

**TOWN OF COCHRANE**  
**Community Service**

**COCHRANE FAMILY & COMMUNITY SUPPORT SERVICES ADVISORY BOARD**

**AGENDA**

**DATE:** Jan 8, 2020  
**TIME:** 6:30pm – FCSS Advisory Board Meeting  
**PLACE:** The ‘Stable’ Meeting Room, Cochrane FCSS

**Chairperson & United Way Rep:** Margaret Stevens  
**Vice Chairperson & Rural Rep:** Rick Lancaster  
**Town Council Rep:** Councilor Marni Fedeyko

**Members:** Lyle Balmer  
Valerie Borsos  
Ryan Koudys-Stone  
Lorraine Palmer  
Gresal Tapulao

**FCSS Staff:** Kim Krawec, Manager, FCSS  
Nicole Copses, Administrative Assistant

**Regrets:**

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- 1. Call to Order – Margaret Stevens, Chair**
    - a) Welcome
    - b) Introductions
  - 2. Agenda**
    - a) Agenda Additions/Deletions
    - b) Adoption of the Agenda
  - 3. Adoption of Minutes from Previous Meetings**
    - a) Dec 4, 2019 – Regular Meeting
  - 4. New Business**
    - a) Board election – Chair, Vice Chair
    - b) Confidentiality Agreements
    - c) Code of Conduct
    - d) Funding update – Kim
    - e) CRC/PLC Funding - Kim

- f) 2020 Grant Council presentation – Kim
- g) Fundraising – Kim
- h) Discussion on standing agenda items

**5. Ongoing Business**

- a) Cochrane Cares (Standing Item) – Kim
- b) United Way update – Margaret
- c) Rural update – Rick/Margaret
- d) Caregiver support update (Standing Item) – Rick

**6. Round Table Items**

- a) Board members information sharing

**7. Correspondence**

- a) N/A

**8. Next Meeting:**

- a) Feb 5, 2020 – 6:30pm, Homestead Building
- b) Mar 4, 2020 – 6:30pm, Homestead Building

**9. Adjournment:**

<b>Upcoming Events: (optional)</b>	<b>More info:</b>
<p><b>The Power of Positive Parenting</b> Wed, Jan 22, 6:30-8:30pm, Free, Parent Link Centre, 127 First Ave W See description details on page 14</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Raising Confident Competent Children</b> Wed, Feb 5, 6:30-8:30pm, Free, Parent Link Centre, 127 First Ave W See description details on page 15</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Dealing with Disobedience</b> Thu, Feb 6, 1:30-3:30pm, Free, Parent Link Centre, 127 First Ave W See description details on page 15</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Raising Resilient Children</b> Wed, Feb 12, 6:30-8:30pm, Free, Parent Link Centre, 127 First Ave W See description details on page 15</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Positive Parenting Group</b> Wed, Feb 19-Mar 18, 6:30-8:30pm, Free, Parent Link Centre, 127 First Ave W See description details on page 15</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Cochrane Wide Food Drive</b> Sat, Apr 25, 10am</p>	<p>fooddrive@helpinghands.ca</p>
<p><b>Cochrane Trade Show</b> Sat &amp; Sun, May 2-3 Spray Lake Sawmills Family Sports Centre</p>	<p>Email Nicole at nicole.copses@cochrane.ca to volunteer</p>
<p><b>FOCUS for Attention</b> See date details on page 15, 7-8:30pm, Free, HomeStead Apartment Building, #1, 209 Second Ave W See description details on page 15</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Raising Confident, Competent Children</b> Wed, Feb 5, 6:30-8:30pm, Free Parent Link Centre, 127 First Ave W See description details on page 15</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
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Upcoming Events: (optional)	More info:
<p><b>Managing Fighting and Aggression</b> Thu, Mar 5, 1:30-3:30pm, Free Parent Link Centre, 127 First Ave W See description details on page 15</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Living Your Charitable Purpose</b> Wed, Jan 15, 9am- 12pm, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 21</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>One to One Consultations with IntegraOrg</b> See dates and times on page 2, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 21</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Keeping Your Non-Profit Healthy</b> Wed, Jan 15, 1-4pm, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 21</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Fund Development</b> Sat, Feb 8, 1-4pm, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 21</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Trico Charitable Foundation</b> Wed, Mar 11, 6-8pm, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 21</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Thrive: A Community Leadership Initiative of Momentum Calgary</b> Thu, Mar 12, 6-8pm, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 22</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>HR Basics</b> Wed, Apr 8, 9am-12pm, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 22</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Finance 101</b> Wed, Apr 8, 1– 4pm, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 22</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Applied Suicide Intervention Skills Training (ASIST)-Tune up</b> Tue, Jan 21, 9am- 12:30pm, \$50 HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 22</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Community Helpers Training Suicide Prevention</b> Wed, Jan 29, 9am-4:30pm, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 22</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>

<b>Upcoming Events: (optional)</b>	<b>More info:</b>
<p><b>Inner Leadership: Mindful Practices for Being Centered and Present</b> Thu, Jan 23, 10am- 3pm, \$30 HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 23</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Healthy Habits</b> Wed, See page 23 for dates, 6-7:30pm, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 23</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Workplace Community Helpers</b> Wed-Thu, Feb 19-20, 9am- 4:30pm HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 23</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Inner Leadership Advanced</b> See page 23 for Dates, 10am- 1pm, \$25 HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 23</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Mindfulness</b> Sat-Sun, Apr 4-5, 9am- 4:30pm, \$50 HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 23</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Community Helpers to Support Youth</b> Wed-Thu, May 6-7, 9am-4:30pm, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 24</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Mental Health First Aid for Adults Who Interact with Adults</b> Wed-Thu, Jun 3 &amp; 4, 9am-4:30pm, \$50. HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 24</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Community Development Learning Initiative</b> Wed-Thu, Jan 15 &amp; 16, 6:30-8:30pm, Free Protective Services Centre, 20 Grande Blvd See description details on page 25</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Budgeting Basics for Families</b> Wed, Jan 29, 6:30–8:30pm, Free Parent Link Centre, 127 First Ave W See description details on page 25</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Emergency Preparedness Workshop- E-Prep</b> Tue, Mar 31, 6:30-8:30pm, \$25 HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 26</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Career Planning</b> Thu, Jan 23, 6:30-8:30pm, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 26</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>
<p><b>Nakoda Language Class 101.2</b> Thu, See page 26 for dates, 7-8:30pm, \$95 Cochrane RancheHouse, Sage Room See description details on page 26</p>	<p>Register: cochrane.ca/ProgramGuide or 403-851-2250</p>

<b>Upcoming Events: (optional)</b>	<b>More info:</b>
<b>Canadian Workplace Expectations</b> Wed, Feb 5, 10am-12pm, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 26	Register: <a href="http://cochrane.ca/ProgramGuide">cochrane.ca/ProgramGuide</a> or 403-851-2250
<b>Blanket Exercise</b> Wed, Feb 5, 6:30-9pm, Free TBD See description details on page 26	Register: <a href="http://cochrane.ca/ProgramGuide">cochrane.ca/ProgramGuide</a> or 403-851-2250
<b>Basic Resume and Interview Skills</b> Thu, Feb 20, 6:30-8:30pm, Free HomeStead Apartment Bldg. #1, 209 Second Ave W See description details on page 26	Register: <a href="http://cochrane.ca/ProgramGuide">cochrane.ca/ProgramGuide</a> or 403-851-2250