



COMMUNITY SUPPORT E-NEWSLETTER

Cochrane Family and Community Support Services and Rocky View County, working together to strengthen family and community life.

OCTOBER 2017 E-NEWSLETTER

Family & Community Support Services (FCSS) Programs: Call 403-851-2250 to register.

- **Babysitting Safety (ages 11-15):** Thursdays, Saturday, Oct. 14, 9am-3:30pm, at Cochrane and Area Boys & Girls Club. Cost: \$70.
- **Newcomers Welcome Night:** Wednesday, Oct. 4, 6-8pm, at the Cochrane Public Library.
- **How to Become a Canadian Citizen:** Friday, Oct. 20, 6:30-8pm at the HomeStead bldg.
- **Mental Health First Aid – for adults interacting with youth:** Thursday & Friday, Oct.26 & 27, 8:30am-4:30pm, at the HomeStead bldg. Cost: \$25.
- **50+ Resource Fair:** Wednesday, Oct.25, 1:30-4pm, at Seniors on the Bow.
- **Tapestry of Women’s Society – 23rd Annual Event:** Saturday, Oct.28, 8am-4:30pm, at the Cochrane RancheHouse. Cost \$50.
- **Jacket Racket Event:** Saturday, Oct.28, 10am-noon, at Cochrane Alliance Church. Come pick up gently used winter wear and Halloween costumes for the whole family.

For more information on above programs and to access the guide, please visit <https://www.cochrane.ca/634/Program-Activity-Guide>

Western Rocky View Parent Link Centre – Parent Education Workshops: Call 403-851-2250 to register.

- **Prenatal Health Group:** 2nd & 4th Thursdays, 1:30-3:30pm at Parent Link Centre.
- **Parents of Anxious Kids:** Thursday Oct.12, Nov.2 or Dec.14, 7-8:30pm at the HomeStead Bldg. For more information contact Lorraine: focusparent@shaw.ca.
- **Post-Partum Depression Support Group:** Tuesday, Oct.17, Nov.21 & Dec.19, 1:30-3:30pm, at Parent Link Centre.
- **Focus For Attention (ADHD support):** Tuesday, Oct.17, Nov.21 & Dec.19, 7-8:30pm at the HomeStead Bldg. For more information contact Lorraine: focusparent@shaw.ca.
- **Feeding Your Baby:** Tuesday, Oct.17, 10-11am at Parent Link Centre.
- **Car Seat Safety Clinic:** Saturday, Oct.21, Nov.18 or Dec.9. Email Angie to register: angie@seatsavvy.ca.
- **Meal Time Struggles to Meal Time Success:** Wednesday, Oct.25, 9am-12noon at Parent Link Centre.
- **Choosing Quality Child Care:** Thursday, Oct.26, 6-8pm at Parent Link Centre.

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 and FB page www.facebook.com/CochranePLC.

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- **Excel Beginner:** Mondays Nov.6-Dec.11, 6:30-9:30pm, at Cochrane High School. Cost: \$130.00.
- **Computer Basics for the Workplace:** Tuesdays, Nov.7-Dec.12, 6:30-9:30pm, at : Cochrane High School. Cost: \$130.00

For more information or to register online, please visit the website <http://adultlearning.rockyview.ab.ca>, or call 403-945-4114.

In Cochrane

- **Cochrane Humane Society Fall Book Sale:** Oct.20-22, noon-4pm.
<http://www.cochranehumane.ca>
- **Canadian Children's Literature Festival:** Saturday, Oct.21, at the Cochrane Public Library.
For more information visit: www.cochranepubliclibrary.ca.





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For more activities, check out these helpful Cochrane websites:

- ❖ **Cochrane and Area Boys and Girls Club:** <http://www.bgcccochrane.ca/>
- ❖ **Cochrane and District Agricultural Society:** <http://www.cochraneagsociety.com/>
- ❖ **Cochrane Public Library:** <http://www.cochranepubliclibrary.ca>
- ❖ **Cochrane Tourism:** <http://www.cochrane-tourism.ca>
- ❖ **Seniors on the Bow:** <https://www.cochrane.ca/257/Seniors-on-the-Bow-Centre>

In Our Rural Communities:

Rocky View County Community Centres and Halls:

<https://www.rockyview.ca/LivinginRockyView/Amenities/CommunityCentres.aspx>

Bears paw

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

- **Wiggle & Giggle (0-6 years of age):** Tuesdays, 11am-12pm. This is a parent/childcare giver led group. Please bring indoor shoes.
- **Lunch & Learn:** 2nd Wednesday of each month - Oct 11, 11:30am-1:30pm. Cost: \$15.
- **35th Annual Bears paw Fall & Christmas market:** Oct.20-22. Friday 10am-8pm, Saturday 10am-5pm, Sunday noon-5pm. \$3 entry fee.
- **Casino volunteers needed:** Dec.11 & 12

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

Beaupre:

Beaupre Community Hall: www.beaupre hall.com

- **Country Connections Parented Play Group (ages: birth to 6):** Wednesdays, Oct.4 & 18, Nov.1 & 15, Dec.6 & 20, 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 3rd Monday, at 7pm.
- **Halloween in Beaupre:** For members - Sunday Oct. 29, 2pm.
- **Christmas Craft Sale:** Saturday, Nov. 18, 10am-4pm.

For information on membership, rental and event information, please visit website.

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Join the Parent Link Centre and our rural partners to celebrate your child's developmental milestones!

At this fun-filled, interactive event for parents and their children ages 0-6, staff will be on hand to offer Ages and Stages Developmental Screening and share resources and supports to make sure your child is off to a good start! Thanks to funding from Rocky View FCSS, every child who participates receives a free activity bag to promote their development! Pick one date to attend:

Location	Day	Date	Time
Bearspaw Lifestyle Centre 253220 Bearspaw Rd	Tue	Oct 17	11am-12pm
Beaupre Community Centre 263035 Beaupre Creek Rd.	Wed	Oct 18	10-11:30am
Bragg Creek Community Centre 23 White Ave.	Thu	Oct 19	9:30-11am

Bragg Creek

Bragg Creek Community Centre: www.braggcreekca.com

- **Artsy Afternoons:** Thursday at 1-4pm. Free for members, \$5 non-members.
- **Rumble & Roar:** Tuesdays & Thursday, 9:30-11:30am. Ages 5 and under. Tuesday is for Day homes and Thursday is for local families. Join the Parent Link Centre Staff on Oct.5 &19 for extra activities, resources and free developmental screenings.
- **Bragg Creek Community Church:** Sundays, 10am, in the Bragg Creek Community Centre. Service led by Pastor Dave. www.braggcreekchurch.ca
- **Bragg Creek Resource Office:** You have access to a Resource worker in your community, who can assist you with finding solutions to your problems and resources in your area. Walk in hours on Monday afternoons. All meetings are free and confidential. Other meeting times are available. For more information please call 403-851-2286.

Snowbirds Chalet (19 Balsam Avenue):

- **Foot Care in the Creek:** \$30/session. For an appointment, Call Jill at 403-949-2133.

Chamber website: <http://visitbraggcreek.com/whats-happening>

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Bragg Creek Ladies Auxiliary

"Women of all ages coming together to support community initiatives"

EVERY 2ND WED OF MONTH | \$5.00 /YEAR | BRAGG CREEK COMM. CTR.

Bragg Creek Ladies Auxiliary started in 1960 & meet every 2nd Wednesday of the month. This dedicated group works to build community in the Bragg Creek area. If you are looking for a way to engage in your community while making friends and having a load of fun, this is the perfect place for you!

Some of the Past Initiatives Include the Following:

- Equip the Comm. Ctr Kitchen
- Bragg Creek Days Support
- Paid for 1/2 of Defibrillator in Ctr.
- Easter Pancake Breakfasts
- Provided Bear Proof Garbage Cans
- Remembrance Day Ceremony

Past Donations Made to:
 Food Bank, Community Church, Scouts, Guides, Jr. Forest Wardens, Bragg Creek Hockey, 4-H, STARS, Banded Peak School, Redwood Meadows Fire Dept., Camp Horizon, Sr. Housing etc.

Contact Michele McDonald for more info:
mmmcd1@telus.net

SNOWBIRDS FELLOWSHIP

BRAGG CREEK'S 50+ CLUB!

YEARLY MEMBERSHIP ONLY \$15.00



Bragg Creek's Fifty-Plus Club, the Snowbird's Chalet, is more than a club! It's a gateway to meet new people, stay active, and become engaged in the community! We offer several different activities throughout the week to meet all our member's needs:

- Potlucks & Catered Dinners
- Yoga
- Tai Chi
- Exercise Classes

OPEN HOUSE | EVERY TUESDAY | NOON - 5:00PM

Stop by our Open House to meet Members or call the number below for more information! It's the perfect way to learn about the Snowbirds & Community Activities!

SNOWBIRDS CHALET

403-949-3313 | 19 Balsam Avenue | Bragg Creek

Redwood Meadows

Redwood House www.redwoodmeadows.ab.ca

- **Parent Tot Playgroup:** Tuesdays, 9:30-11:30am at Redwood House. Drop in fee \$2.

For a more of what's happening in Redwood Meadows visit the above website and view **The Chatter newsletter**.

Springbank

The Springbank Park for All Seasons (SPFAS) www.springbankpark.com

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

- **Parent & Tot Skating:** Tuesdays, 9:30am. Don't forget helmets.

Springbank Heritage Club: 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.

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