



**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)**

**BEARSPAW**


**Bears paw Lifestyle Centre**  
**253220 Bears paw 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><b>Online Registration for winter/spring is now open!</b></p> <p><b>Use the new online registration system: <a href="http://www.cochrane.ca/eservices">www.cochrane.ca/eservices</a></b></p> <p><b>Create an account and browse available programs!</b></p>				1 Cochrane Breastfeeding Circle 9:30-11:30am (a certified lactation consultant and childbirth educator will be in attendance)  Toddlers in Tow 1:30-2:45pm	2 Hangin' with Dad 9:30-11am
4 Toddlers in Tow 9-10:15am  Preschool Playtime 1:30-3pm	5 Baby Steps 9:30-11am  <b>Bears paw Wiggle &amp; Giggle</b> <b>11am-12pm</b>  Postpartum Depression & Anxiety Support Group 1:30-3pm	6 Grandparents Group 9:30-10:45am  <b>Beaupre County Connections</b> <b>10-11:30am</b>  Li'l Explorers 1:30-3pm	7 Preschool Playtime 9-10:15am  <b>Bragg Creek Rumble &amp; Roar</b> <b>9:30-11am</b>  Newcomer Connections 10:45am-12pm  <b>*Parents of Anxious Kids</b> <b>7-8:30pm</b>  Family Night OUT 5:30-7pm 	8 Baby Steps 9:30-11am  Toddlers in Tow 1:30-2:45pm	9 Hangin' with Dad 9:30-11am
11 Toddlers in Tow 9-10:15am  Preschool Playtime 1:30-3pm	12 Baby Steps 9:30-11am  <b>Bears paw Wiggle &amp; Giggle</b> <b>11am-12pm</b>	13 Grandparents Group 9:30-10:45am  Li'l Explorers 1:30-3pm	14 Preschool Playtime 9-10:15am  Newcomer Connections 10:45am-12pm  <b>*Cochrane Prenatal Health Group</b> 1:30-3:30pm  Baby Box Pop-Up Event 4:30-7pm	15 Cochrane Breastfeeding Circle 9:30-11:30am (a certified lactation consultant and childbirth educator will be in attendance)  Toddlers in Tow 1:30-2:45pm	16 Hangin' with Dad 9:30-11am
18 Toddlers in Tow 9-10:15am  Preschool Playtime 1:30-3pm	19 Baby Steps 9:30-11am  <b>Bears paw Wiggle &amp; Giggle</b> <b>11am-12pm</b>  <b>PLC CLOSED in afternoon for Staff Training</b>  <b>*FOCUS for Attention</b> <b>7-8:30pm</b>  <b>*Raising Emotionally Resilient Children</b> 7-9pm 	20 Grandparents Group 9:30-10:45am  <b>Beaupre County Connections</b> <b>10-11:30am</b>  Li'l Explorers 1:30-3pm	21 Preschool Playtime 9-10:15am  Newcomer Connections 10:45am-12pm  <b>Bragg Creek Rumble &amp; Roar</b> <b>9:30-11am</b>  Family Night OUT 5:30-7pm 	22 Baby Steps 9:30-11am  Toddlers in Tow 1:30-2:45pm	23 Hangin' with Dad 9:30-11am  Bedtime can be E-Zzzz... with a simple routine! 1-3pm 
25 Toddlers in Tow 9-10:15am  Preschool Playtime 1:30-3pm	26 Baby Steps 9:30-11am  <b>Bears paw Wiggle &amp; Giggle</b> <b>11am-12pm</b>  <b>*Raising Emotionally Resilient Children</b> 7-9pm 	27 Grandparents Group 9:30-10:45am  Li'l Explorers 1:30-3pm	28 Preschool Playtime 9-10:15am  Newcomer Connections 10:45am-12pm  <b>*Cochrane Prenatal Health Group</b> 1:30-3:30pm	29 Cochrane Breastfeeding Circle 9:30-11:30am (a certified lactation consultant and childbirth educator will be in attendance)  Toddlers in Tow 1:30-2:45pm	30 Hangin' with Dad 9:30-11am

## CHILD DEVELOPMENT PROGRAMS

### **Baby Steps (ages prenatal-walking/parented) - Tue (9:30-11am) & Fri Mar 8 & 22 (9:30-11am)**

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

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

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) - Mon (9-10:15am) & Fri (1:30-2:45pm)**

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) & Thursday (9-10:15am)**

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.

### **Breastfeeding Circle - Fri Mar 1, 15 & 29 (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.

### **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 Mar 7 & 21 (5:30-7pm)**



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.

### **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.

### **Bearspaw 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 Mar 6 & 20 (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 Mar 7 & 21 (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/family.

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

### **Postpartum Depression & Anxiety Support Group - Tue Mar 5 (1:30-3pm)**

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, no registration required.

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

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](mailto:focusparent@shaw.ca)

HomeStead Building, \*Must Register Online

### **FOCUS for Attention - Tue Mar 19 (7-8:30pm)**

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](mailto:focusparent@shaw.ca)

HomeStead Building, \*Must Register Online

### **Bedtime can be E-Zzzz: with a simple routine! - Sat Mar 23 (1-3pm)**



Join us and learn strategies to implement a successful nighttime routine and avoid struggles. Small changes can make a big difference to help everyone get the sleep they need! Appropriate for parents with children 2 to 10 years old.

Parent Link Centre, \*Must Register Online

### **Raising Emotionally Resilient Children - Tue Mar 19 & 26 (7-9pm)**



A recent study shows that one of every four young children in Cochrane and area struggle with identifying, expressing and managing their emotions appropriately. This two-part program provides parents with strategies to help their children recognize, accept and express their feelings, develop coping skills, encourage a positive outlook and adopt healthy self-esteem. This group is appropriate for parents with children ages 2 to 10 years old.

Parent Link Centre, \*Must Register Online

### **Cochrane Prenatal Health Group - second and fourth Thu of every month(1:30-3:30pm)**

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 Online

Would you like to receive our monthly e-newsletter? E-mail [parentlink@cochrane.ca](mailto:parentlink@cochrane.ca) to be added to our distribution list!



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

*Pop-Up Event* on

March 14, 4:30-7pm!