

# SMART SAVINGS

## A GUIDE TO SPENDING LESS IN COCHRANE AND AREA

cochrane



Cochrane Family and Community Support Services (FCSS) and Cochrane and Area Family Resource Network (FRN) created this guide to support you with saving money and stretching your dollar in Cochrane and West Rocky View County.

The services noted, not managed by the Town of Cochrane, may be useful for residents. The Town of Cochrane does not guarantee the maintenance, quality, accuracy or completeness of any information provided. The links are provided without warranty or condition of any kind.

If you provide low-cost options to Cochrane and/or West Rocky View County residents and would like to be included in this guide, please email us at [fcss@cochrane.ca](mailto:fcss@cochrane.ca).

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## **FCSS & FRN**

### **Family and Community Support Services (FCSS)**

403-851-2250 | [cochrane.ca/fcssfrn](http://cochrane.ca/fcssfrn)

1, 209 Second Avenue W.

Support for individuals, families with children over the age of 18, older adults and rural residents. FCSS provides a range of services focused on enhancing, strengthening and stabilizing family and community life by working collaboratively with the community to identify and address social needs.

### **Family Resource Network (FRN)**

403-851-2265 | [cochrane.ca/fcssfrn](http://cochrane.ca/fcssfrn)

127 First Avenue W.

Support for families with children 0-18 years that focus on strengthening parenting and caregiving knowledge and problem-solving skills. FRN provides a range of services focused on improving child and youth development, building resiliency and fostering wellbeing.

Each month, a variety of programs and events are organized by FCSS and FRN. To learn more, visit [cochrane.ca/programguide](http://cochrane.ca/programguide).



## **FCSS & FRN**

### **Cochrane Connect Card**

Discounts and promotions at local businesses and organizations for eligible individuals and families. To learn more, visit [cochrane.ca/connectcard](https://cochrane.ca/connectcard).

### **Information and Support**

Resource workers offer support and referrals, essential needs programs and system navigation. To learn more, book an appointment.

Families with children 0-18 years,  
call FRN 403-851-2265.

Individuals, families with children over the age of 18, older adults and rural residents,  
call FCSS 403-851-2250.

## **Career, Employment & Education**

### **Alberta Student Aid**

1-855-606-2096 | [studentaid.alberta.ca](http://studentaid.alberta.ca)

Loans, grants and bursaries for post-secondary students.

### **BGC Cochrane and Area**

403-981-2020 | [bgccochrane.ca](http://bgccochrane.ca)

111 Fifth Avenue W.

Help to establish and manage day homes and support for families to find the right day home placement.

### **Community Futures Alberta**

403-389-8272 | [albertacf.com](http://albertacf.com)

Free resources for small business owners and entrepreneurs.

## **Career, Employment & Education**

### **Momentum Calgary**

403-271-9323 | [momentum.org](https://momentum.org)

Career support, training and employment programs to help individuals facing barriers to employment gain the skills and confidence needed to sustain careers.

### **NPower**

403-536-4011 | [npowercanada.ca](https://npowercanada.ca)

Free tech-training programs and Information Technology certification.

### **Prospect Employment Services**

403-709-0010 | [prospectnow.ca](https://prospectnow.ca)

Free employment services that provide the tools needed to make a job search successful.

### **South Central Adult Learning Society**

403-671-5183 | [scals.ca](https://scals.ca)

A variety of programs, workshops and one-to-one tutoring. Financial assistance may be available for basic literary core classes.

## **Career, Employment & Education**

### **Websites for Job Seekers**

Indeed.ca

alis.ca

### **Facebook Groups**

Cochrane Side Jobs

Odd Jobs in Cochrane

### **Tip**

Check with local organizations and schools for current scholarship, grant and bursary opportunities.

## Community & Parenting Resources

### **BGC Cochrane and Area**

403-981-2020 | [bgcccochrane.ca](http://bgcccochrane.ca)

111 Fifth Avenue W.

Supportive programs for youth and families, including quality before and after school care for children from grades K-12 and teen drop-in programs for ages 12-17 to engage and socialize.

### **Cochrane Public Library**

403-932-4353 | [cochranepubliclibrary.ca](http://cochranepubliclibrary.ca)

405 Railway Street W.

Free library cards, programs for all ages, exam services and internet access.

### **Cochrane Pregnancy Care Centre**

403-932-2900 | [cochranepreg.com](http://cochranepreg.com)

208, 100 Grande Boulevard

Education, resources, referrals and compassionate care for individuals and families facing an unexpected pregnancy.

## Community & Parenting Resources

### **Community Education Services**

403-955-4730 | [community.hmhc.ca](http://community.hmhc.ca)

Free information and strategies for parents and caregivers to support the development and mental health of children and youth.

### **FRN**

403-851-2265 | [cochrane.ca/fcssfrn](http://cochrane.ca/fcssfrn)

127 First Avenue W.

### **Parent Education**

Free programs offered by trained facilitators. Programs are delivered in group, family or one-to-one sessions.

### **Child Development**

Free programs that provide families an opportunity for social connections and play.

### **Backpack Program**

Eligible grade K-12 students receive important back-to-school supplies.

### **Facebook Groups**

Cochrane Alberta Babysitters  
Cochrane Childcare Central

## Food

### **Cochrane Food Bank**

[feedingcochrane.ca](http://feedingcochrane.ca)

Food support for residents from Cochrane, Cremona and West Rocky View County. To access, book an appointment with a resource worker.

Families with children 0-18 years,  
call FRN 403-851-2265.

Individuals, families with children over the age of 18, older adults and rural residents,  
call FCSS 403-851-2250.

### **Cochrane Good Food Box**

[Facebook.com/groups/cochranegoodfoodbox](https://facebook.com/groups/cochranegoodfoodbox)  
Bow Valley Baptist Church, 54 West Aarsby Road

Monthly box of fruit and vegetables at a lower price.

### **FCSS**

403-851-2250 | [cochrane.ca/foodprograms](http://cochrane.ca/foodprograms)  
1, 209 Second Avenue W.

### **Meals on Wheels for Your Freezer**

Pre-made individually frozen entrees.

## Food

### **Heart to Home Meals**

1-866-933-1516 | [hearttohomemeals.ca](http://hearttohomemeals.ca)

Budget-friendly options for seniors looking for nutritious and accessible food.

### **Helping Hands Free Food Sheds**

587-580-8067 | [helpinghandscochrane.ca](http://helpinghandscochrane.ca)

St. Andrews Church, 128 First Street E.

Bow Valley Baptist Church, 54 West Aarsby Road

Take what you need, leave what you can. Open and available 24/7 to anyone.

### **St. Andrew's United Church Community Lunch**

403-932-2585 | [cochraneunited.com](http://cochraneunited.com)

128 First Street E.

Free homemade soup Tuesdays from 12 - 1 p.m., September through May.

### **Ruben's Veggies**

403-977-7574 | [rubensveggies.ca](http://rubensveggies.ca)

23 Heartland Boulevard

Cashierless fresh produce store open April-December.



## Food

### Facebook Group

Cochrane Food Saver Alberta

### Tips

Many stores price match. If you find a product for a lower price online or in a different store, ask if they will match it.

Download a variety of apps to browse weekly digital flyers from local retailers (e.g., Flipp) and access savings on food items approaching their best-before date (e.g., Flash Food, Too Good to Go, Food Hero).

Most businesses offer discounts on a weekly or monthly basis. Reach out to local businesses to inquire about discount days.

Check with financial institutions, businesses and service providers for promotions and reward programs that they offer.

## **Government, Financial & Legal Supports**

### **Assured Income for the Severely Handicapped (AISH)**

1-844-297-1907 | [alberta.ca/aish](https://alberta.ca/aish)

Financial and health benefits for eligible Albertans with a permanent health condition that prevents them from earning a living.

### **Alberta Income Supports**

1-844-297-1907 | [alberta.ca/income-support](https://alberta.ca/income-support)

Supports eligible Albertans to pay for basic and emergency expenses like food, clothing and shelter.

### **Alberta Seniors Benefit**

1-877-644-9992 | [alberta.ca/alberta-seniors-benefit](https://alberta.ca/alberta-seniors-benefit)

Financial assistance to help with monthly living expenses for eligible seniors.

### **Calgary Legal Guidance**

403-234-9266 | [clg.ab.ca](https://clg.ab.ca)

Free legal guidance for those who do not have access to paid services.

## **Government, Financial & Legal Supports**

### **FCSS**

403-851-2250 | [cochrane.ca/financialresources](https://cochrane.ca/financialresources)  
1, 209 Second Avenue W.

### **Community Volunteer Income Tax Program**

Provides free assistance for filing annual income tax returns for eligible individuals and families.

### **Seniors Property Tax Rebate**

Eligible seniors receive a rebate towards their property taxes.

### **Seniors Forms**

Assists seniors with government forms.

### **Legal Aid Alberta**

1-866-845-3425 | [legalaidth.ab.ca](https://legalaidth.ab.ca)

Legal assistance for eligible Albertans.

### **Federal Government Income Supports**

1-800-959-8281 | [benefitsfinder.services.gc.ca](https://benefitsfinder.services.gc.ca)

Search benefits you might be eligible for such as Canadian Pension Plan, Disability Tax Credit, Guaranteed Income Supplement, Old Age Security, Child Tax Benefit and more.

## **Government, Financial & Legal Supports**

### **Money Mentors**

1-888-294-0076 | [moneymentors.ca](http://moneymentors.ca)

Free, confidential advice on debt management.

### **Town of Cochrane**

403-851-2590 | [cochrane.ca/rebates](http://cochrane.ca/rebates)

Rebates to encourage residents to save water.

## Health

### **Alberta Aids to Daily Living**

310-0000-780-427-0731 | [alberta.ca/alberta-aids-to-daily-living](http://alberta.ca/alberta-aids-to-daily-living)

Funding for basic medical equipment and supplies.

### **Alberta Adult & Child Health Benefit**

1-877-469-5437 | [alberta.ca/drug-coverage-health-benefits](http://alberta.ca/drug-coverage-health-benefits)

Health benefits for eligible Albertans who are pregnant or have high ongoing prescription drug needs.

### **Canada Dental Care Plan**

1-833-537-4342 | [canada.ca](http://canada.ca)

A federal program that helps eligible Canadians afford dental care.

### **Cochrane Emergency Training Services**

403-506-3129 |  
[cochraneemergencytraining.com](http://cochraneemergencytraining.com)  
218 Fifth Avenue W.

Free CPR workshops offered once a month.

## Health

### **Tips**

Ask your doctor and/or pharmacist for samples or affordable options for medications.

Some professional services (e.g., chiropractor, massage, psychology etc.) offer sliding scale rates or payment plans. Call in advance to ask if they offer these options.

## Household

### **Rogers Connected for Success**

1-888-793-2441 | [rogers.com/connected-for-success](https://rogers.com/connected-for-success)

High-speed, low-cost internet, TV bundles and mobile plans for eligible individuals and families.

### **TELUS Connecting for Good**

1-866-771-9666 | [telus.com/en/social-impact/connecting-canada](https://telus.com/en/social-impact/connecting-canada)

Eligible individuals and families can access internet, mobile devices and digital literacy training.

### **Tip**

The Utilities Consumer Advocate website helps navigate Alberta's utilities market. Use the Cost Comparison Tool to compare rates and retailer products. To learn more, visit [ucahelps.alberta.ca](https://ucahelps.alberta.ca).

## **Houseware, Clothing & Sports Equipment**

### **Calgary Flames Sport Bank**

flamessportsbank.ca

Free sports equipment for eligible children.

### **Cochrane Home Treasures**

403-851-9974 | [cochranehometreasures.ca](http://cochranehometreasures.ca)

2, 208 Fifth Avenue W.

A local non-profit thrift store that sells furniture and household items. All proceeds support the community.

### **FCSS**

403-851-2250 | [cochrane.ca/financialresources](http://cochrane.ca/financialresources)

1, 209 Second Avenue W.

### **Jacket Racket**

An annual event in October that provides individuals and families of all ages with access to free, gently used winter apparel.

### **Grad Glow Up**

An annual event in March that provides high school graduates in Cochrane and West Rocky View County with access to free, formal attire.



## **Houseware, Clothing & Sports Equipment**

### **Home Reno Heaven**

403-851-1117 | [homerenoheaven.ca](http://homerenoheaven.ca)  
136 Charlesworth Avenue

A local non-profit that has renovation supplies, tools and appliances. All proceeds support affordable housing initiatives through Cochrane Society for Housing Options (CSHO).

### **My First Bicycle**

[myfirstbicycle.ca](http://myfirstbicycle.ca)

Free bicycles for eligible youth.

### **The Clothesline**

403-932-5984 | [cochraneactivettes.com/clothing-store-cochrane](http://cochraneactivettes.com/clothing-store-cochrane)  
122 Fourth Avenue W.

A local non-profit thrift store offering gently used clothing. All proceeds support the community.

## **Houseware, Clothing & Sports Equipment**

### **Websites**

[cochrane.kijiji.ca](http://cochrane.kijiji.ca)

[varagesale.com/cochrane-alberta-trading-post](http://varagesale.com/cochrane-alberta-trading-post)

### **Facebook Groups**

Anything FREE Cochrane

Buy Nothing Cochrane, AB

Cochrane Clothing Swap

Cochrane ALBERTA and Area Garage Sales and Markets

Cochrane Mommies Buy & Sell

Cochrane Personal Buy & Sell

Cochrane Pass It On

EVERYTHING FREE-Cochrane

## Houseware, Clothing & Sports Equipment

### Tips

Check consignment clothing stores where you may find low-cost options.

Dollar stores offer low-cost toys, stationery, craft supplies and more.

Use the Marketplace tab on Facebook to search for used items. Some neighbourhoods have buy and sell Facebook groups where you may find lower cost and free items.

Reach out to local businesses to inquire about discount days. Most businesses in this guide offer discounts on a weekly or monthly basis.

## Housing

### **Affordable Housing**

#### **Cochrane Society for Housing Options (CSHO)**

403-851-2250 | [csho.ca](http://csho.ca)

209, 2 Avenue W.

Rental housing where tenants pay a discounted percentage of what is considered the average market rent for the area.

### **Subsidized Housing Options**

#### **Rocky View Foundation – Rent Assistance Benefit Program**

403-945-9724 | [rockyviewfoundation.org/rent-assistance-benefit-applications](http://rockyviewfoundation.org/rent-assistance-benefit-applications)

Rent supplement for eligible applicants.

#### **Big Hill Lodge**

403-392-3355 | [rockyviewfoundation.org/big-hill-lodge](http://rockyviewfoundation.org/big-hill-lodge)

98 Carolina Drive

Subsidized supportive living for seniors.

## Housing

### **Bethany Care Centre**

403-932-6422 | [bethanyseniors.com](http://bethanyseniors.com)

1000, 32 Quigley Drive

Long-term care and supportive living for seniors.

### **Evergreen Manor**

403-932-6489 | [rockyviewfoundation.org/evergreen-manor](http://rockyviewfoundation.org/evergreen-manor)

300 Ross Avenue

Subsidized rent for eligible seniors on one bedroom apartments.

## **Campgrounds**

### **Bow Rivers Edge Campground**

403-932-4675 | [bowriversedge.com](http://bowriversedge.com)

900 Griffin Road E.

### **Ghost Reservoir Campground**

403-851-0766 | [albertaparks.ca/parks/kananaskis/ghost-reservoir-pra/information-facilities/camping/ghost-reservoir](http://albertaparks.ca/parks/kananaskis/ghost-reservoir-pra/information-facilities/camping/ghost-reservoir)

## Housing

### **Ghost Station Camping and Storage**

403-851-5209 | [ghoststation.ca](http://ghoststation.ca)

54209 Bow Valley Trail, Rocky View County

### **Spring Hill RV Park**

403-932-2010 | [springhillrvpark.ca](http://springhillrvpark.ca)

41216 Big Hill Springs Road, Rocky View County

### **Website**

[rentfaster.ca](http://rentfaster.ca)

### **Facebook Groups**

Cochrane Home Rentals

Cochrane Rental Properties

Cochrane Real Estate & Rentals Classified

### **Tip**

Unison at Kerby Centre offers several senior supports, including subsidized housing options and residential facilities. To learn more visit [unisonalberta.com/calgary-seniors-supports](http://unisonalberta.com/calgary-seniors-supports).

## **Pets**

### **Cochrane Humane Society**

403-932-2072 | [cochranehumane.com](http://cochranehumane.com)  
62 Griffin Industrial Point

Support with accessing pet food. To access, call 403-851-2250 to book an appointment with a resource worker.

### **Parachutes for Pets**

403-305-9677 | [parachutesforpets.com](http://parachutesforpets.com)

Help and resources for eligible pet owners.

### **Tails of Help**

587-575-8415 | [tailsofhelp.ca](http://tailsofhelp.ca)

Helps fund essential veterinary care for eligible pet owners.

### **Facebook Groups**

Alberta Pet Foundation  
Cochrane AB Pet Supply Buy/Sell

## **Recreation & Social Activities**

### **Canoo App**

Offers free admission for new Canadian citizens to various events and experiences within the first year of receiving their citizenship, and for new permanent residents within their first five years.

### **Cochrane Historical & Archival Preservation Society (CHAPS)**

587-777-6926 | [chapscochrane.com](http://chapscochrane.com)

20 Bow Valley Trail

Free admission to learn about the history and heritage of Cochrane and area through archival collections and educational programs. Open spring, summer and fall.

### **Cochrane Lanes**

403-932-5280 | [cochranelanes.com](http://cochranelanes.com)

11, 402 Railway Street W.

Between May and September, kids bowl free.

### **Cochrane Public Library**

403-932-4353 | [cochranepubliclibrary.ca](http://cochranepubliclibrary.ca)

405 Railway Street W.

A free lending library for outdoor equipment, board games, puzzles, power tools, gardening tools, technology and more.



## **Recreation & Social Activities**

### **FCSS**

403-851-2250 | [cochrane.ca/blockparty](http://cochrane.ca/blockparty)  
1, 209 Second Avenue W.

### **Block Party Trailer**

A free resource offering supplies to support community-building events in Cochrane and West Rocky View County neighborhoods from May through October.

### **FRN**

403-851-2265 | [cochrane.ca/fcssfrn](http://cochrane.ca/fcssfrn)  
127 First Avenue W.

### **Kiwanis Bike Program**

Free restored/refurbished bikes for eligible children and youth.

### **Telus Spark Science Centre**

Free access for families to the Telus Spark Science Centre.

### **Kananaskis Day Passes**

[alberta.ca/kananaskis-conservation-pass](http://alberta.ca/kananaskis-conservation-pass)

Eligible individuals may qualify for an exemption and do not need to purchase a pass. Check website for details and free days.

## **Recreation & Social Activities**

### **Seniors on the Bow Society (SOTB)**

403-932-6002 | [cochrane.ca/sotb](http://cochrane.ca/sotb)

800 Griffin Road E., Second Floor

Programs and resources for adults 50 and over in Cochrane and area.

### **Stockmen's Memorial Foundation**

403-932-3782 | [stockmen.ca](http://stockmen.ca)

101 RancheHouse Road

Western art gallery, museum and lending library.

### **The CLUB**

403-981-2020 ext. 501 | [bgcccochrane.ca/the-club-teen-space](http://bgcccochrane.ca/the-club-teen-space)

3, 204 Fifth Avenue W.

Free drop-in programs for youth ages 12-17, outreach support and resources for youth ages 12-22 and in school and community programs for youth ages 10-18.

## **Recreation & Social Activities**

### **Facebook Groups**

Life in Cochrane, Alberta

Living in Cochrane, Alberta

Cochrane Road Cycling

Cochrane Cares Running Club

### **Tips**

Cochrane has over 80 kilometers of pathways, trails. Enjoy over three dozen parks (many with playgrounds) and a variety of outdoor recreation facilities, including soccer, rugby, football, tennis and pickleball courts, skating surfaces, a skate park and more.

To learn more visit [cochrane.ca/parks-recreation](http://cochrane.ca/parks-recreation).

Check the SLS Recreation Centre website, [slscentre.com](http://slscentre.com) for specific dates of upcoming promotions and community events.

## Sport Subsidies

### **Hockey Canada Foundation**

[assistfund.hockeycanadafoundation.ca](http://assistfund.hockeycanadafoundation.ca)

Registration fee subsidies for eligible applicants registered with a sanctioned Hockey Canada association.

### **Jumpstart**

[jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca)

Sport recreation subsidies for eligible children and youth ages 4-18.

### **KidSport**

[kidsportcanada.ca](http://kidsportcanada.ca)

Sport recreation subsidies for eligible children and youth ages 18 and under.

### **Lindsay's Kids Hockey & Ringette Sponsorship**

403-851-2265 | [lindsaykimmnett.net](http://lindsaykimmnett.net)

Minor hockey and minor ringette sponsorships for eligible families.

## Transportation

### **Canadian Cancer Society**

1-888-939-333 | [cancer.ca](http://cancer.ca)

Transportation and short-term financial assistance for eligible individuals and families receiving cancer treatments.

### **COLT (Cochrane On-Demand Local Transit)**

403-851-5995 | [ridecolt.ca](http://ridecolt.ca)

Cochrane's local on-demand, ride-sharing transit service. Buses must be booked in advance.

### **Helping Hands Society of Cochrane and Area**

587-580-9448 | [helpinghandscochrane.ca](http://helpinghandscochrane.ca)  
244C River Avenue

Transportation for medical and essential appointments.

### **Rocky View Bus**

403-948-2887 | [rockyviewbus.ca](http://rockyviewbus.ca)

Accessible shared-ride transportation.

### **Swift Mîni Thnî Transit**

403-703-6731 | [minithnitransit.ca](http://minithnitransit.ca)

Transit service between Mîni Thnî and Cochrane.

## Notes

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## Notes

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This booklet is available online at  
[www.cochrane.ca/financialresources](http://www.cochrane.ca/financialresources)

