



**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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Online Registration for winter/spring programs is open!</p> <p>Use the online registration system for all registered programs  <a href="http://cochrane.ca/programguide">cochrane.ca/programguide</a></p>		<p>Would you like to receive our monthly e-newsletter?            Email:  <a href="mailto:parentlink@cochrane.ca">parentlink@cochrane.ca</a></p> 	<p><b>Positive Parenting Tip:</b></p> <p><i>"Don't just tell your child what you want them to do. Show them!"</i></p>		<p>1 Hangin' with Dad            9:30-11am</p>
<p>3 Li'l Explorers 9-10:15am </p> <p>Preschool Playtime 1:30-3pm</p>	<p>4 Baby Steps 9:30-11am</p> <p>*Mom 2 Mom Support Group 1:30-3pm</p> <p><b>Bearspaw Wiggle &amp; Giggle 11am-12pm</b></p>	<p>5 Grandparents Group 9:30-10:45am</p> <p><b>Beaupre County Connections 10-11:30am</b></p> <p>Toddlers in Tow 1:30-2:45pm</p> <p>*Raising Confident, Competent Children 6:30-8:30pm</p>	<p>6 Preschool Playtime 9-10:15am</p> <p><b>Bragg Creek Rumble &amp; Roar 9:30-11am</b></p> <p>Newcomer Connections 10:45am-12pm</p> <p>*Dealing with Disobedience 1:30-3:30pm </p> <p><b>*Parents of Anxious Kids 7-8:30pm</b></p> <p>*Little Warriors, Prevent it! 6-9pm</p>	<p>7 Toddlers in Tow 9:30-10:45am</p> <p>Baby Steps 1:30-3pm</p>	<p>8 Hangin' with Dad 9:30-11am</p> 
<p>10 Li'l Explorers 9-10:15am </p> <p>Cochrane Breastfeeding Circle 10:30am-12pm (a certified lactation consultant and childbirth educator will be in attendance)</p> <p>Preschool Playtime 1:30-3pm</p>	<p>11 Baby Steps (The Mama Coach: Sleep Information Session) 9:30-11am</p> <p><b>Bearspaw Wiggle &amp; Giggle 11am-12pm</b></p>	<p>12 Grandparents Group 9:30-10:45am</p> <p>Toddlers in Tow 1:30-2:45pm</p> <p>*Raising Resilient Children 6:30-8:30pm </p>	<p>13 Preschool Playtime 9-10:15am</p> <p>Newcomer Connections 10:45am-12pm</p> <p>*Cochrane Prenatal Health Group 1:30-3:30pm</p> <p>Family Night OUT 5:30-7pm </p>	<p>14 Toddlers in Tow 9:30-10:45am</p> <p>Baby Steps 1:30-3pm</p> 	<p>15 CLOSED for family Day long weekend</p> 
<p>17 Early Childhood Expo 9:30am-1:30pm (Spray Lake Sawmill Family Sports Centre)</p> <p>PLC CLOSED for <b>Family Day</b></p>	<p>18 Baby Steps 9:30-11am</p> <p><b>Bearspaw Wiggle &amp; Giggle 11am-12pm</b></p> <p>*Mom 2 Mom Support Group 1:30-3pm</p>	<p>19 Grandparents Group 9:30-10:45am</p> <p><b>Beaupre County Connections 10-11:30am</b></p> <p>Toddlers in Tow 1:30-2:45pm</p> <p>*Positive Parenting Group 6:30-8:30pm </p>	<p>20 Preschool Playtime 9-10:15am</p> <p><b>Bragg Creek Rumble &amp; Roar 9:30-11am</b></p> <p>Newcomer Connections 10:45am-12pm</p> <p>*ASQ 3 Year Old Birthday Party! 1:30-3:30pm</p> 	<p>21 Toddlers in Tow 9:30-10:45am</p> <p>Baby Steps 1:30-3pm</p>	<p>22 Hangin' with Dad 9:30-11am</p>
<p>24 Li'l Explorers 9-10:15am </p> <p>Preschool Playtime 1:30-3pm</p>	<p>25 Baby Steps 9:30-11am</p> <p><b>Bearspaw Wiggle &amp; Giggle 11am-12pm</b></p> <p><b>*FOCUS for Attention 7-8:30pm</b></p>	<p>26 Grandparents Group 9:30-10:45am</p> <p>Toddlers in Tow 1:30-2:45pm</p> <p>*Positive Parenting Group 6:30-8:30pm </p>	<p>27 Preschool Playtime 9-10:15am</p> <p>Newcomer Connections 10:45am-12pm</p> <p>*Cochrane Prenatal Health Group 1:30-3:30pm</p>	<p>28 Toddlers in Tow 9:30-10:45am</p> <p>Baby Steps 1:30-3pm</p>	<p>29 Hangin' with Dad 9:30-11am</p> 

## 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 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.

### 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.

### \*ASQ 3 Year Old Birthday Party—Thu Feb 20 (1:30-3pm)

Does your child turn 3 years old this year? Join us for a Birthday Party where your child's development will be celebrated! There will be fun activities, delicious treats and helpful information to support your child's development. Everyone who completes an Ages and Stages Questionnaire will receive a GIFT for their child! Siblings are welcome. **Registration is Required.**

### Cochrane Breastfeeding Circle - Mon Feb 10 (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 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!

### Newcomer Connections (ages birth-6/parented) - Thu (10:45am-12pm)

Meet other newcomers and begin to build your community in Canada. Make new friends and embrace diversity in a welcoming environment. Enjoy play-based activities for children while parents receive information on settlement and family support services.

### Family Night OUT (ages birth-6/parented) - Thu Feb 13 (5:30-7pm)

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 for play, crafts, and a weekly circle time.

### Bears paw Wiggle & Giggle (ages birth-6/parented) - Tue (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 Feb 5 & 19 (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. Rural and Morley families only.

### Bragg Creek Rumble & Roar (ages birth-6/parented) - Thu Feb 6 & 20 (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! First and third Thursday of each month. Bragg Creek and area families only. \$5 fee/child.

### Early Childhood Expo - Mon Feb 17 (9:30am - 1:30pm) Spray Lakes Family Sports Centre

Come to learn about your child's development through playful activities and connect with the people who serve our early years community!

Geared towards families with children, ages 0-5 years old. Check out a variety of information booths, local resources, giveaways and much more!

Provided by Cochrane and Area Early Childhood Coalition

## PARENT EDUCATION WORKSHOPS

### \*Mom 2 Mom Support Group - Tue Feb 4 & 18 (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.

### \*Raising Confident, Competent Children - Wed Feb 5 (6:30-8:30pm)

You can help your child be confident and successful at school and beyond. Find out ways to encourage them to be respectful and considerate, communicate and get on well with others, feel good about themselves and become independent problem solvers.

Parent Link Centre, \*Must Register Online.

### Little Warriors, Prevent It! - Thu Feb 6 (6-9pm)

Cochrane Parent Link is hosting a free Little Warriors Prevent It! workshop that educates adults to protect your children or children in your organization from child sexual abuse.

Little Warriors is a national, charitable organization focused on the awareness, prevention, and treatment of child sexual abuse.

Registration Required: [https://register.littlewarriors.ca/prevention\\_program/schedule.html](https://register.littlewarriors.ca/prevention_program/schedule.html)

Parent Link Centre, \*Must Register Online

### \*Dealing with Disobedience - Thu Feb 6 (1:30-3:30pm)

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. Childminding Available.

Parent Link Centre, \*Must Register Online.

### \*Parents of Anxious Kids - Thu Feb 6 (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](mailto:focusparent@shaw.ca)

HomeStead Building, \*Must Register Online

### \*Raising Resilient Children - Wed Feb 12 (6:30-8:30pm)

How can you help your child manage their emotions so they can cope well with disappointment and in stressful situations? Get the strategies that will allow them to recognize positive and negative emotions and deal with them in a healthy way.

Parent Link Centre, \*Must Register Online.

### \*Positive Parenting Group - Wed Feb 19 - Wed Mar 18 (6:30-8:30pm)

Over five 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 with children ages 2 to 10 years old.

Parent Link Centre, \*Must Register Online.

### \*FOCUS for Attention - Tue Feb 25 (7-8:30pm)

There 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](mailto:focusparent@shaw.ca)

HomeStead Building, \*Must Register Online

### \*Cochrane Prenatal Health Group - Second and fourth Thu of every month, Feb 13 & 27 (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 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