

May



FAMILY RESOURCE NETWORK
COCHRANE & AREA

Contact Info:

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E: FRN@cochrane.ca
F: facebook.com/CochraneFRN/
Register: cochrane.ca/Programguide

Before leaving for a program, please check our Facebook page for program updates.

Hours:

Mon to Fri
8:30am-12pm, 1pm-4:30pm
*Open until 7pm - 1st Tue of the month
excluding Jul and Aug.

Location:

127 First Ave W, Cochrane, AB

Program Legend:

FRN Drop-in Programs (D)
FRN Registered Program (R)
FRN Virtual Programs (V)
FRN Rural Programs
External Community Programs



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Spring Reminder: Socks are mandatory in the Child Development & Wellness Room.</p> 		<p>Movers and Groovers (D) 1 10:30am-12pm LLLC—Cochrane Breastfeeding Support Group (D) 10-11am</p>	<p>Bragg Creek Rumble & Roar (D) 2 9:30-11:30am Infant Massage (R) FULL 9:30-11am Baby Steps (D) 1-2:30pm Nurturing Parenting: Baby Development (R) 1:30-3pm</p>	<p>Yoga & Connection (R) 3 1:30-2:45pm</p>	<p>Cochrane Trade Show 4 Saturday 10am-5pm Sunday 10am-4pm</p>
<p>Toddlers in Tow (D) 6 9:30-10:45am Super Dads Super Kids (D) 1:30-2:45pm Mom's Night Out: Self-Care Spa Night (R) 6-8pm</p> <p>Mental Health Week, May 6-12th</p>	<p>Play N' Learn Preschool (D) 7 9:30-10:45am Wee-All (D) 1:30-2:45pm Prenatal Yoga (R) 5-6pm Rural Moms' Night Out: Paint Night (R) 6-8pm</p>	<p>AHS Prenatal Health Group (D) 8 10-11:30am Grandparents Group (D) 1:30-2:45pm Little Autism Asperger Friendship Society (LAAFS) (R) 5:30-7:30pm</p>	<p>Bragg Creek Rumble & Roar (D) 9 9:30-11:30am Infant Massage (R) FULL 9:30-11am FASD - Caregiver Support (R) 10am-12pm Baby Steps (D) 1-2:30pm Mindful Parenting (R) 6-7:30pm</p>	<p>Yoga & Connection (R) 10 1:30-2:45pm</p> <p>Mental Health Week, May 6-12th</p>	<p>Let's Go LEGO @ Cochrane Public Library 11 11am-12pm</p>
<p>Toddlers in Tow (D) 13 9:30-10:45am Super Dads Super Kids (D) 1:30-2:45pm</p>	<p>Play N' Learn Preschool (D) 14 9:30-10:45am Wee-All (D) 1:30-2:45pm</p>	<p>Movers and Groovers (D) 15 10:30am-12pm LLLC—Cochrane Breastfeeding Support Group (D) 10-11am</p>	<p>Bragg Creek Rumble & Roar (D) 16 9:30-11:30am Infant Massage (R) FULL 9:30-11am Baby Steps (D) 1-2:30pm Nurturing Parenting: Toddler Development (R) 1:30-3pm</p>	<p>Yoga & Connection (R) 17 1:30-2:45pm</p>	<p>Let's Go LEGO @ Cochrane Public Library 18 11am-12pm</p>
<p>Closed For Victoria Day 20</p>	<p>Play N' Learn Preschool (D) 21 9:30-10:45am Wee-All (D) 1:30-2:45pm Prenatal Yoga (R) 5-6pm</p>	<p>AHS Prenatal Health Group (D) 22 10-11:30am Grandparents Group (D) 1:30-2:45pm</p>	<p>Bragg Creek Rumble & Roar (D) 23 9:30-11:30am Infant Massage (R) New Session 9:30-11am Baby Steps (D) 1-2:30pm Nurturing Parenting: Preschool Development (R) 1:30-3pm</p>	<p>Yoga & Connection (R) 24 1:30-2:45pm</p>	<p>Hangin' with Dad (D) 25 9:30-10:45am Butterfly Sanctuary (D) 1-2:15pm Legal Resource Fair 10am-3pm</p>
<p>Toddlers in Tow (D) 27 9:30-10:45am Super Dads Super Kids (D) 1:30-2:45pm</p>	<p>Play N' Learn Preschool (D) 28 9:30-10:45am Wee-All (D) 1:30-2:45pm</p>	<p>Closed For Staff training 29</p>	<p>Bragg Creek Rumble & Roar (D) 30 9:30-11:30am Infant Massage (R) 9:30-11am Baby Steps (D) 1-2:30pm Nurturing Parenting: Having Appropriate Expectations (R) 1:30-3pm</p>	<p>Yoga & Connection (R) 31 1:30-2:45pm</p>	<p>NOTE: Child Development & Wellbeing programs have limited capacity</p>

CHILD DEVELOPMENT & WELLBEING PROGRAM DESCRIPTIONS
(DROP IN / REGISTERED PROGRAMS)

Toddlers in Tow, (Walking-36 mos./Parented), Mon, May 6, 13 & 27, 9:30-10:45am (D)

At this high-energy group, parents and toddlers enjoy simple crafts, sensory tables and all kinds of toys! At the end of each session, families wind down with rhymes and singing.

Play N' Learn Preschool, (3-6 yrs/Parented), Tue, May 7, 14, 21 & 28, 9:30-10:45am (D)

Come play and explore the interactive activities to promote your child's cognitive, social/emotional and physical development. A great opportunity for your preschoolers to develop preschool and kindergarten readiness skills.

Wee-All, (0-6 yrs/Parented), Tue, May 7, 14, 21 & 28, 1:30-2:45pm (D)

A fun-filled group with play, crafts, stories and songs.

Movers and Groovers, (0-6 yrs/Parented), Wed, May 1 & 15, 10:30am-12pm (D)

Location: Beaupre Community Hall, 263035 Beaupre Creek RD, AB.

An exciting and energetic gross motor program designed to inspire children to move, groove and develop essential motor skills in a playful and engaging rural setting.

Grandparents Group, (0-6 yrs/Parented), Wed, May 8 & 22, 1:30-2:45pm (D)

If you are a grandparent with grandchildren ages 0-6 yrs, this program is for you! Come play, visit, share information and connect with other grandparents in your community.

Bragg Creek Rumble & Roar, (0-6 yrs/Parented), Thu, May 2, 9, 16, 23 & 30, 9:30am-11:30am (D)

In partnership with the Bragg Creek Community Centre, join us for an active play program in a large open gym while meeting other parents. Featuring ride-on toys, a bouncy castle and much more.

Baby Steps, (Prenatal-Walking/Parented), Thu, May 2, 9, 16, 23 & 30, 1-2:30pm (D)

Connect with other parents while babies explore new activities, songs and interact with other babies!

Hangin' with Dad, (0-6 yrs/Parented), Sat, May 25, 9:30-10:45am (D)

Attention all dads: are you looking for a fun, free activity for you and your children on Saturday morning? Join us for play, crafts and circle time. Dads only please!

Butterfly Sanctuary, (0-6yrs/parented), Sat, May 25 1-2:15pm (D)

Let's explore the magical metamorphosis of butterflies. This week we will begin our butterfly sanctuary and explore our live caterpillars and welcome our friends to their temporary FRN home.

Little Autism Asperger Friendship Society (LAAFS), Wed, May 8, 5:30-7:30pm (R)

Is hosting a fun social/recreational program for their little members ages 4-9 yrs. Parents/caregivers must become a member of AAFS for their child to attend LAAFS sessions by visiting www.aafscalgary.com. For more information, please call 403-246-7383.

CAREGIVER CAPACITY PROGRAM DESCRIPTIONS
(REGISTRATION / DROP IN PROGRAMS)

Super Dads Super Kids, (0-6 yrs/Parented), Mon, May 6, 13 & 27, 1:30-2:45pm (D)

An interactive play-based program for male caregivers and their children. Dads will get to enjoy some quality time with their children and connect with other dads.

Moms' Night Out: Self-Care Spa Night, Mon, May 6, 6-8pm (R)

Location: Ranchehouse- 101 Ranchehouse Rd. Cochrane. During Mental Health Week, come de-stress and enjoy a night -out with facials, foot scrubs, nail painting, snacks & fun. Get ready to be pampered and leave feeling refreshed. Moms only please.

Prenatal Yoga, Tue, May 7 & 21, 5-6pm (R)

Prenatal yoga helps foster connection between body, mind and baby. This class will be tailored for pregnant mothers throughout all trimesters to help with a smoother pregnancy journey and birth.

LLLC—Cochrane Breastfeeding Support Group, Wed, May 1 & 15, 10-11am (D)

This group is for parents and family members who are interested in or currently breastfeeding and/or pumping. This will be a space to ask questions, support other mothers, be supported yourself and to learn about the wonders of breastfeeding.

AHS Prenatal Health Group, Wed, May 8 & 22, 10-11:30am (D)

Join an AHS Childbirth Educator and Registered Dietician while connecting with other parents. Topics include pregnancy, nutrition, labour, birth, infant feeding/sleep/care and transition to parenthood. For pregnant (and their partners) or parenting up to 6 mos..

Circle of Security, Wed, May 1, 8, 15 & 22, 1:30-3pm (R) FULL

Learn ways to help your child organize their feelings, support your child's exploration in the world, read and respond to your child's cues, promote a secure relationship with your child and so much more. For Parents with children 0-18 yrs.

Infant Massage, Thu, May 2, 9 & 16, 9:30-11am (R) FULL

This five-week class on infant massage will help you learn about the benefits of integrating baby massage into your routine and connect with other parents. For parents with children 0-12 mos.

Infant Massage, Thu, May 23 & 30; June 6, 23 & 13, 9:30-11am (R) NEW Session

This five-week class on infant massage will help you learn about the benefits of integrating baby massage into your routine and connect with other parents. For parents with children 0-12 mos.

Nurturing Parenting: Baby Development, Thu, May 2, 1:30-3pm (R)

Toddler Development, Thu, May 16, 1:30-3pm (R)

Preschool Development, Thu, May 23, 1:30-3pm (R)

Having Appropriate Expectations, Thu, May 30, 1:30-3pm (R)

Learn how to foster and nurture a relationship between you and your child and learn strategies to deal with the daily challenges. This program is designed for parents with children 0-6 yrs. If you require childminding, please call 403-851-2265, to book, while space lasts.

Rural Moms' Night Out: Paint Night, Tue, May 7, 6-8pm (R)

During Mental Health Week enjoy a night of well-being, creativity and stress release as you paint your masterpiece. Enjoy snacks and refreshments and connect with other moms in your community. Rural moms only please.

Yoga & Connection, Fri, May 3, 10, 17, 24 & 31, 1:30-2:45pm (R)

Enjoy a yoga class with your baby for a mindful and safe way to get back into movement, while your little ones join in. We will end the class off with some open discussions on parenting topics. For parents and babies, newborn to crawling.

Mindful Parenting, Thu, May 9, 6-7:30pm (R)

Parenting can be both a joy and a challenge. In this class, you will learn about ways to cope with stress and anxiety and make room for more joy.

FASD- Caregiver Support, Thu May 9, 10am-12pm (R)

Are you a caregiver for someone with Fetal Alcohol Spectrum Disorder? Connect with Carlie to discuss supports, resources and assessments. Register via email or phone at 403-830-0087 or carlie.nicol@foothillsfas.com.

