



COMMUNITY SUPPORT E-NEWSLETTER **MAY 2018**

Western Rocky View Family and Community Resource Centre (Resource Centre)

Our Resource Centre workers provide support, information and referrals for people experiencing challenges meeting their basic needs, managing finances, coping with significant changes in their lives, or stresses in their personal or family relationships.

If you have a problem and you're not sure what to do, connect with a resource worker. We listen, without judgement, and can help you find solutions.

Call Cochrane: 403-851-2250 / Bragg Creek & Rural Outreach: 403-851-2286

Cochrane Family & Community Support Services (FCSS) - Programs that promote and facilitate the development of a strong community and strong families. Here are a few upcoming programs. For the full list of programs, please view the Town of Cochrane Program and Activity Guide: <http://www.cochrane.ca/DocumentCenter/View/1369/Program-and-Activity-Guide>
Call 403-851-2250 to register for programs.

- **Home Alone Safely (for ages 10-12):** Two classes: Saturday & Sunday, May 12-13, 9am-12pm, at the Homestead Bldg. \$60each. Siblings ages 8-10 can attend for \$50.
- **Babysitting Safety (ages 11-15):** Saturday, May 12, 9am-3:30pm, at Boys & Girls Club of Cochrane & Area. Cost: \$70.
- **Psychological First Aid:** Friday, May 11, 9:30am-3:30pm, at the Homestead Bldg. Learn how to help people immediately after a disaster or emergency. For more information contact Sharon at 403-200-1290.
- **Make Good in the Neighborhood Youth Project (ages 12-16):** Saturday, May 12 & 26, June 2 & 9, 9:30am-12pm. This 4 day project has youth participate in real life solutions to help others in their community. Costs: \$75.
- **It's Not Right Training – Healthy Relationships and Helping Older Adults at Risk:** Thursday, May 24, 1:30-3pm, at Seniors on the Bow. No cost but registration is required.
- **Trauma-Informed Care Series:** For more information contact Sharon at 403-200-1290.
 - ❖ May 28: Trauma-Informed Care: Disaster Response, Trauma in Care Providers, and Compassion Fatigue.
- **Don't miss this FREE movie 'The Mask You Live In':** Wednesday, May 2. Showtime: 7pm, at the Cochrane RancheHouse Theatre. The film explores how our culture's narrow definition of masculinity is harming our boys and men. Call FCSS 403-851-2250 to reserve your seat. Trailer: <https://www.youtube.com/watch?v=hc45-ptHMxo>

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MakeGood

in the

Neighbourhood

YOUTH
AGES 12 - 16

SATURDAY
9:00 AM - 12:00 PM
MAY 12 • MAY 26 • JUNE 2 • JUNE 9

LOCATION
FCSS
209 2 Ave W

CREATIVITY
+
EMPATHY

DESIGN
THINKING

HANDS-ON
FUN!

Inviting Cochrane youth's creativity and empathy to make some good in the neighborhood! The Town of Cochrane & community members partnered as a result of last year's Rolling Audit to create a program for youth to build their creative problem solving skills (S.T.E.A.M) related to unique community issues. Participants engage in a hands on design process to create real-life solutions to help others in Cochrane. Our first project explores **Accessibility** in Cochrane. Let's make good together!

Register: 403-851-2250 or cochrane.ca/eServices

CANNABIS LEGALIZATION AND OUR COMMUNITY

Join us for lunch
and dialogue

**Thu, May 17 | 12:30-2pm | Free
Seniors on the Bow Centre**

**Recommended for older adults
& seniors. Everyone is welcome!**

We will share some facts, and collectively explore different viewpoints and opinions related to the legalization of Cannabis. Please come with an open mind and compassion for everyone's perspective.

Register by May 14: 403-851-2250

Please advise if you have any dietary restrictions or need transportation assistance.

**LIVING IN COMMUNITY
WITH DIVERSE VIEWS**

To remain healthy communities, we need to be able to listen with empathy to other with views quite different than our own.

Western Rocky View Parent Link Centre – Play programs and parent education.

Call 403-851-2250 to register.

- **Bright and Beaming Music Class (parented program for children age birth to 6):** Mondays, until Jun.4, 11-11:45Am. Call 403-851-2250 to register.
- **Family Night OUT (parents and children age birth to 6):** Thursday, May 10, 5:30-9pm. LGBTQ+ families meet and play in a supported space.
- **Cochrane Breast Feeding Circle:** Fridays, 9:30-11:30am.
- **Young Parents Link (parents and children ages birth to 6):** Fridays, 1:30-3pm. Come out and meet other parents ages 24 and younger.
- **Hangin' with Dad (children ages birth to 6):** Saturdays, 9:30-11am. Attention all dads! Come have some fun with your kids and we'll have the coffee on.
- **Newcomers Connections (parents and children ages birth to 6):** Mondays, until May 14, 1:30-3pm.
- **Cochrane Prenatal Health Group:** Second and Fourth Thursdays of each month, 1:30-3:30pm. Pregnant & facing challenges? For support and resources register at 403-228-8221.
- **Parents of Anxious Kids:** Thursdays, May 3 & Jun.7, 7-8:30pm at the HomeStead Bldg. For more information contact Lorraine: focusparent@shaw.ca.

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- **Post-Partum Depression Support Group:** Tuesdays, May 1 & 15, Jun.5 & 19, 1:30-3:30pm, at Parent Link Centre.
- **Focus for Attention (ADHD support):** Tuesday, May 15 & Jun.19, 7-8:30pm, at the HomeStead Bldg. For more information contact Lorraine: focusparent@shaw.ca.
- **Sleep Session Series:** Apr.17-Jun.12. See website or program guide for more information.

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.

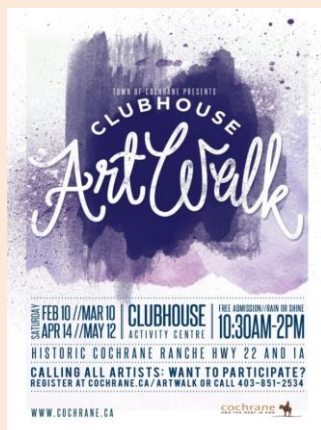
In Cochrane

To view the **Town of Cochrane 2018 SUMMER Program and Activity Guide**, pick one up at Cochrane FCSS or the Cochrane Public Library or view on line: <http://www.cochrane.ca/634/Program-Activity-Guide>

- **Cochrane Farmers' Market:** Saturday, May 12, 10am-2pm. The Cochrane Farmers' Market will be heading to Spray Lake Sawmills Family Sports Centre to set up indoors until the park is ready for our outdoor season. <http://www.cochrane-environment.org/farmers-market>.
- **Cochrane Trade Show:** Saturday (10am-5pm) & Sunday (10am-4pm), May 5 & 7, at Spray Lakes Sawmills Family Sports Centre. Cost: \$2/person (cash only).

For more programming and events, visit these sites:

- ❖ **Cochrane and Area Boys and Girls Club:** <http://www.bgcccochrane.ca/>
- ❖ **Cochrane and Area Events Society:** <http://www.cochraneevents.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>



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Getting on the Boat

Practical Steps to Living an Authentic Life: An Evening With Motivational Speaker Elisa Neven-Pugh

Date: May 18th, 2018

Doors open: 6:30pm
Motivational Talk: 7:00pm
Meet & Greet: 8:00 - 8:30pm
Where: Cochrane
RancheHouse, Aspen Room
Tickets: \$15

Tickets are available at:
* The Spirit Of Oneness (Earth Rocks)

Elisa is an Intuitive who has used practical steps along with spiritual guidance to advocate for those with mobility issues in the town of Cochrane. She wishes to spread the message that a belief in something greater can have tangible results and allow us to live authentically, not only in our own lives but also in the lives of the people around us.



In Our Rural Communities:

Rocky View County

Community Centres and Halls:

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

Bearspaw

Bearspaw Lifestyle Centre: <http://www.bearspawlc.org>

- **Wiggle & Giggle (birth-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 at 11:30am-1:30pm. Cost: \$15. RSVP 403-239-152, ext.100 (Kim).



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- **Design Your Wine Glass:** Friday, May 4. Cocktails and appetizers at 6:30pm. Painting at 7:00pm. Tickets \$45. Join us for an evening of laughter and creativity. We supply everything you need to paint your own wine glasses (2), or beer glasses, or vase (1). To register, call or text Lesley at 403-466-3322 or email: www.designyourwineglass.com.
- **Screeagers:** Saturday, May 5. Showtime: 10am. Screenages is an awarding winning film which probes into family life to explore struggles over social media, video gaming and academics. Kathy Jarrell from Healthy Minds Healthy Children Outreach Service will be onsite to answer questions after the film.

For more information on memberships, sports, fitness for all ages, camps, and events, please visit website or **Bearspaw Beat newsletter** <http://www.bearspawlc.org/the-bearspaw-beat>.

Beaupre:

Beaupre Community Hall: www.beauprehall.com

- **Country Connections Parented Play Group (ages: birth to 6):** Wednesdays, May 2 & 16, Jun.6 & 20, 10-11:30am. This is a parent/childcare giver led group with a country twist, for rural and Morley families only.
- **Whist:** Every 3rd Monday, at 7pm.

Bragg Creek

Bragg Creek Community Centre: www.braggcreekca.com

- **Artsy Afternoons:** Thursdays at 1-4pm. Free for members, \$5 non-members.
- **Rumble & Roar (ages 5 and under):** Tuesdays & Thursday, 9:30-11:30am. Tuesday is for Day Homes and Thursday is for local families. Join the Parent Link Centre Staff on Thursdays for extra activities, resources and free developmental screenings (May 3 & 17, Jun.7 & 21).
- **Youth Activity Night:** Friday, May 4. FREE.
- **Walking Group:** Wednesdays, 10:30am. All are welcome. Hosted by the Bragg Creek Ladies Auxiliary.
- **It's Not Right!:** Thursday, May 10, 7-9pm. Free training on maintaining healthy relationships and helping older adults at risk. To register, call Alison at 403-669-0914.
- **Standard First Aid Course:** Saturday & Sunday, May 12 & 13.
- **Soup and Pie Lunch,** hosted by the Ladies Auxiliary: The last Friday of each month (May 25 & June 22), 12noon. \$5/person.
- **Drumming Circle - hosted by Circles of Rhythm:** Wednesday, May 16, 7-9pm: Discover the therapeutic and community building benefits of drum circles. All ages welcome. \$45/person.
- **Mental Health First Aid For Adults Who Interact With Adults:** Thursday & Friday, May 31 & Jun.1, at the Bragg Creek Community Centre. Call FCSS at 403-851-2250, to register. For more information contact Sharon MacDonald at 403-200-1290.
- **Bragg Creek Resource Office:** Anyone experiencing challenges meeting their basic needs, managing finances, coping with significant changes in their lives are welcome to speak with

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the Community Support Worker at Bragg Creek Community Centre. Meetings are free & confidential. For more information call 403-851-2286.




IT'S NOT RIGHT!
Maintaining Healthy Relationships
and Helping Older Adults at Risk

Community Presentations - Neighbours, Friends
& Families for Older Adults

THURSDAY, MAY 10/18
7:00-9:00pm
Free!
BRAGG CREEK COMMUNITY CENTRE

It's Not Right! is a program that addresses issues of older adult abuse, neglect and self-neglect in communities by engaging bystanders. **See it**, by learning how to identify the types of adult abuse and their warning signs.

- **See it**, recognize the warning signs of abuse.
- **Name it**, by learning how to let your loved one know you are concerned.
- **Check it**, by asking questions and knowing how to help.

TO REGISTER, or for more information contact:
Alison Bush at 403-669-0914







Bragg Creek and Area Chamber of Commerce: <http://visitbraggcreek.com/>

High Country News: <http://www.highcountrynews.ca/pdfs/current.pdf>

The Hub is open in the Bragg Creek Shopping Centre. Please come in to use our free wifi, borrow a book or just to visit. For more information please contact Pastor Dave Zimmerman 403-949-2072.

- **Homework Club:** Wednesday afternoons, 3 -5pm. Kids can complete their school work in a supervised location.

Snowbirds Chalet - Bragg Creek's 50+Club (19 Balsam Avenue):

- **Foot Care in the Creek:** \$30/session. For an appointment, Call Jill at 403-949-2133.
- For rentals and enquiries, please email: braggsnowbirds@gmail.com.

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Great Cycle Challenge to fight kid's cancer

Wouldn't it be great to stimulate your health and help fight kid's cancer, at the same time? Care in the Creek Medical Centre thinks so. This June, you will get an opportunity by joining the Great Cycle Challenge Team. They support the SickKids Foundation and donations help fund research, clinical advances and compassionate care at The Hospital for Sick Children.

How does it work?

- Register for free at www.greatcyclechallenge.ca.
- Join our team 'Care in the Creek Medical Centre'
- Open to all ages; all fitness levels.



Spread the word and motivate others to join the challenge or become a sponsor. Doctor Noordman will sponsor every participant who joins the Care in the Creek Medical Centre Team for \$10, up to a maximum of 500 for the group.

Updates will get posted on <https://www.facebook.com/careinthecreek>.



Care in the Creek Medical Centre is accepting new patients.
Evening and weekend appointments available.

Contact us at 403 949 2457

Glenbow Ranch Park www.grpf.ca

- **Jane's Walk:** Friday, May 4, 10am. Hosted by longtime Park Steward Alice Fedosoff.
- **Guided Walk:** Saturday, May 5, 10am. Hosted by longtime Park Steward Ken Wright (photographer).
- **Golf Cart Tours:** To see May dates please visit above website.

Redwood Meadows

Redwood House www.redwoodmeadows.ab.ca

- **Play Group:** Tuesdays, 10:30-11:30 at Redwood House. This parent run session provides young children an opportunity to play with others, and parents meet other parents.
- **Community Café:** Friday, May 11, 10:30-12noon at Redwood House. Everyone is welcome. \$2/person includes coffee, tea and tasty treats.



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- **Redwood Meadows Parade of Garage Sales:** Saturday & Sunday May 26 & 27, 9am-3pm.
For more information email: programs@redwoodmeadows.ab.ca.

For a more information on fitness classes and Redwood Meadows events, visit above website or view **The Chatter newsletter:**

<http://www.redwoodmeadows.ab.ca/wp-content/uploads/2018-05-may-for-web.pdf>

Springbank

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

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

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.

My Springbank website: www.myspringbank.ca.

Calaway Park: Saturday & Sunday, May 19 & 20 Grand opening weekend.

Save 58% and purchase your 2018 Season Pass for just \$47.95 plus GST until May 22. Passes are available online or at the park. You can also check out the employment opportunities.

<https://www.calawaypark.com/>