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ANNUAL REPORT



MANAGER'S MESSAGE

It is with immense pride that I share our achievements and the profound impact we have made through Family and Community Support Services (FCSS) and Family Resource Network (FRN). Our work is a collective effort that brings together passionate team members, invaluable community partners and dedicated volunteers, all united by a common goal: to enhance the well being and quality of life for families and individuals across the lifespan.

This year, we served record numbers, helping families find stability, equipping individuals with essential skills, and creating secure environments where children can thrive. These transformations reflect our commitment to not only meeting needs but genuinely enhancing lives.

As we look ahead, we remain focused on fostering strong partnerships to address the systemic challenges our community faces. By prioritizing advocacy, collaboration, prevention, and innovation, we are paving the way for a more resilient and thriving future for everyone.

Thank you for your dedication, support, and belief in our mission. Together, we are creating lasting change and a brighter future for our community.

Kim Krawec

Manager, Cochrane FCSS

We build strong families, individuals and communities



We are working on meeting the needs of the community. Here's how:

1

Identifying and addressing priority issues through collaborative partnerships

2

Increasing the profile of social issues and awareness of programs and services



3

Increasing capacity of community organizations to support their sustainability

4

Responding to social needs with a focus on poverty reduction and promoting mental health through social connection

5

Increasing the resilience of individuals, families and community through preventative programming



OUR GROWTH

Over the past five years, the critical social programs provided by FCSS and FRN have experienced significant growth, reflecting our unwavering commitment to uplift and empower our community. This infographic showcases our achievements in expanding services, increasing outreach and enhancing the impact of our initiatives.

However, it's crucial to recognize that while our programs have flourished, the resources allocated to support this growth have not kept pace. As demand for essential services continues to rise, we face ongoing challenges in ensuring that every individual and family has access to the support they need.

179

PROPERTY TAX REBATE PROGRAM SENIORS

88 in 2020

↑ **OF 103%**

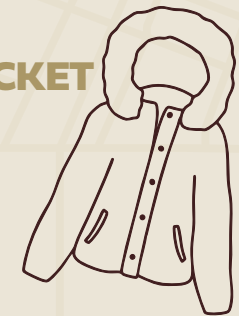


649

TAXES FILED

508 in 2020

↑ **OF 28%**



545

JACKET RACKET

153 in 2020

↑ **OF 262%**

306

EMERGENCY MEALS

140 in 2020

↑ **OF 119%**



2,055

FOOD HAMPERS

1,959 in 2020

↑ **OF 59%**

156

BACKPACK PROGRAM CHILDREN

65 in 2020

↑ **OF 140%**



200

KIWANIS TOY PROJECT CHILDREN

159 in 2021

↑ **OF 26%**

3,888

RESOURCE WORKER CONTACTS

1,974 in 2020

↑ **OF 97%**



7,565

FCSS FRONT DESK CONTACTS

2,029 in 2020

↑ **OF 273%**

497

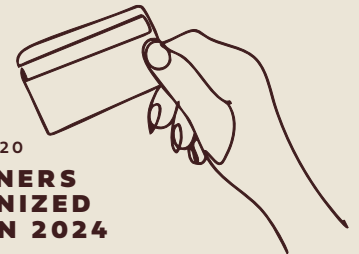
CONNECT CARDS

130 in 2020

↑ **OF 282%**

2 PARTNERS
RECOGNIZED
CARDS IN 2020

**31 PARTNERS
RECOGNIZED
CARDS IN 2024**



6,959

CHILD DEVELOPMENT & WELLBEING PROGRAM PARTICIPANTS

1,156 in 2020

↑ **OF 502%**



1,645

PARENT EDUCATION PROGRAMS/ FAMILY SUPPORT PARTICIPANTS

52 in 2020

↑ **OF 3,063%**

CHILDREN/ YOUTH

FCSS and the FRN work collaboratively with community partners to increase the resilience of children, youth and families. Preventative programs play a critical role in reducing vulnerability and building resilience.



98%

Reported they
feel a sense of
belonging to
their community



“

Thank you! You made such a big difference in our life after moving to Cochrane.”

– Childhood Development & Wellbeing Participant



PROGRAM	DESCRIPTION	2024 STATS
Childhood Development and Wellbeing Programs	These programs provide children with a strong early foundation. Utilizing play, they cultivate resilience, nurture positive relationships and enhance wellbeing, all while fostering the development of physical, cognitive and social-emotional skills.	6,959 total participants
Developmental Screening	A screening tool that pinpoints developmental progress in children between the ages of one month to 5 ½ years.	170 questionnaires completed
Backpack Program	Ensures students K-12 have the necessary school supplies for success.	156 backpacks supported 78 families
Technology Program	Ensures students in grades 7-12 have the necessary technology to succeed.	15 students were supplied with a computer and/or a graphing calculator
Respite Program	Supports families experiencing stress and crisis with short term child care.	15 unique families 352 respite hours provided
Kiwanis Toy Project	A Christmas inspired event offered for children, ages 1-18, whose families are facing financial barriers.	200 children/youth
Community Helpers Program	Community Helpers receive training to support the mental health of their peers, enhancing the overall community's mental wellbeing. Additional training includes Mental Health First Aid, Community Helpers follow-up sessions and Lunch and Learn workshops.	106 community helpers trained
Back to School Event	An annual event which provides students and parents with resources for a successful school year.	968 participants

**It was an awesome event;
we were excited to come
back this year. A must do!"**

– Back to School Event Participant

ADULT/ FAMILIES

A range of strength-based, trauma informed programs and services are offered to build protective factors, increase knowledge and capacity to access resources, ensuring that residents have the support they require.



98%

Reported they know what resources are available



“

Thank you so much for the help. Being a mother of two with a child with special needs, your help gives me strength to continue every day.”

– Caregiver Capacity Building Program Participant



PROGRAM	DESCRIPTION	2024 STATS
Caregiver Capacity Building Programs	Focus on strengthening parent knowledge and coping skills, through a variety of parent education sessions, peer support and social connection opportunities.	1645 participants
Resource Workers	Provide support, referrals, advocacy, system navigation and essential need assistance.	3,888 client contacts
Rural Community Support Program	Provides essential assistance to rural residents by facilitating connections to critical resources, including food, housing, financial coaching and supportive counselling, as well as offering valuable information and referral services.	199 residents supported
Lending Library	This program provides access to a wide-ranging resource library, encompassing parenting books, resource boxes and a rich selection of children's literature.	130 items accessed
Block Party Trailer	Block parties bring neighbourhoods together and help build community bonds. The Block Party Trailer provides everything needed to host a successful block party.	22 Block Parties held in 10 different neighbourhoods
Cochrane Cares Mental Health Website	This site created by FCSS and community partners, provides local information, resources and strategies to promote mental health.	cochranecares.ca
Mental Health Awareness Week	Cochrane celebrated Mental Health Awareness Week from May 6-12, 2024. More than 25 partners contributed to reduce stigma, raise awareness of local resources and support positive experiences for people in the community.	897 participants Sleeve the Stigma (4 coffee shops, 6 partners, 400 coffee sleeves)
Mental Health Programs	Offer a variety of opportunities for the community to engage in activities that create positive mental health experiences.	26 unique participants

Really helped me get out of my shell. I even joined another outside group thanks to this one. Have more confidence to join groups now. Thank you so much!"

– Mental Health Program Participant

Poverty Reduction Programs

PROGRAM	DESCRIPTION	2024 STATS
Community Volunteer Income Tax Program	This program decreases poverty and increases economic self-sufficiency by ensuring residents access all available critical benefits.	4 volunteers filed 649 tax returns
Food Security	Ensures no one in the community experiences hunger through a strategic partnership with the Cochrane Food Bank and Helping Hands Society.	2055 food hampers distributed 618 families accessed food hampers 51 individuals accessed Meals for Your Freezer 1637 meals/soups sold 306 emergency meals distributed
Cochrane Connect Card	Provides low-income residents with access to multiple programs and services at a reduced rate.	497 Connect Cards issued 31 partners recognize the Connect Card
Instrumental Needs Program	Provides emergency funds to support individuals or families experiencing a crisis.	37 individuals supported
Jacket Racket	A free annual event which aims to alleviate the costs associated with seasonal apparel by providing a selection of gently used winter wear for all ages.	321 adults and 233 children supported

Thank you for your exceptional service to the community. I am grateful to have been a beneficiary of your resources at a time when I needed them the most. Thank you."

– Cochrane Connect Card Participant



You returned stability to our household, providing us with resources that we were unaware were available to us, ensuring our kids didn't experience the repercussions of our financial struggles."

– Cochrane Connect Card Participant

SENIORS

Cochrane's senior population is the fastest growing age population in our community. FCSS is focused on identifying and addressing priority issues senior residents are facing through collaborative partnerships and capacity building initiatives.



97%

Of seniors
reported feeling
good about
their future

“

Thank you so much. This is my 3rd program I've taken + I think this one has been the best so far!”

– Aging in Place Participant

The Property Tax Rebate helps me to remain in my home, every little bit helps. My seniors income struggles to keep pace with inflation.”

– Seniors Property Tax Rebate Program Recipient



PROGRAM	DESCRIPTION	2024 STATS
World Elder Abuse Awareness Day	This event, held at the Seniors on the Bow Labyrinth, raised awareness of elder abuse and the community resources that are available. New this year, the committee worked with the school division to support youth awareness of respectful treatment of seniors.	N/A
Aging in Place	This program, in partnership with the Cochrane Public Library, provided a wealth of resources and valuable information to assist seniors in navigating the transitions that come with aging, enabling them to remain in their home or community. In 2024, this program expanded into rural West Rocky View County.	19 participants
Seniors' Week	Thanks to the hard work of community partners, 2024 Seniors' Week was the largest week yet! The week launched with a kick off BBQ at the Cochrane Legion Branch No. 15 and included over 40 programs and events being offered throughout the week.	1280 participants
Seniors Workshops	A variety of workshops were held ranging from financial literacy to life skill development to provide education and build connections.	161 participants
COMPASS for the Caregiver	This multi-session workshop, designed by Caregivers Alberta, supported caregivers and helped individuals balance their own wellness with the needs and demands of caring for a loved one. FCSS provided resources and referrals to those in need of service.	9 caregivers supported
Intergenerational Cooking Socials	To support intergenerational connections, a partnership was formed with Seniors on the Bow, FRN, FCSS and AHS Public Health Dietitian to offer cooking socials.	18 participants
Seniors Property Tax Rebate Program	Assists eligible low-income seniors in Cochrane who own their property with a \$500 rebate on their property taxes.	179 supported
Senior Benefit and Support Program	Assists seniors with applications to apply for federal, provincial and municipal benefits.	92 seniors supported

COMMUNITY COLLABORATION AND COMMITTEES

Cochrane FCSS provides leadership and support to develop and sustain collaborative tables that are working to effectively identify and address the complex, root causes of social issues in Cochrane and West Rocky View County. We provide mentorship, leadership training and workshops to support and build capacity in local non-profit organizations.



97%

Of organizations
report having
better working
relationships with
other community
agencies



“

**I have connected with
so many partners! These
meetings are so valuable.”**

– Interagency Participant



PROGRAM	DESCRIPTION	2024 STATS
Child and Youth Forum	This forum improves awareness of services and collaborative efforts to support confident and resilient children, youth and families.	Monthly meetings with a membership of 89 professionals
Child and Youth Case Collaboration Table	This group of professionals work collectively to address the complex needs of children, youth and their caregivers, in Cochrane and West Rocky View County.	Bi-monthly meetings 13 cases brought to the table in 2024
Interagency	Monthly Interagency meetings foster organizational collaboration for the social sector. Created an Interagency resource directory and community Circle of Support poster to increase awareness of available resources.	84 organizations participated
Interagency Meeting Extravaganza!	A full day meeting for social serving organizations to learn and strengthen partnerships.	93 participants representing 43 organizations
Partners Co-working Space	FCSS provides office space for community partners, ensuring residents have seamless access to multiple social services.	7 partners share FCSS space
Community Space	Free meeting room space is provided to local community groups and partners to utilize.	17 groups utilized meeting rooms
Bragg Creek and Redwood Meadows Wellness Network	This local collaborative network fosters connection and supports activities in the rural area to promote community wellbeing.	Monthly meetings with a membership of 54 professionals and residents
Food Connection Committee	This committee is working to create an accessible, affordable and sustainable food system in Cochrane and West Rocky View County.	21 members
United Way of Calgary and Area Partnership	A formal partnership with the United Way of Calgary and Area helps to address the social needs of the community by funding local non-profit organizations.	N/A

PROGRAM	DESCRIPTION	2024 STATS
FCSS Advisory Board	The FCSS Advisory Board has six community volunteers appointed by Town Council and one Council representative. The Board reviews and assesses the FCSS and United Way Partnership grant applications and makes recommendations for funding allocations to Cochrane Town Council.	\$90,000 provided in grants Board Members: Councillor Alex Reed, Councillor Tara McFadden, Gord Sarkissian, Diana Lowe, Theresa Bolton, Lisa Foster, Kaitlin Chamberlain
Grant Writing Support	FCSS provides local organizations with assistance in grant writing and letters of support.	6 groups supported
Board Governance	FCSS provides non-profit organizations with education, guidance, data collection, policies, procedures and safety.	N/A
Volunteer Managers Committee	FCSS supports local non profits with volunteer recognition, best practices and education. We are the host location for National Volunteer Week, supporting the amazing impact our volunteers have on the community.	Supported 14 nonprofit organizations and 575+ volunteers during National Volunteer Week
Seniors Advisory Committee (SAC)	FCSS leads the Seniors Advisory Committee which is focused on information sharing, advocacy and health promotion. SAC serves as a main connection for other senior committees and working groups.	31 members
Provincial Age-Friendly Community of Practice (AFCOP)	Shares new initiatives and education to help communities identify and develop best practices to strengthen age-friendly practices and principles.	N/A
Dementia and Other Therapies and Services (DOTS) Committee	FCSS leads the DOTS Committee which supports older adults, those with dementia and caregivers.	N/A

PROGRAM	DESCRIPTION	2024 STATS
Cochrane and Area Men's Shed Association	This group is working to establish a non-profit to support the health and wellbeing of men in the community.	14 people contributed 202 volunteer hours
Cochrane Older Adult Case Collaboration Table (COACCT)	A group of professionals who work collectively to address the complex needs of seniors ages 65 and older in Cochrane and West Rocky View County.	Monthly meetings with a membership of 14 professionals 9 cases brought to the table in 2024
Age-Friendly Initiative	2024 celebrated the completion of the What We Heard Report and Action Plan which are critical milestones towards our goal of achieving provincial designation as an age friendly community.	N/A
Seniors on the Bow (SOTB) Partnership	FCSS works closely with Seniors on the Bow to strengthen resources and supports for older adults. FCSS supported SOTB with program delivery, establishing community connections, education and guidance, board governance and community engagement.	Partnered for 4 awareness events, and 7 workshops



PARTNERS/ COLLABORATORS

We would like to extend our deepest gratitude to all of our partners, volunteers, businesses and supporters whose dedication and generosity have played a crucial role in the success of our mission. Your unwavering commitment to making a positive impact in our community has helped us achieve milestones we couldn't have reached alone.

To our incredible volunteers, your passion and selfless contributions are the heart of everything we do. Your time, effort and energy allow us to continue providing valuable services to those in need.

To our partners, your support has been instrumental in driving our initiatives forward. Whether through financial contributions, resources or shared expertise, you have helped us expand our reach and increase our impact.

Together, with each of you, we are building a stronger, more vibrant community. We are deeply grateful for your ongoing support and we look forward to continuing this journey with you.

Thank you for being a part of something meaningful, and for helping us create lasting change.



– Interagency Extravaganza, Feb 2024

FUNDERS

