



**CONTACT US**

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**COCHRANE**  
 Parent Link Centre  
 (127 First Ave W)

**HomeStead Building**  
 (209 Second Ave W)

**BEARSPAW**  
 Bearspaw Lifestyle Centre  
 253220 Bearspaw Rd

**BEAUPRE**  
 Beaupre Community Hall  
 263035 Beaupre Creek Rd

**BRAGG CREEK**  
 Bragg Creek  
 Community Centre  
 23 White Ave

\*Programs with an asterisk require  
**registration:** cochrane.ca/programguide  
 We offer programs at various rural sites.  
 Programs and sites are colour coded.

**INDOOR PLAYGROUND HOURS**

**Monday-Friday**  
 9:00am-12:00pm & 1:30-3:30pm  
**Thursday**  
 4:30-7:00pm  
**Saturday**  
 9:30am-12:00pm

# December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Would you like to receive our monthly e-newsletter?  
 Email: parentlink@cochrane.ca  
 to be added to our distribution list.

2 Lil' Explorers 9-10:15am  Preschool Playtime 1:30-3pm	3 Baby Steps 9:30-11am  *FOCUS for Attention 7-8:30pm	4 <b>CLOSED            for            Staff Meeting</b>	5 Preschool Playtime 9-10:15am  <b>Bragg Creek            Rumble &amp; Roar            9:30-11am</b>  *Hassle Free Shopping with Children 6-8pm  <b>*Parents of Anxious            Kids            7-8:30pm</b>	6 Toddlers in Tow 9:30-10:45am  Baby Steps 1:30-3pm	7 Hangin' with Dad 9:30-11am
9 Lil' Explorers 9-10:15am  Cochrane Breastfeeding Circle 10:30am-12pm (a certified lactation consultant and childbirth educator will be in attendance)  Preschool Playtime 1:30-3pm	10 Baby Steps 9:30-11am  <b>Bearspaw Wiggle &amp;            Giggle            11am-12pm</b>	11 Grandparents Group 9:30-10:45am  Toddlers in Tow 1:30-2:45pm	12 Preschool Playtime 9-10:15am  *Cochrane Prenatal Health Group 1:30-3:30pm  Family Night OUT 5-6:30pm	13 Toddlers in Tow 9:30-10:45am  Baby Steps 1:30-3pm	14 Hangin' with Dad 9:30-11am
16 Lil' Explorers 9-10:15am  Preschool Playtime 1:30-3pm	17 Baby Steps 9:30-11am  <b>*Something Old,            Something New            10-11:30am</b>  *Mom 2 Mom Support Group 1:30-3pm  <b>*The Use of Therapeutic            Arts with Children            7-8:30pm</b>	18 Grandparents Group 9:30-10:45am  <b>Beaupre County            Connections            10-11:30am</b>  Toddlers in Tow 1:30-2:45pm	19 Preschool Playtime 9-10:15am  <b>Bragg Creek            Rumble &amp; Roar            9:30-11am</b>	20 Toddlers in Tow 9:30-10:45am  Baby Steps 1:30-3pm	21 

Parent Link Centre is closed for the Holidays  
 We will re-open on Monday January 6, 2020

## CHILD DEVELOPMENT PROGRAMS

### **Baby Steps (ages prenatal-walking/parented) - Tue (9:30-11am) & Fri (1:30-3pm)**

Join us and connect with parents while babies explore new activities, songs, and interact with other babies.

### **Lil' Explorers (ages birth-6/parented) - Mon (9-10:15am)**



If you are parent of a child with special needs, then this program is for you! Join us to play, visit, share information and connect with other families on a similar journey. This is a safe and fun setting outside the home for you to attend with your aide/OT/PT/ ST/psychologist etc.

### **Toddlers in Tow (walking-36 months/parented) - Wed (1:30-2:45pm) & Fri (9:30-10:45am)**

At this high-energy group, parents and toddlers enjoy simple crafts, sensory tables, and all kinds of toys! At the end of each group, families wind down with rhymes and singing.

### **Preschool Playtime (ages 3-5/parented) - Mon (1:30-3pm) & Thu (9-10:15am)**

Come play and explore the interactive activities to promote your child's cognitive, social/emotional, and physical development. This is a great opportunity for your preschoolers to develop preschool and kindergarten readiness skills.

### **Something Old, Something New - Tue Dec 17 (10-11:30am) Points West Living, 60 Fireside Gate**

Join us once a month for a young and old generations to come together to share experiences, knowledge, and skills that are mutually beneficial and foster positive relationships. Bright and Beaming Music will provide music and movement opportunities. Parent Link Centre will offer time for connection with a craft and story time.

**Points West Living Cochrane, \*Must Register Online**

### **Cochrane Breastfeeding Circle - Mon Dec 9 (10:30am-12pm)**

Are you a breastfeeding mother or mother-to-be? Join a certified lactation and childbirth educator with over a decade of experience in maternal and child health to get accurate, up to date and personalized breastfeeding information and support.

### **Grandparents Group (ages birth-6/parented) - Wed (9:30-10:45am)**

Are you a grandparent with grandchildren ages birth-6 years old? Then this program is for you! Join us to play, visit, share information and connect with other grandparents in your community!

### **Family Night OUT (ages birth-6/parented) - Thu Dec 12 (5-6:30pm)**



Our evening playgroup meets monthly to celebrate diversity in our community. We welcome all families including LGBTQ2S+ families, gender diverse children and allies. Connect in a safe and supportive space, while children engage in developmentally enriching play. Starting a family is a unique journey and we welcome those who are planning/ expecting too.

### **Hangin' With Dad (ages birth-6/parented) - Sat (9:30-11am)**

Attention all dads; are you looking for a fun, free activity for you and your children Saturday morning? Join us to connect with other dad's, enjoy crafts and a weekly circle time.

### **Bearspaw Wiggle & Giggle (ages birth-6/parented) - Tue Dec 10 (11am-12pm) **RURAL!****

Join us for active fun in the gym! A great way to burn off some energy and meet other parents and children! Bring indoor shoes for both parents and tots.

### **Beaupre Country Connections (ages birth-6/parented) - Wed Dec 4, 18 (10-11:30am) **RURAL!****

Join us for a play-based program with a country twist! You'll enjoy riding toys, crafts, and an interactive circle time.

### **Bragg Creek Rumble & Roar (ages birth-6/parented) - Thu Dec 5, 19 (9:30-11am) **RURAL!****

Parent Link Centre staff will be at Rumble and Roar with fun activities, developmental screenings, and resources for you and your family! Bragg Creek and Morley families only. \$5 fee/child.

## PARENT EDUCATION WORKSHOPS - REGISTRATION REQUIRED (UNLESS OTHERWISE SPECIFIED)

### **Mom 2 Mom Support Group - Tue Dec 3, 17 (1:30-3pm)**

This bi-weekly group offers support for mothers who are experiencing stress, anxiety or Post-Partum Depression. It is also a great way to connect with other mothers who are facing similar challenges and to learn about and practice self-care. Offered in partnership with Cochrane Mental Health and Addictions. Childminding available.

**Parent Link Centre, \*Must Register Online**

### **Cochrane Prenatal Health Group - Thu Dec 12 (1:30-3:30pm)**

Register for a this free, prenatal health group that offers peer support and information about healthy nutrition, pregnancy and birth, as well as and accessing local community resources to help you through pregnancy and beyond. If you are pregnant or parenting an infant up to 6 months, attend for information, support and connection. The group is facilitated by Alberta Health Services; and is offered in partnership with the Parent Link Centre.

**Parent Link Centre, \*Must Register; 403-851-6149**

### **Hassle Free Shopping with Children - Thu Dec 5 (6-8pm)**



Even the simple task of grabbing some groceries can be a stressful event when you've got children in tow. Join us for an active discussion of parenting strategies and develop a personalized plan to manage behavior while shopping. Appropriate for parents with children ages two to 10 years old.

**Parent Link Centre, \*Must Register Online**

### **Parents of Anxious Kids - Thu Dec 5 (7-8:30pm)**

In today's world children are more under stress than ever before! Difficulty sleeping, stubbornness, obsessive thoughts, stomach aches, avoidant behaviours, headaches, excessive shyness, these are some signs that your child may be experiencing anxiety. This monthly group offers support, strategies, information and resources for parents/caregivers of children and youth who may be showing signs of anxiety. Info: Lorraine Spector at focusparent@shaw.ca

**Homestead Apartment Building, \*Must Register Online**

### **The Use of Therapeutic Arts with Children - Tue Dec 17 (7-9pm)**

Dr. Cooke will provide an understanding of therapeutic arts and examples of how children can express themselves through this multimodal tool. A child or youth need not have any artistic ability to use or benefit from therapeutic arts. Participants at this presentation will gain insight into the unique impact of creativity on healing. here are many challenges and celebrations in a family where ADHD is present. All parents and caregivers of children and youth with ADHD are invited to this monthly support group. Join us for strategies, information, resources, guest speakers and the opportunity to network. Info: Lorraine Spector at focusparent@shaw.ca

**Homestead Apartment Building, \*Must Register Online**

**Register Online: [www.cochrane.ca/programguide](http://www.cochrane.ca/programguide)**