

This book was collaboratively prepared in August 2009 by Tess Gilchrist and Cory Lahoda

Thanks to all our staff for their enthusiastic contributions



Cochrane Family & Community Support Services

Summary Report

Programs & Service offered from September 2008 to August 2009

CAPTURING COCHRANE



"Baby Faith - Past, Present, Future"

Photo submitted by Joy Florell—1st Place

The Cochrane FCSS Capturing Cochrane Photo Project, was an initiative created to give the Cochrane Community an opportunity to submit pictures highlighting what makes Cochrane a great place to live.



"Make new friends but keep the old. One is silver and the other is gold."

Photo submitted by Maida Bush—2nd Place



Cochrane Family & Community Support Services (FCSS)

Location: HomeStead Apartment Building
 #2 209-2nd Avenue West
 Cochrane, Alberta

Mailing: 101 RancheHouse Road,
 Cochrane AB, T4C 2K8

Phone: 403-851-2250
 Fax: 403-851-2260

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Message from the Manager

Cochrane Family and Community Supports Services (FCSS) is a division of the Town of Cochrane. Our mission is to enhance the quality of life for the Cochrane community. Together with the FCSS Advisory Board, the staff continually monitors the social needs and resources available in the community. We then develop programs to meet the needs or assist other community groups to provide services.

Our programs serve Cochrane and area residents out of the **Western Rocky View Family and Community Resource Centre and Parent Link Centre**. We are located in the Home Stead Apartment building on the main floor. We work closely with the **Cochrane Society for Housing Options** to increase affordable housing in Cochrane. Through strong partnerships and shared space, the clients we serve receive a seamless service delivered by friendly, experienced staff with excellent customer service skills.

Susan Flowers—Manager of Cochrane FCSS & Social Planning



Left to Right:
 Susan Flowers, Manager of FCSS & Social Planning
 Corinne Burns, Housing Coordinator
 Kim Krawec, Parent Link Centre Coordinator
 Brian Pugh, Resource Centre Coordinator



Groups Organized/ Developed by FSL Program

Family School Liaison (FSL) Program

Throughout the past year, the Family/School Liaison Program organized a variety of educational programs for students, parents and teachers, including...

Kick the Nic - 4 participants

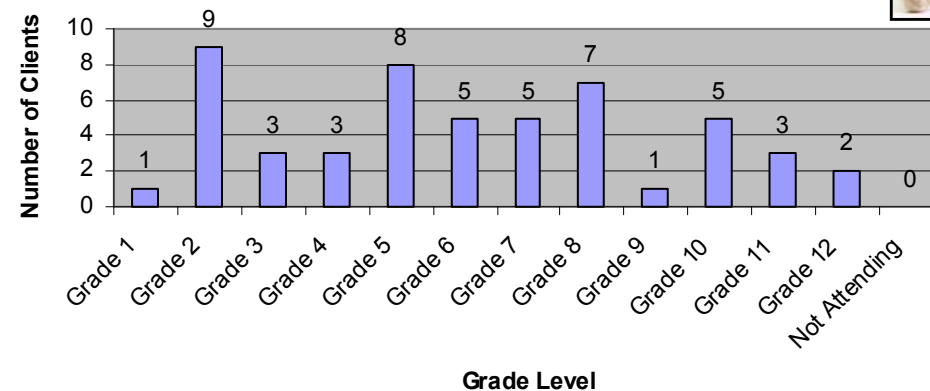
Disabilities Resource Fair (in partnership with Cochrane High) - 60 participants

FOCUS for Attention Parent Support Network (for parents of children with ADHD) - 45 participants

“At The End of Your Rope” Parenting Teens (in partnership with Parent Support Association) - 9 participants



Clients Served by Grade Level



Did You Know?

The Family School Liaison Program provides support to students from *all 15* elementary, middle and high schools in Cochrane and Rocky View County.

Success Stories

Monthly Parent Network!

In October 2008, FCSS introduced the first ever parent networking group for parents of youth diagnosed with ADHD. The initial meeting, to determine interest, was so successful that the FOCUS for Attention Parent Support Network was formed. Subsequent meetings have been held monthly, hosting such dynamic and informative speakers as the director of the Calgary Learning Disabilities Association, the U of C Disabilities Resources Center Coordinator, and parent professionals with personal stories as adults with ADHD or raising children with the diagnosis. With 45% of the Family School Liaison cases related to ADHD, the FOCUS Parent Network provides a much needed opportunity for parents to link and learn to enhance their children's success both at home and in school. A total of 36 participants have attended meetings averaging at least ten parents a session. Due to its growing success, meetings will resume from summer break in fall, switching from Monday to Tuesday evenings. Anyone interested can contact Lorraine Spector at 403-851-2250 or lorraine.spector@cochrane.ca.

Family/School Liaison (FSL) Program

The Family/School Liaison Program provides short term support to students, their families and their schools. Through an emphasis on prevention, problem situations are addressed in the early stages before they develop into more serious difficulties, enhancing the ability of children to function and achieve their full potential.



Liaison's advocate for children to access services in the schools and community. They also support parents by providing information, resources and referrals regarding parenting skills, techniques and strategies.

Now in it's eighth year, the FSL program is provided through a partnership between the Town of Cochrane FCSS, the Western Rocky View Family &

Connie Biden, Family School Liaison
403-851-2258 or connie.biden@cochrane.ca

Lorraine Spector, Family School Liaison
403-851-2257 or lorraine.spector@cochrane.ca



Referral Issues

Anger Management	4	Housing	5	Runaway	5
Anxiety/Stress Management	3	Inappropriate Behaviour	8	School Truancy	4
Attachment	4	Lack of Community Resources	13	Self-Esteem	19
Attention Difficulties/ADHD	23	Low Achievement/Motivation	11	Sexual Abuse	2
Behaviour	18	Mental Health Issues - Child	9	Sibling Issues	6
Conflict with School	14	Mental Health Issues - Parent	8	Special Needs/Medical	0
Divorce/Separation	6	Mentoring	5	Substance Abuse - Parent	0
Early Signs of Depression	12	Neglect	6	Substance Abuse - Student	5
Family Violence	6	Organizing/Self-responsibility	10	Suicidal/Self-Harming	9
Financial Concerns	4	Parent/Child Conflict	16	Suspension	10
Grief/Loss Issues	7	Parenting Skills	14	Transitions	9
Health Issues	4	PDD/Aspergers/Autism	5	Victimization/Bullying	11

FCSS Board Members

Hamish Kerfoot,
Chairman

Maureen Wills,
Vice-Chairperson

Joann Churchill,
Town Council Representative

Jochen Dimigen,
Board Director

Lydia Graham,
Board Director

Jerilynn Daniels,
Board Director

Alex Cathcart,
Board Director

Staff Members

Susan Flowers, Manager of FCSS & Social Planning
Brenda Dennis, Coordinator of Volunteer Cochrane
Christina Harding, Administrative Assistant/Receptionist
Cory Lahoda, Administrative Assistant
Candy Weisner, FCSS Program Planner
Corinne Burns, Housing Coordinator
Brian Pugh, Resource Centre Coordinator
Claire Young, Community Resource Worker
Terri Lauer, Community Resource Worker Assistant
Melissa Engdahl, Respite Worker
Kim Krawec, Parent Link Centre Coordinator
Nola Smith, Family Support Worker
Jane Donnelly, Early Childhood Educator
Joanna Beston, Early Childhood Educator
Tammie Thomas, Early Childhood Educator
Angela Blakely, Event Planner
Mary Webster, Program Assistant
Nadine Maillot, Child Care Planner
Lorraine Spector, Family/School Liaison Worker*
Connie Biden, Family/School Liaison Worker*
 (* in partnership with Rocky View School Division)

FCSS

- ♦ **Cochrane Society for Housing Options Partnership**
- ♦ **Family School Liaison Program**
- ♦ **Parent Link Centre**
- ♦ **Western Rocky View Resource**
- ♦ **Volunteer Cochrane**
- ♦ **Family Life Enrichment and FCSS Programs**
- ♦ **Community Development**
- ♦ **Funding Support to Groups**

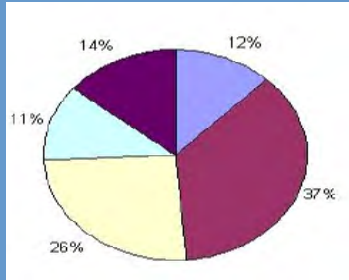
Structure & Funding

Revenues

Town of Cochrane
 Province of Alberta
 Program Fees & Donations
 Community Partners
 Rocky View Schools (Family School Liaison)
 Rocky View County FCSS (Cochrane FCSS, rural)
 MD of Bighorn
 United Way of Calgary & Area
 Cochrane Society for Housing Options
 Calgary & Area Child & Family Services Region 3
 Provincial Child & Family Services Parent Link Fund

FCSS is a division of the Community & Protective Services Department of the Town of Cochrane

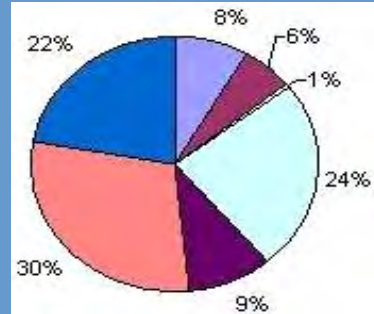
Where the Money Goes



Partnership Programs

- 12% - United Way Grant Support
- 37% - Parent Link Centre
- 26% - Resource Centre
- 11% - Home Visitation
- 14% - Family School Liaison

FCSS Programs



- 8% - Grants to local non-profits
- 6% - Volunteer Cochrane
- 1% - Advisory Board Coordination
- 24% - Community Development Initiatives
- 9% - Seniors programs
- 30% - Family programs
- 22% - Child/Youth programs

Affordable Housing

Cochrane FCSS continues to facilitate affordable housing programs and services by partnering with the Cochrane Society for Housing Options and other Town of Cochrane departments.

For example, FCSS works with the Town appointed Affordable Housing Task Force in their efforts to complete a community Housing Strategy and Implementation Plan. The document is now in the final stages of revision and will be presented to Town Council in September 2009. Implementation of that Strategy and Plan will begin immediately following Town Council approval.

In 2008, the Town of Cochrane received approval to pilot a perpetually affordable home ownership program that would provide home ownership opportunities for 3 – 4 low to moderate income households. That project currently is in the development stage, and it is anticipated that it will be operating by the end of 2009 or early 2010.

Cochrane Society for Housing Options received \$1.74 million from the Province to purchase ten - 2 bedroom units at Rocky View Pointe. It is anticipated that construction of this project will commence in fall 2009.

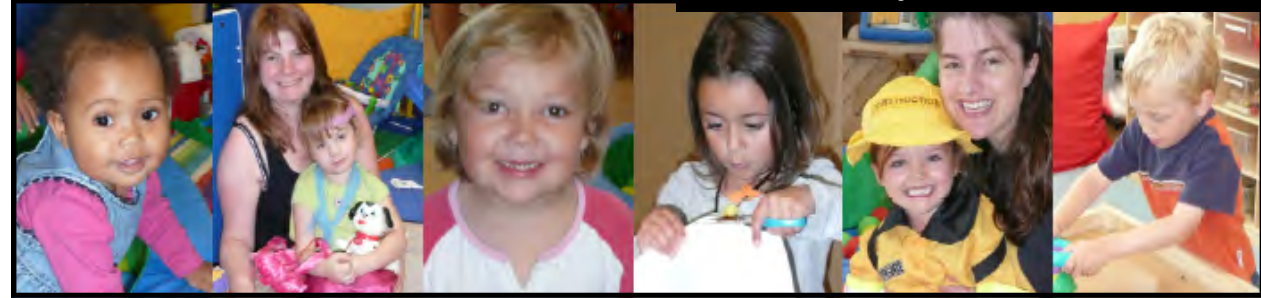
The Province will allocate another \$584,764 in 2010 to the Town of Cochrane to be used for more affordable housing capital projects. Planning is underway to determine best use of the funds.

The Town of Cochrane continues to work closely with the Cochrane Society for Housing Options. The Town renewed the contract to share the Housing Coordinator position. In addition, the development of a Service Agreement between the two groups is currently underway, the agreement will outline how they will work together in the most efficient way.

For more information on local affordable housing initiatives, contact Corinne Burns, Housing Coordinator at 403-851-2261.



Western Rocky View Parent Link Centre



LEARN: Parent education courses are offered throughout the year to empower families, enhance parenting skills and strengthen family relationships. Over the past year the Western Rocky View Parent Link Centre offered a variety of free educational programs including:

- The Power of Positive Parenting
- Raising Confident Competent Children
- Raising Resilient Children
- Putting Kids First: Effective Co-parenting
- The Spirited Child
- Different Parenting Styles
- Brain Building Play Ideas
- Sibling Rivalry
- Kids Have Stress Too
- Unplug the Christmas Tree
- Parents Do Made a Difference!
- Keeping Communication Open with Teens
- Parenting for Character



The Parent Link Centre offered the 2nd annual Child Wellness Fair in Cochrane. Over 35 booths/150 parents and children attended the Fair to learn about the social, health and recreational services available in our community for children 0-6 years of age.

The Parent Link Centre was proud to bring Michele Borba, international speaker and parenting author to Cochrane. Over 100 parents were inspired by her wisdom and experience!

The Parent Link Centre continues to partner with Rocky View Adult Education to expand the literacy programs available to families and young children.

The Parent Link Centre offers a comprehensive library with books and videos available for parents, children and community members to borrow. We are currently in the process of expanding the resources available for parents.

The Parent Link Centre provides **DEVELOPMENTAL SCREENING** for children 0-6 years of age. Developmental screening assesses children's communication, fine motor, gross motor, social-emotional and cognitive abilities.

- Parent Link Staff have completed over **150** developmental screens over the past year.
- Over **25** families have been referred to specialized services as a result of developmental screening.

VOLUNTEERS: 43 parents have volunteered over **266** hours to assist with program planning, toy cleaning and large events at the Parent Link Centre!

CELEBRATING 3 YEARS OF SUCCESS!

The Western Rocky View Parent Link Centre (PLC) opened in June 2006.

In 3 short years...

The number of parents and children accessing services has **TRIPLED!!!** We have:

- **DOUBLED** the # of play programs we offer to families with children 0-6 years of age
- **TRIPLED** the # of free Parent Education programs we offer!
- **EXPANDED** family support services by offering *TRIPLE P*, an internationally recognized parenting program
- **DOUBLED** the resources available to families to borrow in our Parent Resource Library

Since June 2006, over 3500 parents and children have attended PLC programs



PLAY: The Parent Link Centre offers a variety of play-based programs for families with children ages 0 – 6. Each program we offer is designed to challenge and enhance children’s physical, emotional, intellectual and cognitive development. Children are exposed to a variety of learning experiences that will prepare their readiness for school. Throughout the past year the PLC has provided programs for parents and children six days a week (Monday – Saturday) as well as Thursday evenings. Some of our most successful groups include:

Hangin’ with Dad! This unique drop-in group is just for dads and their children ages 0 -6 years! Every Saturday morning dads and their children join us for crafts, sensory tables, games, play and weekly story time! Over 65 fathers and their children have enjoyed dropping into the Parent Link Centre on Saturday mornings.

Baby Steps! Every Monday morning parents and their 0-12 month old babies join us for a half hour of fun, rhymes and singing. Following rhyme time, parents enjoy coffee and conversation while introducing their baby to new toys and sensory experiences. This unique program promotes infant development while connecting parents to their community! Over 80 unique parents and babies came to play over the year!

PARTNERSHIPS: The Parent Link Centre has developed many successful partnerships over the past two years. Formal partnerships with the Bearspaw Lifestyle Centre, Bragg Creek Community Association, M.D. of Bighorn and the Beaupre Community Association has allowed the PLC to expand play programs, parent education and family support into the Western Rocky View County.

The Parent Link Centre has also successfully partnered with community organizations such as Cochrane Community Health Centre, Cochrane Mental Health, Rocky View Adult Education, Rocky View School Division No. 41, Families Matter, Gymaniacs and the Town of Cochrane Recreation Department to expand the programs and services we are able to provide to our community.



The Program Planning portion of FCSS responds to community needs with programs and events that strengthen and improve the quality of life for families, individuals and children. Partnerships throughout the community not only make this possible with provision of facilitators, facilities and tremendous volunteers, but also strengthen the networks for FCSS within our growing community.

Recent programs include:

- Applied Suicide Intervention Skills Training
- At the End of You Rope
- Babysitting Safety
- Canada Pension Plan Tips
- Community Economic Development Program (via Simon Fraser University)
- Cybersafety: What Parents Need to Know
- Do Your Own Taxes
- FOCUS for Attention
- Fresh Ways of Handling Stress
- Healthy Relationships
- Home Alone Safely
- How to Age Gracefully Using good Nutrition
- Identity Theft for Seniors
- Menopause: The Hottest Class for the Coolest Ladies
- Never Bee Lost
- Preparing a Will
- Residential Tenancies Act Information Session
- Resume & Cover Letter Writing
- Stranger Smarts
- Talking to Your Kids About Sexual Health
- Women’s Social / Recreational Group
- Writing Personal Directives

A SENIORS' SERIES
How to Age Gracefully USING GOOD NUTRITION
 Join us as the dietician from the Cochrane Community Health Centre (CHR) gives information, creates awareness, and shares helpful tips at the Nan Boothby Library.
Wednesday, February 25, 2009
1:00 - 3:00 pm
Refreshments served
FREE - Register by calling Cochrane Family & Community Support Services (FCSS) at 403-851-2250

Stranger Smarts
 For 7 - 10 year olds.
 This is a dynamic, non-threatening workshop that teaches children to identify potential risks and make safe choices when dealing with strangers. Instructed by Kidproof Child Safety.
Location: Cochrane FCSS, "Stable" meeting room, 209-2nd Ave. W. Cochrane.
Date: Sat. March 14, 2009
Time: 10:30 am to 12:30 pm.
Cost: \$30.00 (Includes student book, parent book and labeling kit).
 To Register Please Call: 403-851-2250

If you are a parent or caregiver of a child or youth struggling with ADHD
 You are invited to attend Cochrane's
FOCUS for Attention Group
 This is a support network for parents in Cochrane and area
 Meetings are held monthly on Tuesdays
 Beginning September 15, 2009
 7:00 – 8:30 pm
 FCSS Building
 209-2nd Ave. West, Cochrane
 Cost: Free
 To register contact Lorraine Spector at 403-851-2250
 Or e-mail lorraine.spector@cochrane.ca
 * please contact Lorraine to confirm meetings dates and speakers.

Did You Know?

Over **160** clients were assisted by our **VOLUNTEER INCOME TAX PROGRAM** during the 2008 tax year!
 That is a **60%** increase from the previous year!

Thank You to Our Partners!

FCSS joined forces with 15 individual municipal, provincial and federal organizations to offer these programs.

Community Engagement



Team Health for Cochrane and Area - In the 5 meetings since last September, a main topic for Cochrane Team Health is the new Community Health Centre that is currently being planned for Cochrane. This Centre will include both Urgent and Community Care. This year, Cochrane opened its first Travel Clinic. Some other topics discussed include the EMS transition, the need for Diagnostic Imaging Services, the new Young Adult Clinic set to open in October, the H1N1 Flu and Pandemic Planning, the changes in affordable housing, the need for seniors housing and the new Seniors Task Force. Numerous other programs and services have been linked to the community through the communication of this group.

Helping Hands - Local faith communities continue to share resources to meet community needs through volunteer work, since their development in 2007. Besides personal assistance to families, seniors and specific requests, the group united to conduct a Cochrane-wide food drive for the Activette's Food Bank in spring of 2009. A fall Food Drive is planned for September 2009.

Your Cochrane Uncovered - The second annual event was held October 23, 2008 with over 50 community groups present and over 150 newcomers, residents and those considering making Cochrane their home attending. The networking between groups and participants was extremely well-received, with requests turning to commitment to offer the event again October 22, 2009.



Child Care Initiative—Cochrane FCSS recognized the crucial need for **child care services** over the past few years. Community support has been given to the recent development of a day home agency, a day care centre and presently, to expand out of school care in two modular units on the Glenbow School site. The modulars were allocated to Cochrane by Calgary and Area Child and Family Services in partnership with Rocky View Schools and are planned to offer services by January 2010.

Seniors Task Force—is a committee which makes recommendations to Cochrane Town Council on seniors programs and services. Cochrane FCSS assisted in the development of this group and provides staff support to the volunteers and new initiatives. The members have toured seniors centers' throughout the region and are looking forward to developing new services for Cochrane and area residents.



Seniors Week Tea - The theme for Seniors Week 2009 was: Seniors: Our Heritage. Local newspapers displayed articles and photos with captions honouring many local residents. Cochrane FCSS hosted a Tea with the help of a dedicated committee of local groups and individuals. Over 160 seniors were greeted by Susan Flowers on bagpipes. An RCMP in red serge, and St. Timothy High School students. They were then served by Cochrane Homeschoolers youth, while being treated to heartwarming performances from the Calgary Burns Club singers, CHAPS, greetings from the MLA and Mayor's office, and exercises lead by Town Recreation staff. Maureen Wills kept the afternoon on task as Master of Ceremonies.

Community Development Activities

Assistance with Basic Needs



From July 1, 2008 - June 30, 2009

193 families were referred to the Cochrane Activettes for their Food Hamper program and 455 hampers were provided. There were a total of 549 men, women and children registered!



Western Rocky View Resource Centre

Jacket Racket/ Family Celebration Event: October 5, 2008



Continuing our annual event since 1990, generous Cochranites recycled almost 500 jackets, lots of scarves, mittens, toques and other winter wear. The "Family Fiesta" was held the same day. Over 300 people enjoyed a BBQ lunch, face painting, the Bounce House, animals from the Humane Society and a free family movie. Thanks to all partners for their support!

Success Stories

"It's great to be in a small town where people care about each other,"

"I've made more friends in the last 3 days than in the last 4 months,"

"Thanks for being there. I don't know what I would have done without the community's help,"

"I felt like I was losing my mind. Now that things are coming together I feel so relieved and have some hope again,"

"I want to give back to the community that was there for us when we needed them,"



Our Lady Queen of Peace: Summer Camp & Christmas Party

The Resource Centre coordinated 65 children to attend Our Lady Queen of Peace Summer Camp Program.

Over 100 families from Cochrane and Rocky View County attended the annual Christmas Party at Our Lady



Assistance with Emergency Funds

Cochrane FCSS and the Resource Centre have a variety of community partners and programs which support our work with families in crisis. The following funds have been given to Cochrane and area families to assist with needs such as (but not limited to); household goods, damage deposits, medical necessities, and services for children.

- **Cochrane Home Essentials Society Assistance Requests - \$9,315**
- **Cochrane FCSS/Resource Centre Child & Emergency Fund - \$3997.00**
- **Town of Cochrane Program / Facility Subsidy Application - \$893.06**

Over 75 students received backpacks and school supplies to start the 2008 school year through our Backpack Program. We are grateful to our donors for their support of this event.



Western Rocky View Resource Centre

Who We Are

The Western Rocky View Family & Community Resource Centre is a collaboration between Calgary and Area Child & Family Service Authority, Cochrane FCSS and the community.



The Four Pillars of Service

Early Intervention

Community Based

Integrated Services

Aboriginal Respect

The core activities of the Resource Centre include:

- Supportive counseling
- Information and referrals
- Crisis intervention
- Childcare information
- Programs for parents and children
- Community Access Resource Program (Transportation Assistance)

Home Visitation Program

The Home Visitation Program is a free, voluntary program which supports families with children ages 0 - 6 living in Cochrane and the Rocky View County. Participation in this program offers families weekly / bi-weekly home visitation with a Family Support Worker, access to developmental screening, supported referrals to community agencies and confidential support.

The Home Visitation & Respite Programs :

- Strengthen family relationships
- Promote child development
- Increase parenting knowledge and skills
- Connect families with community resources

Twenty Nine (29) families (27 children) received support from the Home Visitation Program over the past year. Family Support Workers provided a total of 2660 direct service hours.

Respite Program

The Respite Program is available for families accessing the Home Visitation Program, who require additional parenting support. This short-term service provides an in-home respite worker to care for the children, making it easier for families to stabilize and access community resources.

Eleven (11) families have benefitted from the Respite Program. Respite Workers provided 84 visits with a total of 210 direct service hours.

Interagency Meetings

In the 5 meetings since last September, various presentations were made to keep the social service community groups aware of programs available to give them the opportunity to network. Some of these presentations included:

Alberta Mental Health, Cochrane Mental Health, Calgary & Area Child & Family Services, A Social Master Plan Workshop, Inform Calgary, mPower, Disability Action Hall, Alberta Association for Community Living, Calgary Fetal Alcohol Network, Triple P Parenting, Cochrane Sustainability Plan, United Way - Benefits Navigator, Give & Go Athletes Mentoring Program and Baby Sibs Study from the University of Calgary, and the many activities put on by FCSS throughout the year.

Between September 2008 and June 2009, the FCSS meeting rooms were booked by community groups for a total of 2794 hours.



Communication

Cochrane FCSS produces several communication pieces throughout the year to help inform the public of services available in their community. These include;

FCSS Newsletters - 14,000 copies distributed to Cochrane & area households twice each year.

Newspaper articles - informing the residents of programs and social issues done on a regular basis.

PLC Calendars & Newsletters - the Parent Link Centre produces approximately 100 activity calendars each month. These inform parents and caregivers of the play based and educational program available at the Centre, Beaupre, Bearspaw and Bragg Creek.

Cochrane Resource Directories - Cochrane FCSS updates the community group information section of this annual publication on a yearly basis.





Your Centre for Community Involvement

Volunteer Cochrane is one of over 200 volunteer centers in Canada dedicated to supporting volunteers and the organizations that require volunteer assistance. We foster and develop volunteerism in the community as a whole with the following services:

Volunteer Searchable Database (in partnership with Volunteer Calgary) - This searchable database enables people to post and search, volunteer opportunities in the Cochrane area and is accessible from both the Volunteer Cochrane and Volunteer Calgary websites.

Promoting volunteerism and raising awareness of the value of volunteering.

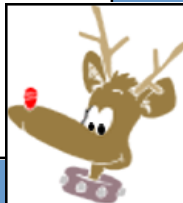
Assisting non-profit groups by providing resources, training and assistance to groups in the community that involve volunteers. As part of the support provided to these groups, Volunteer Cochrane hosts a monthly meeting for local managers of volunteers throughout the fall, winter and spring. The meetings create an opportunity for those people who work with volunteers in the Cochrane area to network and discuss issues relating to volunteer management and volunteerism.

“Volunteers are the heart of the community”

Turning Compassion into Action through involvement with:

- Council Committees
- Education Councils
- Faith Communities
- Social and Health Services Support
- Sports and Recreation
- Volunteer Boards

Volunteer Cochrane—FCSS honoured Cochrane & Area Victim Services with the 2009 Volunteer of the Year Award for managing an outstanding Operation Red Nose volunteer program during the 2008 Christmas celebrations. This award was presented at the Buckles & Bling Gala hosted by the Cochrane Chamber of Commerce in June 2009.



Cochrane Trade Show & Community Volunteer Fair was held May 2 & 3, 2009 at the Spray Lake Sawmill sports Centre with the Cochrane Art Show. 31 non-profit groups participated in the Volunteer Community Fair which was hosted by Cochrane FCSS in partnership with the Cochrane Chamber of Commerce Trade Fair Committee.



Volunteer Cochrane celebrated National Volunteer Week with a celebration at the Cochrane Movie House. Volunteers enjoyed a choice of two movies, complimentary treats & a personal thank you from Mayor Truper McBride & Town of Cochrane employees.

To acknowledge the hard working volunteers who gave their time and skills to so many Cochrane and area organizations, the Cochrane Times published a 'Salute to Volunteers' in the April 15th, 2009 edition during National Volunteer Week.



www.cochrane.ca/volunteer/cochrane



As part of National Volunteer Week celebrations, Volunteer Cochrane held the 6th Annual Leaders of Tomorrow Awards Ceremony and Pizza Party, on Thursday, April 23, 2009 at the Cochrane RancheHouse. 15 youth nominees were honoured and Leaders of Tomorrow Awards were given in each Elementary, Middle, and High School category.

Volunteer Appreciation Movie Day

Are you a community volunteer? You're invited to enjoy a free movie in celebration of National Volunteer Week

10 am Saturday April 18, 2009
Cochrane Movie House

Tickets available in advance ONLY
Get yours at Cochrane FCSS: 209-2nd Ave. W

Volunteers are the heart of the community.