reported that they believe they have **the ability to improve their life.**

# adults / families





A variety of strength-based, trauma informed programs and services are offered which build protective factors, increase knowledge and capacity to access resources, ensuring that residents have access to the support that they require.

RESOURCE WORKERS

supported  
**2,785**  
clients

UKRAINIAN SUPPORT

**125**  
families

PARENT EDUCATION

**289**  
attendees

**92%**

of people reported  
that they feel a  
**sense of belonging**  
to their community.

<b>Resource Workers</b>	<p>Provide support, information, referrals and system navigation to individuals and families living in Cochrane and the West Rocky View County.</p> <p><b>See page 9</b></p>
<b>Ukrainian Support</b>	<p>In response to the arrival of Ukrainian families and evacuees in Cochrane and the West Rocky View County area, a range of support programs and sustainable systems have been established. These initiatives encompass various forms of assistance, such as transportation options, employment opportunities, system navigation, mental health support and the facilitation of social connections.</p> <p><b>See page 9</b></p>
<b>Parent Education</b>	<p>Designed to empower parents, enabling them to cultivate a secure, responsive and nurturing environment for their children. By doing so, these programs not only boost parental confidence and competence but also play a crucial role in fostering the healthy development of children.</p> <p><b>See page 9</b></p>
<b>Rural Community Support Program</b>	<p>Provides essential assistance to rural residents by facilitating connections to critical resources, including food, housing, financial coaching and supportive counselling, as well as offering valuable information and referral services.</p> <p><b>135 West Rocky View County residents supported</b></p> <p><i>"FCSS was there when I was desperate and didn't know what to do. They teamed up with two other organizations and got me and my belongings out of an abusive situation to safety very quickly. They were part of my team of angels for whom I will be eternally grateful."</i></p>
<b>Parent's Night Out</b>	<p>Provides an opportunity for parents to enjoy an evening out, connect with fellow parents, cultivate natural support networks and rejuvenate their energy reserves.</p>
<b>Lending Library</b>	<p>Provides access to a wide-ranging resource library, encompassing parenting books, resource boxes and a rich selection of children's literature.</p> <p><b>238 resources accessed</b></p>

## poverty reduction programs

Provide a system of support to help residents achieve their social and economic potential.

<b>Community Volunteer Income Tax Program</b>	<p>Aims to decrease poverty and increase economic self-sufficiency.</p> <p><b>2 volunteers; volunteered over 226 hours and filed 613 tax returns.</b></p> <p>The program supported:</p> <ul style="list-style-type: none"> <li>→ <b>128 children</b></li> <li>→ <b>346 seniors</b></li> <li>→ <b>41 Assured Income for the Severely Handicapped (AISH)</b></li> <li>→ <b>226 low-income residents</b></li> </ul>
<b>Cochrane Connect Card</b>	<p>Provides low-income residents with access to multiple programs and services at a reduced rate.</p> <p><b>216 Connect Cards issued</b></p> <p><b>21 partners recognize the Connect Card</b></p>
<b>Food Security</b>	<p>Ensures no one in the community experiences hunger through a strategic partnership with The Cochrane Activettes and Helping Hands Society.</p> <p><b>1,628 food hampers distributed</b> (44% increase to 2021)</p> <p><b>534 families accessed food hampers</b> (30% increase)</p> <p><b>44 individuals accessed Meals for Your Freezer</b></p> <p><b>1,534 meals/soups sold</b></p> <p><b>386 emergency meals distributed</b></p>
<b>Instrumental Needs Program</b>	<p>Provides emergency funds for rent, utilities and basic needs.</p> <p><b>36 individuals supported</b></p>
<b>Workshops offered by Canada Revenue Agency &amp; Credit Counselling Society</b>	<p>Free workshops and financial literacy programs offered to individuals living in Cochrane and area.</p> <p><b>38 participants</b></p>
<b>Jacket Racket</b>	<p>A free annual event which aims to alleviate the costs associated with seasonal apparel by providing a selection of gently used winter wear for all ages.</p> <p><b>190 adults and 131 children supported</b></p>

# seniors





In the past 5 years Cochrane's senior population has increased by 172.4%, proving to be the fastest growing age population for our community. Through FCSS, a variety of workshops are offered for seniors to increase knowledge, promote independence and increase resilience and coping skills.

SENIORS WEEK

**800+**  
participants

SENIORS PROPERTY TAX  
REBATE PROGRAM

**157**  
supported

<b>World Elder Abuse Awareness Day</b>	This event raises awareness around elder abuse and brings to light the community resources that are available.
<b>Seniors' Week</b>	A province-wide celebration honouring the vibrant individuals age fifty and above within the community. Spearheaded by FCSS, this initiative is a collaborative effort with various community organizations to curate an exciting array of events spanning across the community. <b>See page 13</b>
<b>Emergency Preparedness for Seniors</b>	Emergency preparedness week supports seniors to develop an emergency preparedness plan with emphasis on emotional wellness, personal strengths and social networks. <b>41 participants</b> (between Emergency Preparedness for Seniors and Aging in Place)
<b>Aging in Place</b>	This program offers a wealth of resources and valuable information to assist seniors in navigating the various transitions that come with aging, empowering them to age comfortably in the familiar surroundings of their homes.
<b>Support with Technology Program for Seniors</b>	Provides intercultural learning with technology to ensure that seniors can stay in contact with their family and friends online.



<b>Diversity and Inclusion Training</b>	This training, in partnership with the Centre for Sexuality, offers a unique opportunity for members of a non-profit board of directors to delve into important topics related to 2SLGBTQ+ seniors, fostering understanding and awareness. <b>37 participants</b>
<b>Safer Spaces Training</b>	Offers comprehensive community-wide training to organizations serving seniors, equipping them to address vital topics related to inclusivity and the well-being of 2SLGBTQ+ seniors.
<b>COMPASS for the Caregivers</b>	This multi-session workshop, designed by Caregivers Alberta, supports caregivers and helps individuals balance their own wellness with the needs and demands of caring for a loved one. FCSS provides resources to the community and provides referrals to those in need of service. <b>11 caregivers supported</b>
<b>National Consultation on Ageism Forum</b>	The National Consultation on Ageism Forum hosted a focus group to gather information on how ageism is impacting older adults in our community. <b>27 participants</b>
<b>Seniors Property Tax Rebate Program</b>	Assists eligible low-income seniors in Cochrane who own property with a \$500 rebate on their taxes. <b>See page 13</b>
<b>Senior Benefit and Support Program</b>	Assists seniors with applications to apply for federal, provincial and municipal benefits. <b>34 seniors supported</b>



# community collaboration and committees

**100%**

of people reported  
that their  
organization has  
**good working  
relationships** with  
other community  
agencies.



Cochrane FCSS provides leadership and support to develop and sustain collaborative tables that are working to effectively identify and address the complex, root causes of social issues in Cochrane and West Rocky View County. We provide mentorship, leadership training and workshops to support and build capacity in local non-profit organizations.

#### INTERAGENCY

**21**  
**organizations**  
**participated**

#### FCSS ADVISORY BOARD

**\$113,500**  
**provided in**  
**grants**

<b>Child and Youth Forum</b>	This forum improves awareness of services and collaborative efforts to support confident and resilient children, youth and families. <b>90 participants</b>
<b>Child &amp; Youth Case Collaboration Table</b>	This group of professionals work collectively to address the complex needs of children and youth in Cochrane and area. <b>22 professionals participated</b>
<b>Coordinated Response to Support Ukrainian Evacuees</b>	In response to the significant influx of Ukrainian evacuees in Cochrane, FCSS, FRN and community organizations jointly established a formal process to provide the necessary support and successful integration of Ukrainian arrivals into the community. <b>12 organizations participated</b>
<b>Interagency</b>	Interagency meetings convene monthly to foster organizational collaboration, collectively addressing community needs. Additionally, 'Hot Topic' sessions have been introduced, uniting organizations to craft community-driven solutions for emerging challenges. <b>See page 17</b>
<b>Partners sharing space</b>	Provides office space for community partners, ensuring seamless access to multiple social services. <b>7 partners share FCSS space</b>
<b>Community Space</b>	Provides free meeting room space to local community groups and partners to utilize. <b>24 groups provided with space</b>
<b>Grant Writing Support</b>	Provides local organizations with assistance in grant writing and letters of support. <b>8 groups supported</b>



<b>Bragg Creek and Redwood Meadows Wellness Network</b>	<p>This local collaborative network fosters connection and supports activities in the West Rocky View County area to promote community wellbeing.</p> <p><b>43 participants</b></p>
<b>Food Connection Committee</b>	<p>This committee, initiated by FCSS, is working to improve food security, food sustainability and develop food rescue strategies.</p>
<b>FCSS Advisory Board</b>	<p>The FCSS Advisory Board has six community volunteers appointed by Town Council and one Council representative. The Board reviews and assesses the FCSS and United Way Partnership Grant Applications and makes recommendations for funding allocations to Cochrane Town Council.</p> <p><b>See page 17</b>  <b>Board Members:</b>  Councillor Patrick Wilson  Diana Lowe  Kaitlin Chamberlain  Lyle Balmer  Margaret Stevens  Theresa Bolton  Valerie Borsos</p>
<b>Mental Health Committee</b>	<p>The Mental Health Committee was formed to develop a local community response to promote positive mental health.</p>
<b>Board Governance</b>	<p>FCSS provides non-profit organizations with education, guidance, grant writing and data collection, support with policies, procedures and safety.</p>

**96%**

of people reported that their organization is able to **serve the people in their community well.**

## older adults

**FCSS is involved in several community development initiatives and collaborations to improve the wellbeing of older adults.**

<b>Seniors Advisory Committee (SAC)</b>	FCSS leads SAC, which is focused on collaboration, information sharing, public awareness and education, advocacy and best practices to enhance the quality of life for older adults in Cochrane and area.
<b>Provincial Age-Friendly Community of Practice (AFCOP)</b>	AFCOP shares experiences, research and outcomes to identify and develop best practices to strengthen the individual and collective commitment to age-friendly practices and principles.
<b>Dementia and Other Therapies and Services (DOTS) Committee</b>	FCSS leads the DOTS Committee which supports older adults and caregivers and those with a dementia diagnosis. In 2022, the DOTS committee updated the "Cochrane and Area Older Adult Resource Booklet" and is working towards a strategy to support Cochrane older adults at risk of going missing.
<b>Advisory Committee for the Disaster and Emergency Response for Older Adults Project</b>	This committee plays a pivotal role in offering expert guidance and recommendations for projects while championing the interests of our communities. It pinpoints gaps, validates processes and presents valuable recommendations.
<b>Men's Shed Committee</b>	This committee was initiated to develop a men's shed that supports the health and wellbeing of men in the community.
<b>Alberta Council on Aging</b>	The Alberta Council on Aging shares resources, information and training opportunities around topics of aging and addressing ageism.



<b>Cochrane Older Adult Case Collaboration Table (COACCT)</b>	COACCT is a group of professionals who work collectively to address the complex needs of older adults ages 65 and older in Cochrane and area.
<b>Age-Friendly</b>	Cochrane FCSS initiated an Age Friendly Project to ensure that Cochrane has appropriate services, programs, policies and infrastructure to support residents as they age. A steering committee was established and the project received endorsement from Cochrane Town Council with a letter of support and a financial commitment in the 2023 budget for community engagement and the development of a formal strategy.
<b>Collaboration and Intercultural Support for Seniors</b>	This program supports the Filipino community to build networks, access funding and collaborate on programming to strengthen intercultural relationships.
<b>Grant, Sponsorship, Donations and Financial Support</b>	<p>These initiatives support multiple senior serving organizations with seeking grants and applying for funding.</p> <p><b>\$40,000+ in funding to support senior programs</b>  <b>\$10,000+ in donations for Seniors' Week</b></p>

**86%**

of people reported that their organization has **greater awareness of social issues.**



## FUNDERS



BUILDING STRONGER COMMUNITIES



## PARTNERS/STAKEHOLDERS

Alberta Emergency Management Agency

Alberta Health Services

Alchemy Yoga Cochrane

Anything Grows

Bar Jo Ranch

Bethany Cochrane

BGC Cochrane and Area

Big Hill Haven / Cochrane Women's Emergency Shelter

Bow Valley Credit Union

Calgary Catholic Immigration Society

Calgary Communities Against Sexual Abuse

Calgary Foothills Primary Care Network

Canada Revenue Agency

Caregivers Alberta

Carya Calgary

Centre for Sexuality Calgary

Children's Cottage Society

Cobs Bakery Cochrane

Cochrane Alliance Church

Cochrane and Area Victim Services

Cochrane Garage

Cochrane Home Treasures

Cochrane Immigrant Services Committee

Cochrane Integrated Arts Society

Cochrane Lanes

Cochrane Minor Basketball

Cochrane Minor Hockey

Cochrane Movie House

Cochrane On-Demand Local Transit

Cochrane Public Library

Cochrane Rangers Soccer

Cochrane Society for Housing Options

Cochrane Wolves Football Club

Credit Counselling Society Calgary

Dementia Network Calgary

Drycleaning by Dave

Evergreen Manor Cochrane / Rocky View Foundation

Global Pet Foods

Helping Hands Society of Cochrane and Area

Junior Achievement Southern Alberta

Kaitlin's House Cleaning & Dog Training Services

Kiwanis Club of Cochrane and Area

La Leche League Cochrane

LifeCraft Therapy

My Mobile Hygienist

Prospect – Rocky View & Wheatland Employment Services

Rocky View Immigrant Services Society

Rotary Club of Cochrane

Safeway Cochrane

Seniors for Kids Society

Seniors on the Bow

Shredz Shop

Snap Dance Studio

Spray Lake Sawmills Centre

Staples Cochrane

Stoney Health Services

The Clothesline / Cochrane Activettes

The Filipino Canadian Association of Cochrane Alberta

Tri Hub Swimwear & Multisport

Two Pharmacy





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