

COMMUNITY SUPPORT E-NEWSLETTER
for West Rocky View County
DECEMBER 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.

- **Did you know** that the Resource Centre has an **Elder Abuse Support program** for older adults experiencing harm or distress within family or other relationships of trust?
- **Did you know** that the Resource Centre has a **Healthy Relationship program** for men or woman struggling with abuse in their intimate relationship?
- **Did you know** that the Resource Centre has a **Safe Coach program** for youth ages 13-24, and their parents, when conflict puts youth at risk for homelessness?
- **Did you know** that the Resource Centre has a **Rural Outreach program** for resident in west Rocky View County (Bears paw, Beaupre, Bragg Creek, Springbank & Westbrook, so that they don't have to come into Cochrane to receive services?

***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 the Cochrane office: 403-851-2250 or
Bragg Creek / Rural Outreach office: 403-851-2286**

Watch for the new Town of Cochrane Program and Activity Guide coming soon.

<http://cochrane.ca/634/Program-Activity-Guide>



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Western Rocky View Parent Link Centre – Play programs and parent education. Here are a few upcoming programs. To view the complete list of programs offered to parents and children from birth to age 6, please view the Town of Cochrane Program guide, <http://cochrane.ca/634/Program-Activity-Guide>, Cochrane Parent Link Centre’s website www.cochrane.ca/PLC or FB page www.facebook.com/CochranePLC.

- **Cochrane Breast Feeding Circle:** Dec.7 & 21, 9:30-11:30am at PLC.
- **Family Night Out (LGBTQ2S+):** Dec.6 & 20, 5:30pm at PLC.
- **Focus for Attention (ADHD support):** Dec.18, 7pm at HomeStead Bldg.
- **Grandparents Group:** Wednesdays, 9:30am at PLC.
- **Mindful Parenting:** Dec.4, 7pm at PLC.
- **Mom’s Night Out:** Dec.13, 7pm at PLC.
- **Parents of Anxious Kids:** Dec.6, 7pm at HomeStead Bldg.
- **Post-Partum Depression Support Group:** Dec.4 & 18, 1:30pm, PLC.
- **Raising Emotionally Resilient Children:** Dec.6, 7pm at PLC.

Call 403-851-2250 for more information or to register for programs.

JINGLE & MINGLE OVER
SOUP

hearty HOMEMADE soup YUMMY FRESH BREAD delicious SWEET treats

NO ONE EATS ALONE ON CHRISTMAS DAY...

DEC. 25 COME JOIN US FOR A FREE SOUP LUNCH
 11:30AM - 1:00PM
 AT THE COCHRANE ALLIANCE CHURCH
 R.S.V.P. PREFERRED BUT NOT NECESSARY
 587-560-9448

Dementia Advice
 Available through Health Link

811 Health Link
 Health Advice 24/7

If you or someone you love is living with dementia, including Alzheimer’s disease, a new service is available to answer your questions and provide advice. It’s easy:

- 1 Call Health Link 24/7 by dialing 811.
- 2 Staff will assess your needs and provide advice immediately for your concerns.
- 3 When needed, you will be referred to a specialized dementia nurse for additional advice.

For more information on dementia and Alzheimer’s disease visit MyHealthAlberta.ca

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In Cochrane

www.cochrane.ca

- **Free Public Skating in December:** Saturdays & Sundays (Except during tournaments), at Spray Lake Sawmills Family Sports Centre. Sponsor by the Cochrane Rotary Club.
- **Christmas Parade of Light:** Dec.8, 5-7pm.
- **Breakfast with Santa:** Dec.8, 9-11am at the Boys and Girls Club of Cochrane. \$5/person, \$20/family. <http://www.bgccochrane.ca/news>.
- **Cochrane Christmas Farmers Market:** Dec.8 & 9, 10am-4pm at Spray Lakes Sawmills Family Sports Centre.
- **Cochrane Stuff a Bus:** Dec. 15, 10am-3pm at Canadian Tire Parking Lot. <http://www.cochraneevents.ca/stuff-a-bus.php>
- **Cochrane Music Society's Annual Christmas Concert:** Dec.18, 7:30pm at Bow Valley Baptist Church. \$10/ticket, available online or at the door. <https://www.cochranemusic.ca/concerts/christmas-concert>.

For more resources, programs, and events, check out these great websites:

- ❖ **Cochrane and Area Boys and Girls Club:** <http://www.bgccochrane.ca>
- ❖ **Cochrane and Area Events Society:** <http://www.cochraneevents.ca>
- ❖ **Cochrane and Area Humane Society:** <http://www.cochranehumane.ca>
- ❖ **Cochrane and Area Victim Services:** <http://www.cochranevictimservices.ca>
- ❖ **Cochrane and District Agricultural Society:** <http://www.cochraneagsociety.com>
- ❖ **Cochrane Public Library:** <http://www.cochranepubliclibrary.ca>
- ❖ **Cochrane Tourism:** <http://www.cochrane-tourism.ca>
- ❖ **Helping Hands Society of Cochrane and Area:** <http://helpinghandscochrane.ca>
- ❖ **Seniors on the Bow:** <https://www.cochrane.ca/257/Seniors-on-the-Bow-Centre>



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Cochrane & Area Events Society

*Stuff-a-Bus
December 15, 2018
10:00 am to 3:00 pm
Canadian Tire
Parking Lot*

The Cochrane Activettes' Share Your Christmas Hamper Program provides food, clothing and gifts to over 200 Cochrane families in need during this special time of year. Let's all chip in to make everyone's Christmas great!

The following items would be graciously accepted:

**Unwrapped Toys, Gifts for Adolescents and Teens,
Non-Perishable Food and Monetary Donations**

In support of
Cochrane Activettes
Share your Christmas Hamper Program

In partnership with:

Email: caes.CochraneEvents@gmail.com

SPONSORED BY
GLOBAL PET FOODS
art.play.love.

**CHRISTMAS PARTY
AND
Open House**

DECEMBER 8
12:00 - 5:00
PLEASE JOIN US!

BAKE SALE
Save time by picking up delicious holiday treats for entertaining (for yourself!).

HOLIDAY PET PHOTOS
Have your pet's photo taken by our professional photographer!
BOOK YOUR APPOINTMENT TODAY!
call (403) 932-2072 or email shelter@cochranehumane.ca

STUFF THE VAN
Help us stuff the shelter van with items from our holiday wishlist.
Please check out our wish list online.

Photos are \$20 each. You will receive a digital copy of your photo.

Meet. Adopt. Love.
(403) 932-2072
88 Griffin Industrial Park, Cochrane, AB
cochranehumane.ca

In Our Rural Communities:

Rocky View County

Community Centres and Halls:

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

Rocky View County Events Calendar: <https://rockyview.ca/NewsEvents/Events.aspx>

Beaupre:

Beaupre Community Hall: www.beauprehall.com

- **Country Connections Parented Play Group (ages: birth to 6):** Dec.5 & 19. This is a parent/childcare giver led group with a country twist, for rural and Morley families only.



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Bearspaw

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

- **Wiggle & Giggle (birth-6 years of age):** Every Tuesday until Dec.11, 11am-12pm. This is a parent/childcare giver led group. Please bring indoor shoes.
- **Ladies Paint Night:** Friday, Dec.7, 6pm. \$55/person.
- **Lunch & Learn – Painting Wood ornaments :** Wednesday, Dec.12, 11:30am-1:30pm. Cost: \$15. Please RSVP 403-239-152, ext.100 (Kim).

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

Bragg Creek

Bragg Creek Community Centre: www.braggcreekca.com

- **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 (Dec.6 & 20).
- **Board Game Explorers:** Dec.17, 3:30-4:30pm. Drop in and play board games.
- **Lego Club in the Creek:** Dec.3, 3:30-4:30. Drop in and create a Lego masterpiece.
- **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 the Community Support Worker at Bragg Creek Community Centre. Meetings are free & confidential. For more information call 403-851-2286.

Please visit website for a **full list** of local activities (acrobats, cooking classes, performing arts, drop in pickle ball, badminton, yoga, etc.), and more BCCA information.

Bragg Creek and Area Chamber of Commerce: www.visitbraggcreek.com.

Arts in Bragg Creek: www.artsinbraggcreek.ca .

Redwood Meadows

Redwood House www.redwoodmeadows.ab.ca

- **Play group (parented):** Tuesdays, 10:30-11:30am.
- **High Country Quilters:** Every second Tuesday, 10am-2pm.
- **Community Café:** Friday, Dec.14, 10:30-noon. \$2.

For a more information on fitness classes, camps, and Redwood Meadows events, visit above website or view **The Chatter newsletter**. http://www.redwoodmeadows.ab.ca/community-2/the-chatter-on-line/?mc_cid=20faca0b1d&mc_eid=b1391e33ed.

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**Bragg Creek's
Spirit of Christmas**

December 1/2 & 8/9
12 to 4pm in the business corridor


Join us for an old fashioned Christmas celebration
 Visit with Santa Claus • Face Painting • Storytime • Activities (see map on reverse)
 Horse Drawn Wagon Rides • Fire Pit • Concession Stand

PROUDLY SPONSORED BY

A very special thank you to the Local Committee for Calgary and Area REMAX Realtors for their generous corporate donation and to Rocky View County for their continuing support, and to the Bragg Creek & Area Chamber of Commerce, Bragg Creek's Seniors Chalet, AdMaki Creative, Bragg Creek Community Association and participating businesses for their continued support.



All activities are free of charge & subject to change without notice.
 visitbraggcreek.com



*Santa Claus is Coming ...
to the 'Wood!*

Sunday, December 16th

Look for the Santa **STOPS** in your part of the 'wood!

Listen for the **MUSIC!**

Watch for the **LIGHTS!**

Bring SANTA your **LETTERS**
& **FOOD BANK** donations!

Check **SANTA'S SCHEDULE**
on the back page of the CHATTER
and at www.redwoodmeadows.ab.ca

Springbank

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

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

Springbank Community Association www.springbankcommunity.com

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. Facility Location: 244168 Range Road 33 (south of the TransCanada Highway at the Calaway Park overpass and just past the Springbank Middle School). For more information call 403-288-1288 or email Springbankhc@telus.net.

My Springbank website: www.myspringbank.ca.

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NALOXONE

Naloxone is a lifesaving medicine that can reverse opioid overdose.

Free Training & Kit Distribution
CALGARY
DECEMBER 5-8, 2018

Join us for a chat & training session to help make your community safer.

<p>DECEMBER 5 Central Library BMO Community Room 800 3rd Street SE DROP IN FOR A SESSION 2:00-3:30pm 4:00-5:30pm 6:00-7:30pm</p>	<p>DECEMBER 7 Memorial Park Library 1221 2nd Street SW DROP IN FOR A SESSION 10:00am-11:30am</p>	<p>DECEMBER 8 Forest Lawn Library Program Room (Basement) 4807 8th Avenue SE DROP IN FOR A SESSION 10:30am-12:00pm 12:30-2:00 PM</p>
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For more information or to register, call 780-455-2200 Ext. 432 or email health@metsis.org. Register up until the day of.


 @ABMetsis
  @Albertametsis
  @Albertametsis
 #100 - 11738 Kingsway Avenue | albertametsis.com | 780-455-2200

In Alberta only
Did you know?

- This year already **425 people** have died of an apparently accidental fentanyl poisoning, and **129 people** have died from carfentanil.
- Almost 80% of all fentanyl deaths were among males ages 25-39 and 55-59, and females ages 35-39.
- Opioid deaths other than fentanyl, were among males aged 50 and 70+ and females an average of 50+ years old.
- Opioid overdose deaths are occurring in prescription users, and illicit users.

Have a Safe Holiday Season.