

October



FAMILY RESOURCE NETWORK
COCHRANE & AREA

Contact Info:

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Hours:

Mon to Fri

8:30am-12pm, 1pm-4:30pm

*Open until 7pm - 1st Tue of the month
excluding Jul and Aug.

Location:

127 First Ave W

Before leaving for a program, please check our Facebook page for program updates.

Program Legend:

FRN Drop-in Programs (D)

FRN Registered Program (R)

FRN Virtual Programs (V)

FRN Rural Programs

External Community Programs



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>Closed for Truth & Reconciliation Day</p>	<p>3</p> <p>Baby Steps (D) 9:30-11am Mom's Night Out: (R) Making Trinket Trays 5-7pm Group Triple P (R,V) 6-8pm</p>	<p>4</p> <p>LLLC—Cochrane Breastfeeding (D) Support Group 10-11am Beaupre Country Connections (D) 10:30am-12pm</p>	<p>5</p> <p>Play N' Learn Preschool (D) 9:30-10:45am Bragg Creek Rumble & Roar (D) 9:30-11:30am Triple P Tip Talk: (R) Expressing Feelings Without Aggression 1:30-2:30pm</p>	<p>6</p>	<p>7</p> <p>Let's Go Lego @ Cochrane Library 11am-12pm Boardgame Afternoon @ Cochrane Library 3-4pm</p>
<p>9</p> <p>Closed for Thanksgiving</p>	<p>10</p> <p>Baby Steps (D) 9:30-11am Mindful Minis (D) 1:30-2:45pm Group Triple P (R,V) 6-8pm</p>	<p>11</p> <p>AHS Prenatal Health Group (D) 10-11:30am Triple P Teen Group (R) 1:30-3pm</p>	<p>12</p> <p>Play N' Learn Preschool (D) 9:30-10:45am Bragg Creek Rumble & Roar (D) 9:30-11:30am Music and Rhyme Wiggle Time (D) 1:30-2:45pm Triple P Seminar: (R) Raising Resilient Children 1:30-2:30pm</p>	<p>13</p> <p>Toddler in Tow (D) 9:30-10:45am Yoga & Connection (R) 1:30-2:45pm</p>	<p>14</p> <p>Let's Go Lego @ Cochrane Library 11am-12pm Boardgame Afternoon @ Cochrane Library 3-4pm</p>
<p>16</p> <p>Grandparents Group (D) 9:30-10:45am Wee-all (D) (Fire Fighter Day) 1:30-2:45pm Circle of Security (R) 1:30-3pm Mealtime Struggles (R) 6:30-8:30pm</p>	<p>17</p> <p>Baby Steps (D) 9:30-11am Peek-a-Book (D) 1:30-2:45pm Group Triple P (R,V) 6-8pm</p>	<p>18</p> <p>LLLC—Cochrane Breastfeeding (D) Support Group 10-11am Beaupre Country Connections (D) 10:30am-12pm Triple P Teen Group (R) 1:30-3pm</p>	<p>19</p> <p>Play N' Learn Preschool (D) 9:30-10:45am Bragg Creek Rumble & Roar (D) 9:30-11:30am Lets Get Messy (D) 1:30-2:45pm</p>	<p>20</p>	<p>21</p> <p>Hangin with Dad (D) 9:30-10:45am Halloween Spooktacular (D) 1-2:15pm Helping Hands Food Drive- South 10am-12pm</p>
<p>23</p> <p>Grandparents Group (D) 9:30-10:45am Wee-all (D) 1:30-2:45pm Circle of Security (R) 1:30-3pm</p>	<p>24</p> <p>Baby Steps (D) 9:30-11am Mindful Minis (D) 1:30-2:45pm Group Triple P (R,V) 6-8pm</p>	<p>25</p> <p>AHS Prenatal Health Group (D) 10-11:30am Triple P Teen Group (R) 1:30-3pm Zones of Regulation (R) 1:30-2:45pm</p>	<p>26</p> <p>Play N' Learn Preschool (D) 9:30-10:45am Bragg Creek Rumble & Roar (D) 9:30-11:30am Music and Rhyme Wiggle Time (D) 1:30-2:45pm Nurturing Parenting: Building Self-worth (R) 1:30-3:00pm</p>	<p>27</p> <p>Toddlers in Tow (D) 9:30-10:45am Yoga & Connection (R) 1:30-2:45pm</p>	<p>28</p> <p>Jacket Racket @ Cochrane Alliance Church 10-12pm</p>
<p>30</p> <p>Grandparents Group (D) 9:30-10:45am Wee-all (D) 1:30-2:45pm Circle of Security (R) 1:30-3pm</p>	<p>31</p> <p>Baby Steps (D) 9:30-11am Peek-a-Book (D) 1:30-2:45pm</p>			<p>* Please note: socks are mandatory in our Child Development & Wellbeing room.</p>	

CHILD DEVELOPMENT & WELLBEING PROGRAM DESCRIPTIONS

DROP IN PROGRAMS

Grandparents Group, (0-6/Parented), Mon, Oct 16, 23 & 30, 9:30-10:45am (D)

If you are a grandparent with grandchildren ages 0-6 yrs old, this program is for you! Join us to play, visit, share information and connect with other grandparents in your community!

Wee-All, (0-6/Parented), Mon, Oct 16*, 23 & 30, 1:30-2:45pm (D)

Join us for play, crafts, stories and songs! * Please note: October 16th will be firefighter day!

Baby Steps, Prenatal-Walking/Parented), Tue, Oct 3, 10, 17, 24, & 31, 9:30-11am (D)

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

Mindful Minis, (3-5/Parented, Tue, Oct 10 & 24, 1:30-2:45pm (D)

Join us to learn how mindfulness can be used to cope with stress and anxiety. Children will be introduced to mindfulness practises through stories, music and games.

Peek-a-Book, (0-6/Parented), Tue, Oct 17 & 31, 1:30-2:45pm (D)

Join us for some bookish crafts, playtime and some exciting stories.

Beaupre Country Connections, (0-6/Parented), Wed, Oct 4 & 18, 10:30am-12pm (D)

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

Music & Rhyme Wiggle Time, (0-6/Parented), Thu, Oct 12 & 26, 1:30-2:45pm (D)

Come join us for singing, moving, playing instruments and listening to stories that will immerse you and your child in music and wonder. Experience the many benefits of music in early childhood.

Play N' Learn Preschool, (3-5/Parented), Thu, Oct 5, 12, 19 & 26, 9:30-10:45am (D)

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.

Let's Get Messy, (0-6/Parented), Thu, Oct 19, 1:30-2:45pm (D)

Join us for some messy sensory play! Come get your hands messy, play and enjoy circle time.

Bragg Creek Rumble & Roar, (0-6/Parented), Thu, Oct 5, 12, 19 & 26, 9:30am-11:30am (D)

In partnership with the Bragg Creek Community Centre, join us for an active play program in a large open gym while meeting other parents. Featuring ride-on toys, a bouncy castle and much more.

Toddlers in Tow, (Walking-36Mos./Parented), Fri, Oct 13, & 27, 9:30-10:45am (D)

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

Hangin' with Dad, (0-6/Parented), Sat, Oct 21, 9:30-10:45am (D)

Attention all dads: are you looking for a fun, free activity for you and your children Saturday morning? Join us for play, crafts and circle time. Dads only please!

Halloween Spooktacular, (0-6/Parented), Sat, Oct 21, 1-2:15pm (D)

Calling all ghost, goblins and goblins! Join us for an afternoon of Halloween inspired crafts, games and treats. Come dressed in your favorite costume.

Please note: our Child Development & Wellbeing programs have limited capacity.

CAREGIVER CAPACITY PROGRAM DESCRIPTIONS

REGISTRATION / DROP IN PROGRAMS

Mom's Night Out: Making Trinket Trays Tue, Oct 3, 5-7pm (R)

Join us for a night of connection and fun. We will be making trinket dishes out of air-dry clay. Snacks and refreshments will be provided. Adults only please!

LLC—Cochrane Breastfeeding Support Group, Wed, Oct 4 & 18, 10-11am (D)

This group is for all who are interested in or currently breastfeeding and/or pumping. This will be a space to ask questions, support other mothers, be supported yourself and to learn about the wonders of breastfeeding.

Triple P Tip Talk: Express Feelings Without Aggression Thu, Oct 5, 1:30-2:30pm (R)

Join an accredited Triple P Practitioner for some suggestions on teaching your preschooler to express themselves in non-hurtful ways and develop skills for getting along with others. If you require childminding, please call 403-851-2265 to book, while space lasts.

AHS Prenatal Health Group, Wed, Oct 11 & 25, 10-11:30am (D)

Join an AHS Childbirth Educator and Registered Dietician while connecting with other parents. Topics include pregnancy, nutrition, labour, birth, infant feeding/sleep/care and transition to early parenthood. Pregnant or parenting up to 6 months are welcome.

Triple P Teen Group, Wed, Oct 11, 18 & 25; Nov 1 & 15, 1:30-3pm (R)

Join an accredited Triple P Practitioner to learn a variety of parenting skills that will help promote your teenager's development and potential. Suitable for parents with teenagers up to 16 yrs old.

Triple P Seminar: Raising Resilient Children, Wed, Oct 12, 1:30-2:30pm (R)

This seminar provides parents with strategies to help their children recognise, accept and express feelings, develop coping skills, encourage a positive outlook and adopt a healthy self-esteem. Suitable for parents with children 2-10 yrs old. If you require childminding, please call 403-851-2265 to book, while space lasts.

AHS Mealtime Struggles, Mon, Oct 16, 6:30-8:30pm (R)

Do you have questions about feeding your child ages 1 to 5 yrs old? Join an AHS registered dietitian to learn about creating a positive mealtime environment, introducing new foods and how to cope with mealtime struggles.

Yoga & Connection, Fri, Oct 13 & 27 1:30-2:45pm (R)

Come for a yoga class with your baby for a mindful and safe way to get back into movement, while your little ones join in. We will end the class off with some open discussions on parenting topics. For parents and babies, newborn to crawling.

Zones of Regulations, Wed, Oct 25; Nov 1 & 15, 1:30-2:45pm (R)

Join us for 3 sessions, where children will learn about the different zones, how to identify their emotions and gain strategies and tools to support their regulations. For families with children 3-6 yrs old.

Nurturing Parenting: Building Self-worth, Thu, Oct 26, 1:30-3pm (R)

Join us to learn how to foster and nurture a relationship between you and your child and learn strategies to deal with the daily challenges. This program is designed for parents with children 0-6 yrs. If you require childminding, please call 403-851-2265 to book, while space lasts.

Jacket Racket, Sat, Oct 26, 10am-12pm (D)

Join us for our annual winter clothing event to pick up free gently used winter wear. Located at the Cochrane Alliance Church, 902 Glenbow Dr, Cochrane.

