



**CONTACT US**

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\*Programs with an asterisk require registration.

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

**COCHRANE**

Parent Link Centre  
(127 First Ave W)

HomeStead Building  
(209 Second Ave W)

**RURAL!**

**BEARSPAW**

Bearspaw Lifestyle Centre  
253220 Bearspaw Rd

**BEAUPRE**

Beaupre Community Hall  
263035 Beaupre Creek Rd

**BRAGG CREEK**

Bragg Creek  
Community Centre  
23 White Ave

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>Toddlers in Tow 9:00-10:15am</p> <p>Yoga Rhythm (FULL) 11:15am-12:00pm</p> <p>Preschool Playtime 1:30-3:00pm</p>	<p>2</p> <p>Preschool Playtime 9:30-11:00am</p> <p><b>Bearspaw Wiggle &amp; Giggle</b> 11:00am-12:00pm</p> <p>Post-Partum Depression &amp; Anxiety Support Group 1:30-3:00pm</p>	<p>3</p> <p>Grandparents Group <b>NEW!</b> 9:30-11:00am</p> <p><b>Beaupre Country Connections</b> 10:00-11:30am</p> <p>Li'l Explorers 1:30-3:00pm</p> <p>*Positive Parenting Group 7:00-9:00pm </p>	<p>4</p> <p>Toddlers in Tow 9:00-10:15am</p> <p><b>Bragg Creek Rumble &amp; Roar</b> 9:30-11:00am</p> <p>Newcomer Connections 10:45am-12:00pm</p> <p>Family Night OUT 5:30-7:00pm </p>	<p>5</p> <p>Breastfeeding Circle 9:30-11:30am</p> <p><i>(A childbirth educator, birth doula, postpartum doula, and lactation educator will be in attendance)</i></p> <p>Play, Learn &amp; Grow 1:30-3:00pm</p>	<p>6</p> <p><b>CLOSED FOR THANKSGIVING</b></p> 
<p>8</p> <p><b>CLOSED FOR THANKSGIVING</b></p> 	<p>9</p> <p>Preschool Playtime 9:30-11:00am</p> <p><b>Bearspaw Wiggle &amp; Giggle</b> 11:00am-12:00pm</p>	<p>10</p> <p>Grandparents Group <b>NEW!</b> 9:30-11:00am</p> <p>Li'l Explorers 1:30-3:00pm</p> <p>*Positive Parenting Group 7:00-9:00pm </p>	<p>11</p> <p>Toddlers in Tow 9:00-10:15am</p> <p>*Cochrane Prenatal Health Group 1:30-3:30pm</p> <p>*Baby Box Pop-Up Event 4:30-7:00pm</p>	<p>12</p> <p>Baby Steps 9:30-11:30am</p> <p>Play, Learn &amp; Grow 1:30-3:00pm</p>	<p>13</p> <p>Hangin' With Dad 9:30-11am</p> <p>Bringing Home Baby 1:00-4:30pm</p>
<p>15</p> <p>Toddlers in Tow 9:00-10:15am</p> <p>Yoga Rhythm (FULL) 11:15am-12:00pm</p> <p>Preschool Playtime 1:30-3:00pm</p>	<p>16</p> <p>Preschool Playtime 9:30-11:00am</p> <p><b>Bearspaw Wiggle &amp; Giggle</b> 11:00am-12:00pm</p> <p>Post-Partum Depression &amp; Anxiety Support Group 1:30-3:00pm</p> <p>*<b>FOCUS for Attention</b> 7:00-8:30pm</p>	<p>17</p> <p>Grandparents Group <b>NEW!</b> 9:30-11:00am</p> <p><b>Beaupre Country Connections</b> 10:00-11:30am</p> <p>*<b>Family Yoga (FULL)</b> 10:00-11:00am</p> <p>Li'l Explorers 1:30-3:00pm</p> <p>*Positive Parenting Group 7:00-9:00pm </p>	<p>18</p> <p>Toddlers in Tow 9:00-10:15am</p> <p><b>Bragg Creek Rumble &amp; Roar</b> 9:30-11:00am</p> <p>Newcomer Connections 10:45am-12:00pm</p> <p>*Dealing with Disobedience 2:00-4:00pm </p> <p>Family Night OUT 5:30-7:00pm </p> <p>*<b>Parents of Anxious Kids</b> 7:00-8:30pm</p>	<p>19</p> <p>Breastfeeding Circle 9:30-11:30am</p> <p><i>(A childbirth educator, birth doula, postpartum doula, and lactation educator will be in attendance)</i></p> <p>Play, Learn &amp; Grow 1:30-3:00pm</p>	<p>20</p> <p>Hangin' With Dad 9:30-11am</p> <p>Bringing Home Baby 1:00-4:30pm</p>
<p>22</p> <p>Toddlers in Tow 9:00-10:15am</p> <p>Yoga Rhythm (FULL) 11:15am-12:00pm</p> <p>Preschool Playtime 1:30-3:00pm</p>	<p>23</p> <p>Preschool Playtime 9:30-11:00am</p> <p><b>Bearspaw Wiggle &amp; Giggle</b> 11:00am-12:00pm</p>	<p>24</p> <p><b>CLOSED for staff meeting</b></p> <p>Li'l Explorers 1:30-3:00pm</p> <p>*Positive Parenting Group 7:00-9:00pm </p>	<p>25</p> <p>Toddlers in Tow 9:00-10:15am (Speech info. Session with SLP Jacqueline Roy)</p> <p>Newcomer Connections 10:45am-12:00pm</p> <p>*Cochrane Prenatal Health Group 1:30-3:30pm</p> <p>*Child &amp; Infant CPR (FULL) 4:00-7:30pm</p>	<p>26</p> <p>Baby Steps 9:30-11:30am</p> <p>Play, Learn &amp; Grow 1:30-3:00pm</p>	<p>27</p> <p>Hangin' With Dad 9:30-11am</p> <p>Bringing Home Baby 1:00-4:30pm</p>
<p>29</p> <p>Toddlers in Tow 9:00-10:15am</p> <p>Yoga Rhythm (FULL) 11:15am-12:00pm</p> <p>Preschool Playtime 1:30-3:00pm (Wear your Halloween costumes!)</p>	<p>30</p> <p>Preschool Playtime 9:30-11:00am (Wear your Halloween costumes!)</p> <p><b>Bearspaw Wiggle &amp; Giggle</b> 11:00am-12:00pm</p>	<p>31</p> <p>Grandparents Group <b>NEW!</b> 9:30-11:00am</p> <p>Li'l Explorers 1:30-3:00pm</p> <p><b>HAPPY Halloween</b></p> 			

## CHILD DEVELOPMENT PROGRAMS

### Toddlers in Tow (walking-36 months/parented) - Mondays & Thursdays (9:00-10:15am)

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) - Mondays (1:30-3:00pm) & Tuesdays (9:30-11:00am)

Come play and explore the learning stations in the Parent Link Centre. Preschool Playtime is a great opportunity for your preschooler to develop new skills, make friends, and experiment with fun activities.

### Grandparents Group (ages birth-6/parented) - Wednesdays (9:30-11:00am) NEW!

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!

### Lil' Explorers (ages birth-6/parented) - Wednesdays (1:30-3:00pm)

If you are a 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 the same journey. This is a safe and fun setting outside the home for your aide/OT/PT/ST/Psychologist, etc.

### Family Night OUT (ages birth-6/parented) - Thursday Oct. 4 & 18 (5:30-7:00pm)

Come out and enjoy a monthly play group as we celebrate family diversity. Connect with LGBTQ+ families & allies in a safe and supportive space. Build an inclusive network and share resources, while children engage in developmentally enriching play.

### Breastfeeding Circle - Fridays Oct. 5 & 19 (9:30-11:30am)

Join moms and moms-to-be at this weekly peer support group. Have questions for an expert? A childbirth educator, birth doula, postpartum doula, and lactation educator will be in attendance at the group on indicated dates.

### Baby Steps (ages prenatal-walking/parented) - Fridays Oct. 12 & 26 (9:30-11:30am)

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

### Play, Learn & Grow (ages birth-6/parented) - Fridays (1:30-3:00pm)

Fun for the whole family! Enjoy the opportunity to explore a wide variety of open-ended materials, engage in fun activities, as well as an interactive circle time, all of which will build on your child's emerging skills and interests as they grow.

### Hangin' With Dad (ages birth-6/parented) - Saturdays (9:30-11:00am)

Attention all dads; are you looking for a fun, free activity for you and your children Saturday morning? Join us for play, crafts, and a weekly circle time.

### Bearspaw Wiggle & Giggle (ages birth-6/parented) - Tuesdays (11:00am-12:00pm) **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) - Wednesday Oct. 3 & 17 (10:00-11:30am) **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) - Thursday Oct. 4 & 18 (9:30-11:00am) **RURAL!**

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

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

### Postpartum Depression & Anxiety Support Group - Tuesday Oct. 2 & 16 (1:30-3:00pm)

Post-partum depression and anxiety affects everyone differently. Join us at this group that runs twice a month to meet with trained professionals, receive support and have your questions answered. Group support helps everyone heal together. Offered in partnership with Cochrane Mental Health and Addictions.

Parent Link Centre, Drop In

### Positive Parenting Group - Wednesday Oct. 3 - 24 (7:00-9:00pm)



Over four weeks, trained facilitators provide strategies to discipline positively and effectively, promote children's self-esteem, develop positive communication styles and enhance family relationships. You leave the group feeling more confident and relaxed with your parenting role! Appropriate for parents of children ages 2 to 10.

Parent Link Centre, \*Must Register; 403-851-2250

### Bringing Baby Home - Saturday Oct. 13 - Oct. 27 (1:00-4:30pm)

Are you pregnant or a new parent of an infant 6 months or younger? Bringing Baby Home helps you recognize and cope successfully with the transition of becoming a family! This program helps you strengthen your couple relationship, deal effectively with conflict, improve the quality of your parent-infant interaction and recognize the psychological and emotional needs of your child.

Parent Link Centre, \*Must Register; 403-851-2250

### FOCUS for Attention - Tuesday Oct. 16 (7:00-8:30pm)

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 with one another. Info: Lorraine Spector at focusparent@shaw.ca

HomeStead Building, \*Must Register; 403-851-2250

### Dealing with Disobedience - Thursday Oct. 18 (2:00-4:00pm)



While it is extremely rewarding and enjoyable to be a parent, it is not always easy; it can be demanding, frustrating and exhausting. This group helps you develop a personalized parenting plan for dealing with disobedience. Join us and get useful ideas to add to your parenting skills, learn to prevent problems and be prepared to calmly deal with disobedience.

Parent Link Centre, \*Must Register; 403-851-2250

### Parents of Anxious Kids - Thursday Oct. 18 (7:00-8:30pm)

Difficulty sleeping, stubbornness, obsessive thoughts, stomach aches, headaches, excessive shyness - these are some signs that your child may be experiencing anxiety. This 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 Building, \*Must Register; 403-851-2250

### Cochrane Prenatal Health Group - Thursday Sept. 13 - Dec. 13 (1:30-3:30pm), Second and fourth Thursday of every month

Register for this new, free, prenatal health and early parenting group facilitated by Alberta Health Services. This group offers peer support and information about healthy nutrition, pregnancy and birth and accessing local community resources to help you through pregnancy and beyond.

Parent Link Centre, \*Must Register; 403-228-8221



Don't forget to pick-up your Baby Box at our

*Pop-Up Event on Oct. 11 2018, 4:30-7:00pm!*