



**COCHRANE FAMILY AND COMMUNITY SUPPORT SERVICES AND ROCKY VIEW COUNTY, WORKING TOGETHER TO STRENGTHEN FAMILY AND COMMUNITY LIFE**  
**MAY 2017 E-NEWSLETTER**

**Access the Town of Cochrane 2017 SUMMER Program and Activity Guide:**  
<https://www.cochrane.ca/634/Program-Activity-Guide>

**FAMILY & COMMUNITY SUPPORT SERVICES (FCSS) PROGRAMS:**

- **Babysitting Safety** - Ages 11–15: Saturday, May 13, 9am–3:30pm at the Cochrane Boys & Girls Club. Kidproof Child Safety helps youth develop skills to find and prepare for a babysitting job, deal with difficult situations, prepare safe and fun activities, make safe choices and provide Emergency First Aid. \$70 includes workbooks, lunch and snacks. Register: 403-851-2250.
- **Home Alone Safely** - Ages 10–12, siblings ages 8–10 can accompany: Four classes Fridays; May 26-Jun.16, 6-8pm, at the HomeStead building. A self-care program to prepare youth who may be home alone, before or after school. \$60.00 (\$50/sibling). To register call 403-851-2250.
- **Depression and anxiety Coffee Group:** Thursdays, May 4-Jun.15, 10-11:30am, at the HomeStead Apartment building. Reduce isolation and increase connections with others also experiencing similar issues, in a peer support setting. Offered in partnership with Alberta Health Services–Cochrane Addiction and Mental Health Clinic and Cochrane FCSS. Free, but registration is required. To register call Rose at 403-851-6100.
- **Dying with Dignity:** Friday, May 5, 7-9pm, at St. Andrews United Church. Free presentation with Michael Trew, Addiction and Mental Health, and Evie Wallace, the wife of Hugh Wallace, the first person in Alberta to have medical assistance with dying. For more information contact Sara at 403-932-2585, ext.217.
- **Mental Health First Aid for Adults who Interact with Youth:** Tuesday & Wednesday, May 30 & 31, 9am-4:30pm, at the HomeStead Building. Learn crisis first aid skills for interacting with youth aged 12-24 who experience substance use, mood disorders, anxiety disorders, psychotic disorder, eating disorders and deliberate self-injury. Registration fees are subsidized by the Town of Cochrane. Material, lunch and refreshments are included. To register call 403-851-2250.

**WESTERN ROCKY VIEW PARENT LINK CENTRE - PARENT EDUCATION WORKSHOPS:**

- **Parents of Anxious Kids:** Thursdays; May 4 & Jun.1, 7-8:30pm at the HomeStead building. Monthly group session offering support, strategies, information and resources for parents/caregivers of children and youth who may be showing signs of anxiety. For more information email Lorraine at [focusparent@shaw.ca](mailto:focusparent@shaw.ca). Call 403-851-2250 to register.
- **Young Parents Link:** First and Third Thursdays, May 4-Jun.15, 1:30-3pm. Enjoy coffee and conversation with other parents ages 24 and under with children ages 6 and under.
- **Infant Massage:** Thursdays; May 4-25, 6-7pm. In four sessions, learn how your baby will benefit physically, emotionally and psychologically through massage. This class is open to moms and dads with babies ages 4 weeks old to not yet crawling. No prior skills required.



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- **Cochrane Breast Feeding Circle:** Fridays, May 6-Jun.30, 9:30-11am. Learn accurate information provided by a child birth educator, birth and post-partum doula and lactation educator.
- **Hangin' With Dad:** Saturdays, May 6-Jun.24, 9:30-11am. Dads enjoy free activities and fun with their children (age 6 and under).
- **Nanny Network and Playtime:** Second and fourth Tuesdays; May 9-Jun.27, 9:30-11am. Being a Nanny is often isolating. Come hang out with the children and meet other nannies in your areas.
- **Focus For Attention:** Tuesdays; May 16 & Jun.20, 7-9pm at the HomeStead Apartment building. Parents and caregivers of children and youth with ADHD are invited to this monthly support group to learn about strategies, information, and resources. For information email Lorraine at [focusparent@shaw.ca](mailto:focusparent@shaw.ca). Call 403-851-2250 to register.
- **Post-Partum Depression Support Group:** Tuesdays; May 16 & Jun.20, 1:30-3pm at the Parent Link Centre. Do you feel irritable, restless, anxious, sad, tired, or cry for no reason? Asking for help is a sign of courage and strength. Join this monthly group and meet with trained professionals. Offered in partnership with Cochrane Mental Health and Addictions.
- **Car Seat Safety Clinic:** Saturday May 27, at the Protective Services Centre (20 Grande Blvd). Over 93% of all child car seats are installed incorrectly. Let a certified child restraint technician educate and help you install and use your child's car seat correctly. Please call for an appointment 403-980-SEAT (7328).

To view the **complete list of programs** offered to parents and children from birth to age 6, please check out the Cochrane Parent Link Centre's website [www.cochrane.ca/PLC](http://www.cochrane.ca/PLC) and FB page [www.facebook.com/CochranePLC](http://www.facebook.com/CochranePLC).

### **IN COCHRANE**

To see what's happening, check out these websites:

- ❖ **Cochrane and Area Boys and Girls Club:** <http://www.bgccochrane.ca/>
  - ❖ **Cochrane and District Agricultural Society:** <http://www.cochraneagsociety.com/>
  - ❖ **Cochrane Public Library:** <http://www.cochranepubliclibrary.ca>
  - ❖ **Cochrane Tourism:** <http://www.cochrane-tourism.ca>
  - ❖ **RVS Adult Learning:** <http://adultlearning.rockyview.ab.ca/courses/all-courses>
  - ❖ **Seniors on the Bow:** <https://www.cochrane.ca/257/Seniors-on-the-Bow-Centre>
  - ❖ **Town of Cochrane:** <http://www.cochrane.ca/>
- 
- **Cochrane and District Trade Show:** May 6-7, Saturday 10am-5pm & Sunday 10am-4pm, at Spray Lake Sawmills Family Sports Centre. Enjoy over 140 Vendor Booths! Admission: \$2/person/day. Kids under 12 are free. Family pass \$5/day. CASH ONLY!
  - **Cochrane Farmers' Market:** Starting Saturday Jun.3, 9:30am -1:30pm, at the Historic Cochrane Ranche Site, Junction of Hwy 1A & Hwy 22. <http://www.cochrane-environment.org/farmers-market>



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- **Vegetable Gardening:** Wednesday, May 10, 6-9pm, at the Cochrane RanchoHouse. This introduction to vegetable gardening will teach you the basics of suitable vegetable and variety selection, growth and nutrition requirements, and making the most of heat units and water techniques to overcome our climate. The deadline to register is May 5.  
<http://www.rockyview.ca/Agriculture/AgriculturalEvents/EventRegistration.aspx>

**IN OUR RURAL COMMUNITIES:**

**Rural Cochrane**

**Dartique Hall:** If you would like to host an event, Dartique hall offers a beautiful, rustic location nestled in the Foothills. For more information please visit our website. <http://www.dartiquehall.org>.

**Bears paw**

**Bears paw Lifestyle Centre:** <http://www.bears pawlc.org>

- **Wiggle & Giggle (0-6 years of age):** Tuesdays, May 2-Jun.27, 11am-12pm. This parent led group offers opportunities to meet other parents and caregivers, while children have fun. Please bring indoor shoes.
- **Canada Red Cross Babysitting-Ages 11and up:** Saturday, May 13, 9am-4pm Register by May 8 - only 15 spots available. Cost: \$25.
- **Lunch & Learn:** Wednesday, May 10, 11:30am-1:30pm. Cost: \$15.
- **Fiesta Night:** Saturday, Jun.3, Cocktails at 6pm, Dinner at 7pm and dancing at 9pm. Hold on to your sombreros, we're having a Fiesta! Authentic Mexican food, drinks, Mariachi band, and DJ! Tickets \$50/each and can be reserved here: <http://bit.ly/2nHTXEq> Vamos a fiesta!

For more information on **memberships, sports, fitness for all ages, camps, and events**, please visit website or pick up the **Bears paw Beat newsletter**.

**Bears paw Lions Club:** <http://bears pawlions.com>

- **Farmers Market:** starting Sunday, Jun.4. All regular vendors are back along with a few from Symons Valley, who were badly affected by fire this last winter.

**Glenbow Ranch:**

- **Star Night At the Park:** Friday, May 5, 8pm.  
<http://www.grpf.ca/events?month=may&yr=2017>

**Beaupre:**

**Beaupre Community Hall:** [www.beaupre hall.com](http://www.beaupre hall.com)

- **Country Connections Parented Play Group (ages: birth to 6):** Wednesdays; May 3 & 17, June 7 & 21, 10-11:30am. This fun playgroup, with a country twist, is for rural and Morley families only. For more information please call 403-851-2265.
- **Whist:** Every third Monday, 7pm (until May). Entry fee: \$2. Everyone is welcome.



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- **Vintage Market:** Saturday, May 27, 10am-4pm. Drop by the Hall for a visit, good food, and great bargains on gently used treasures.
- **Art Show & Sale:** Saturday & Sunday, Jun.10 & 11, 10am-4pm
- **Spring Tea:** Sunday, Jun.11.

### **Bragg Creek**

**Bragg Creek Community Centre:** [www.braggcreekca.com](http://www.braggcreekca.com)

- **Rumble & Roar for Play Groups and Day Homes:** Tuesdays 9:30-11:30am. \$5/group. Fun play includes toys, games and bouncy house.
- **Rumble and Roar for Local Families:** Thursdays, 9:30-11am. \$5/family or \$2/Members. Meet other local families while the children play. Join the Parent Link Centre Staff on May 4 & 18, Jun.1 & 15 for extra activities, resources and free developmental screenings.
- **Tots Time (Ages 0-3 parented):** Every Wednesday from 9:15-11:15am. Drop-in fee: \$2/family. Learn and play space for the little ones.
- **Monthly Women's Group:** Thursday, May 18, 7pm. Meditative Art. \$25/person.
- **Soup & Pie–Bragg Creek Ladies Auxiliary Community Lunch:** The last Friday of every month (May 26), 12noon–2pm. Enjoy a bowl of homemade soup and a slice of delicious pie for \$5.
- **Bragg Creek Family Square Dance:** Friday, May 26 7-9pm. \$25/family (age 8 and up) or \$15/person. Tickets online: <http://www.brownpapertickets.com/event/2826264>
- **Community Helpers:** Thursday & Friday, Jun.8 & 9, 9am-4:30pm. Are you a great listener? Do people turn to you for advice? Community Helpers training teaches skills for supporting other people, self-care and when to make referrals to our local professionals. This two day course includes materials and lunch. For more information contact Sharon at 403-200-1290.
- **Bragg Creek Resource Office:** The Bragg Creek Community Association now has a Resource Office! Every Monday afternoon, 1:30-4pm, a Resource Worker is there to assist you with finding helpful resources in your area. All meetings are free and confidential. Other meeting times are available. For more information please call 403-851-2286.
- **Bragg Creek Days 2017:** July 22 & 23.

For a **full list** of the **MANY activities, sports, groups, and events**, please visit above website, and Facebook page.

**Snowbirds Chalet** (19 Balsam Avenue):

- **Advance Care Planning Session:** Wednesday, May 3, 1:30-3pm.
- **Pot Luck at the Chalet - Bragg Creek Snowbird Members:** May 20, 5pm.
- **Foot Care in the Creek:** May11, Jun.22 & Aug.3. For an appointment, Call Jill at 403-949-2133.
- **Alberta Seniors Benefit Information Session (FREE):** Tuesday, Jun.6, 1-4pm. See poster below.

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**Plan to join family, friends and neighbours in  
celebrating our seniors.**

**ALBERTA SENIORS' WEEK**  
**MONDAY JUNE 5- SUNDAY JUNE 11**

**SAVE THE DATES AND WATCH FOR MORE INFORMATION TO BE RELEASED ON  
THE FOLLOWING PLANS - WHERE THERE IS SOMETHING FOR EVERYONE!**

**ALL ARE WELCOME!**

- **ALBERTA SENIORS BENEFITS WORKSHOP (Free)** at Bragg Creek Snowbirds Chalet, Tuesday, June 6, 1-4pm.
- Brush up your bridge for a **BRIDGE TOURNAMENT!**
- Bring a friend to a **SENIORS TEA** at Redwood House Friday, June 9, 10am-12.
- Indulge your creative side with a **WATERCOLOUR** workshop.

**TO LEARN MORE ABOUT SENIORS' WEEK AND HOW YOU CAN BE INVOLVED VISIT  
THE PROVINCIAL WEBSITE AT:**  
[HTTP://WWW.SENIORS-HOUSING.ALBERTA.CA/EVENTS/](http://www.seniors-housing.alberta.ca/events/)

**2017 Alberta Seniors Benefits Workshop**

The Bragg Creek Seniors Snowbirds is partnering with FCSS to cohost an Alberta Seniors Benefits Workshop.

Tamara Walker, Stakeholder Engagement Advisor on Engagement and Community Initiatives for Seniors, will be our facilitator.

This FREE event is open to seniors and any service providers working with seniors interested in attending.

Date: Tuesday, June 6, 2017

Time: 1:00 – 4:00pm

Location: Bragg Creek Snow Birds Chalet

Registration is required as materials will be provided. To register, please contact Wendy Farnsworth at [wendyfarnsworth@cochrane.ca](mailto:wendyfarnsworth@cochrane.ca) or call 403-851-2286.

**Seniors Benefits**



*Alberta* Seniors and Housing



*This training is sponsored by Alberta Seniors & Housing and Cochrane FCSS, therefore no cost will apply.*

**Care in the Creek Medical Centre**

S. Wiesenberg, MD, FCFP  
L. Cuning, MD, FCFP  
A. Noordman, MD, FCFP

P.O. Box 425  
Suite 11, 20 White Avenue  
Bragg Creek, AB T0L 0K0  
Phone: (403) 949-2457  
Fax: (403) 949-2424  
Email: [careinthecreek@gmail.com](mailto:careinthecreek@gmail.com)

**Dr Annelies Noordman  
is  
ACCEPTING NEW PATIENTS**

**New Extended  
Office Hours:**

<b>Monday</b>	<b>8:30 am – 5:00 pm</b>
<b>Tuesday</b>	<b>*9:00 am – 8:00 pm</b>
<b>Wednesday</b>	<b>9:00 am – 5:00 pm</b>
<b>Thursday</b>	<b>8:30 am – 5:00 pm</b>
<b>Friday</b>	<b>8:30 am – 5:00 pm</b>
<b>Every 2<sup>nd</sup> Saturday of the month (8 Apr, 13 May, 10 June, 8 July, 12 Aug, 9 Sep)</b>	<b>*9:30 am – 4:00 pm</b>

Website: <http://www.careinthecreek.com>

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### **Redwood Meadows**

**Redwood House** [www.redwoodmeadows.ab.ca](http://www.redwoodmeadows.ab.ca)

- **Parent Tot Playgroup:** Tuesdays, 9:30-11:30am at Redwood House. Drop in fee \$2. Call Renate for more information 403-949-3563.
- **Quilters Group:** Every second and fourth Tuesday, 9am-12noon, at Redwood House. Everyone is welcome.
- **Redwood Meadows Mixed Bridge:** Every second and fourth Thursday (until May), 1pm at Redwood House Wild Rose Room. For more information call 403-240-3171.
- **Flowers For Mother's Day Painting session:** Sunday, May 7, 2-4pm. Join Karin Huehold to create a beautiful watercolour flower Mandala. \$30/person or \$50 for 2 people. To register, email Karin at [arts@huehold.ca](mailto:arts@huehold.ca).
- **Community Café:** Friday, May 12, 10:30-12noon at Redwood House. Enjoy good conversations, homemade treats, tea and coffee for \$2.
- **Paint Night:** Friday, May 12, 6pm. Have fun painting your own work of art with local artist, David Zimmerman at Redwood House. All proceeds go toward Redwood's Canada Day celebration. Tickets available at Redwood House or Bragg Creek Community Centre. \$40/person.

For a **full list of what's happening in Redwood Meadows** visit website and **The Chatter newsletter**. <http://www.redwoodmeadows.ab.ca/wp-content/uploads/2017-05-May-low-res.pdf>

### **Springbank**

**The Springbank Park for All Seasons (SPFAS)** [www.springbankpark.com](http://www.springbankpark.com)

Check our website for upcoming events, sports, and pickle ball drop in times.

**Springbank Heritage Club:** [http://www.myspringbank.ca/images/media/shc\\_brochure\\_web.pdf](http://www.myspringbank.ca/images/media/shc_brochure_web.pdf).

All individuals ages 50 and older are welcome to join the club. For more information call 403-288-1288 or email [Springbankhc@telus.net](mailto:Springbankhc@telus.net)

- **8th Annual Strawberry Tea:** Saturday, May 13, 2:30pm. Special musical program commemorating Canada's 150th birthday. Admission \$5. Children under 6 are free. Please RSVP for groups or more: 403-851-3818

**Springbank Lions Club:** <http://e-clubhouse.org/sites/springbankab/contact.php>.

