

# September

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>  <b>Closed for Labour Day</b>	<b>2</b> Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	<b>3</b> Breastfeeding Support Group (D) 10-11 a.m. Movers and Groovers (D) 10:30 a.m.-12 p.m. Connect Parent Group (R) 1:30-3 p.m.	<b>4</b> Infant Massage (R) 9-10:30 a.m. Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. Toddler Tools (R) 1:30-3 p.m.	<b>5</b> Mindful Minis (D) 9:30-10:45 a.m. Yoga and Connection (R) 1:30-3 p.m.	<b>6</b>
<b>8</b> Toddlers in Tow 9:30-10:45 a.m. Music and Rhyme Wiggle Time (D) 1:30-2:45 p.m. Feeling Down After Baby Arrives (R) 1:30-3 p.m.	<b>9</b> Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Mom's Night Out: Meet Us Courtside (R) 6-8:30 p.m.	<b>10</b> Walk for Life (D) 6:30-7:30 a.m. Grandparents Group (D) 10:15-11:30 a.m. Connect Parent Group (R) 1:30-3 p.m. Cochrane Bumps and Babies (D) 1:30-3 p.m.	<b>11</b> Infant Massage (R) 9-10:30 a.m. Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. Toddler Tools (R) 1:30-3 p.m.	<b>12</b> Mindful Minis (D) 9:30-10:45 a.m. Yoga and Connection (R) 1:30-3 p.m.	<b>13</b>
<b>15</b> Toddlers in Tow (D) 9:30-10:45 a.m. Music and Rhyme Wiggle Time (D) 1:30-2:45 p.m.	<b>16</b> Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	<b>17</b> Breastfeeding Support Group (D) 10-11 a.m. Movers and Groovers (D) 10:30 a.m.-12 p.m. Connect Parent Group (R) 1:30-3 p.m. Fear-Less (R) 1:30-3 p.m. Human Trafficking 101 (R) 5:30-7 p.m.	<b>18</b> Infant Massage (R) 9-10:30 a.m. Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. Toddler Tools (R) 1:30-3 p.m.	<b>19</b> Yoga and Connection (R) 1:30-3 p.m.	<b>20</b> Hanging with Dad: Dino, Drive and Design (R) 9:30-10:45 a.m. Autumn Mosaic Magic (D) 1-2:15 p.m.  Fishing with the Fam (R) 1-2 p.m.
<b>22</b> Toddlers in Tow (D) 9:30-10:45 a.m. Music and Rhyme Wiggle Time (D) 1:30-2:45 p.m.	<b>23</b> Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	<b>24</b> Grandparents Group (D) 10:15-11:30 a.m. Connect Parent Group (R) 1:30-3 p.m. Cochrane Bumps and Babies (D) 1:30-3 p.m. Fear-Less (R) 1:30-3 p.m.	<b>25</b> Infant Massage (R) 9-10:30 a.m. Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. Toddler Tools (R) 1:30-3 p.m.	<b>26</b> Yoga and Connection (R) 1:30-3 p.m.	<b>27</b>
<b>29</b> Toddlers in Tow 9:30-10:45 a.m.	<b>30</b>  <b>Closed for National Day for Truth and Reconciliation</b>				<b>Program Legend</b> FRN Drop in Programs (D) FRN Registered Program (R) FRN Virtual Programs (V) FRN Rural Drop in Programs (D) FRN Rural Registered Programs (R) Adult Drop in Programs (D) Adult Registered Programs (R)

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Register: [cochrane.ca/programguide](https://cochrane.ca/programguide)



# Program Descriptions

## Child Development and Wellbeing Programs

Location: 127 First Avenue W. unless specified in description.

### Play N' Learn Preschool (D)

(3–6yrs/Parented)  
Tue, Sep 2, 9, 16 & 23  
9:30–10:45 a.m.  
Come play and explore interactive activities to promote your child's cognitive, social-emotional and physical development. A great opportunity for your child to develop preschool and kindergarten readiness skills.

### Wee-All (D)

(Birth–6yrs/Parented)  
Tue, Sep 2, 9, 16 & 23  
1:30–2:45 p.m.  
A playful, welcoming space to explore songs, stories, crafts and toys. This group is full of laughter, creativity and connections for kids and parents alike.

### Movers and Groovers (D)

(Birth–6yrs/Parented)  
Wed, Sept 3 & 17  
10:30 a.m.–12 p.m.  
Location: Beaupre Community Hall, 263035 Beaupre Creek Road, Rocky View County  
An exciting and energetic gross motor program designed to inspire children to move, groove and develop essential skills in a playful and engaging rural setting.

### Rumble and Roar (D)

(Birth–6yrs/Parented)  
Thu, Sep 4, 11, 18 & 25  
9:30–11:30 a.m.  
Location: Bragg Creek Community Centre, 23 White Avenue, Bragg Creek  
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.

### Tummy Time Crew (D)

(Prenatal-Walking/Parented)  
Thu, Sep 4, 11, 18 & 25  
1:30–3 p.m.  
Designed for babies who are not yet walking, this group offers a safe space for parents to connect, share experiences and encourage their baby's development through fun interactive play.

### Toddlers in Tow (D)

(Walking–36mos/Parented)  
Mon, Sep 8, 15, 22 & 29  
9:30–10:45 a.m.  
At this high-energy group, parents and toddlers enjoy simple crafts, sensory tables and all kinds of toys! At the end, families wind down with rhymes and songs.

### Music and Rhyme Wiggle Time (D)

(3–6yrs/Parented)  
Mon, Sep 8, 15 & 22  
1:30–2:45 p.m.  
Sing, move, play instruments and listen to stories that will immerse you and your child in music and wonder. Experience the many benefits of music in early childhood.

### Grandparents Group (D)

(Birth–6yrs/Parented)  
Wed, Sep 10 & 24  
10:15–11:30 a.m.  
Come play, visit, share information and connect with other grandparents in your community!

### Mindful Minis (D)

(3–6yrs/Parented)  
Fri, Sep 5 & 12  
9:30–10:45 a.m.  
Explore mindfulness practices that help children be aware of and manage their emotions through stories, music and games.

### Hanging with Dad: Dino, Drive and Design (R)

(Birth–6yrs/Parented)  
Sat, Sep 20  
9:30–10:45 a.m.  
Get creative with your kid in this hands-on group for dads! Paint your own pull-back dinosaur car, then watch it zoom. Fun, bonding and a dino-mite keepsake to take home!

### Autumn Mosaic Magic (D)

(Birth–6yrs/Parented)  
Sat, Sep 20  
1–2:15 p.m.  
Create a cozy fall masterpiece using air-dry clay, colorful seeds and beans! Kids will shape, press and design their own autumn mosaics—hands-on, sensory fun with a beautiful keepsake to take home.

## Caregiver Capacity Building Programs

Location: 127 First Avenue W. unless specified in description.  
Register online at [www.cochrane.ca/programguide](http://www.cochrane.ca/programguide) or call 403-851-2265.

### Connect Parent Group (R)

(For parents of children 8–18yrs)  
Wed, Sep 3, 10, 17, 24; Oct 1, 8, 15, 22 & 29  
1:30–3 p.m.  
Location: Stoney Health Centre, Room 170, 1 Mini Thni Road East, Mini Thni  
This 9-week program helps strengthen parent-teen relationships by helping them confidently work through conflict, communicate effectively, connect during challenging times and learn about adolescent behaviour.

### Toddler Tools (D)

(For parents of children 1–3yrs)  
Thu, Sep 4, 11, 18 & 25  
1:30–3 p.m.  
A 4-week group for parents of toddlers focused on simple, practical tools to help with big feelings and everyday challenges—building connection, calm and confidence along the way. If you require childminding, please call 403-851-2265 to book, while space lasts.

### Infant Massage (R)

(For parents with babies Birth–Crawling)  
Thu, Sep 4, 11, 18 & 25; Oct 2  
9–10:30 a.m.  
A 5-week class where moms learn soothing infant massage techniques to create deep bonds, enhance connection and support their little one's comfort, development and well-being.

### Yoga and Connection (R)

(For Moms with babies Birth–Crawling)  
Fri, Sep 5, 12, 19 & 26  
1:30–3 p.m.  
A gentle, baby-friendly yoga class where moms can move, stretch and relax—while bonding with their little ones in a calm, supportive space. No experience needed; mats are provided.

### Feeling Down After Baby Arrives (R)

(For parents with children 0–18yrs)  
Mon, Sep 8  
1:30–3 p.m.  
This session will offer suggestions to help you look after yourself, understand your feelings and manage this time of adjustment. As well as, recognize the signs of depression and anxiety and get help if you need it. If you require childminding, please call 403-851-2265 to book, while space lasts.

### Moms' Night Out: Meet us Courtside (R)

(For Moms)  
Tue, Sep 9  
6–8:30 p.m.  
Location: Greystone Court, 123 Park Street  
This fun, beginner-friendly class is just for moms! Learn the basics of pickleball while getting active, building connections and enjoying great energy on the court—no experience necessary!

### Breastfeeding Support Group (D)

(For Parents and family members who are interested in or currently breastfeeding and/or pumping)  
Wed, Sep 3 & 17  
10–11 a.m.  
This group is for parents and family members 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.

### Cochrane Bumps and Babies (D)

(For pregnant moms and their partners or parenting up to 6 mos.)  
Wed, Sep 10 & 24  
1:30–3 p.m.  
Join an AHS Childbirth Educator and Registered Dietitian to connect with other parents on topics such as pregnancy, nutrition, labour, birth, infant feeding and care and transition to early parenthood. Supervised toddlers welcome. Refreshments provided.

### Fear-Less (R)

(For parents of children 6–14 yrs)  
Wed, Sep 17, 24; Oct 1, 8, 15 & 22  
1:30–3 p.m.  
Location: Bearspaw Community Hall, 253220 Bearspaw Road, Rocky View Country  
Fear-Less Triple P is for caregivers with children ages 6–14 experiencing moderate to high levels on anxiety. This 6-week course explores cognitive behavioural strategies and other techniques for anxiety management. Light snacks and refreshments provided.

### Human Trafficking 101 (R)

18yrs+  
Wed, Sep 17  
5:30–7 p.m.  
Location: Family Community Support Services, Basement Meeting Room, 209 Second Avenue W.  
Awareness can save lives. ACT Alberta will be presenting their community member essentials training on human trafficking. Topics include sex and labor trafficking, rural considerations, international vs domestic, vulnerabilities, risk factors and barriers to identification.

### Fishing with the Fam (R)

(All ages/Parented)  
To register: [douw.vorster@cochrane.ca](mailto:douw.vorster@cochrane.ca)  
Sun, Sep 21  
1–2 p.m.  
Location: Mitford Pond, 207A West Rock Road  
Whether your family loves to fish, or has never tried it before, this is for you. You don't need to worry about a fishing license or fishing gear.

## Adult Programs

## Events

### Backpack Program

(Eligible children in grades K–12)  
Mon, Aug 11 – Fri, Sep 26, 2025  
Location: Family Resource Network 127 First Avenue W.  
The FRN, Staples and Kiwanis Club of Cochrane team up to provide essential school supplies, helping K–12 students start school prepared and confident. To find out if you're eligible, visit [www.cochrane.ca/backtoschool](http://www.cochrane.ca/backtoschool) or call 403-851-2265.

### Grad Glow Up – Collection

Wed, Jul 2 – Fri, Nov 7, 2025  
Locations:  
Family Community Support Services: 209 Second Avenue W.  
The Clothesline: 122 Fourth Avenue W.  
Helping Hands: 244C River Avenue  
We are collecting gently used formal attire of all sizes so every graduate can shine on their big day. Accepting floor length gowns, suits, jackets, dress shirts and pants, purchased within the last five years.

### Grad Glow Up – Registration

Mon, Sep 15 – Fri, Nov 7, 2025  
Register: [www.cochrane.ca/gradglowup](http://www.cochrane.ca/gradglowup) or call 403-851-2250  
Event Date: Sat, Nov 22, 2025  
Event Location: Cochrane Ranchehouse, 101 Ranchehouse Road  
This annual event helps to reduce costs and support sustainability, providing all graduates in Cochrane and West Rocky View County, with access to free formal attire.

### Walk for Life

(All ages)  
Wed, Sep 10  
6:30–7:30 a.m.  
Location: Riverfront Park, Griffin Road West & Highway 22  
Join us as we walk from darkness into light to remember loved ones we've lost to suicide and to raise awareness for suicide prevention.

### Block Party Trailer

Bring your neighbourhood together with the free Block Party Trailer! It includes tables, chairs, games & a grill – everything you need for a fun and memorable community gathering. Communities can book the trailer through to mid-October. Visit [www.cochrane.ca/blockparty](http://www.cochrane.ca/blockparty) to book your block party today!







# OCTOBER

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Breastfeeding Support Group (D)</b> 10-11 a.m. <b>Movers and Groovers (D)</b> 10:30 a.m.-12 p.m. <b>Fear-Less (R)</b> 1:30-3 p.m. <b>Rural Moms' Night Out: Macramé (R)</b> 6-8 p.m.	<b>1</b> <b>Infant Massage (R) FULL</b> 9-10:30 a.m. <b>Rumble and Roar (D)</b> 9:30-11:30 a.m. <b>Tummy Time Crew (D)</b> 1:30-3 p.m.	<b>2</b> <b>Mindful Minis (D)</b> 9:30-10:45 a.m. <b>Yoga and Connection (R)</b> 1:30-3 p.m.	<b>3</b> <b>Mindful Minis (D)</b> 9:30-10:45 a.m. <b>Yoga and Connection (R)</b> 1:30-3 p.m.
<b>Toddlers in Tow (D)</b> 9:30-10:45 a.m.	<b>6</b> <b>Play N' Learn Preschool (D)</b> 9:30-10:45 a.m. <b>Wee-All (D)</b> 1:30-2:45 p.m. <b>Moms' Night Out: Fire Safety (R)</b> 6-8 p.m. FCSS/FRN Late Night 8:30 a.m.-7 p.m.	<b>7</b> <b>Grandparents Group (D)</b> 10:15-11:30 a.m. <b>Fear-Less (R)</b> 1:30-3 p.m. <b>Cochrane Bumps and Babies (D)</b> 1:30-3 p.m.	<b>8</b> <b>Toddler ASQ Birthday Party (R)</b> 9-10:30 a.m. <b>Rumble and Roar (D)</b> 9:30-11:30 a.m. <b>Tummy Time Crew (D)</b> 1:30-3 p.m.	<b>9</b> <b>Mindful Minis (D)</b> 9:30-10:45 a.m. <b>Yoga and Connection (R)</b> 1:30-3 p.m. <b>Fire Prevention Workshop (R)</b> 1-2:30 p.m.	<b>10</b> <b>Mindful Minis (D)</b> 9:30-10:45 a.m. <b>Yoga and Connection (R)</b> 1:30-3 p.m. <b>Transit and Housing in Cochrane Series - Transit (D)</b> 2:30-4 p.m.
<b>13</b> <b>Closed for Thanksgiving</b>	<b>14</b> <b>Play N' Learn Preschool (D)</b> 9:30-10:45 a.m. <b>Wee-All (D)</b> 1:30-2:45 p.m. <b>Thriving in Your Golden Years (R)</b> 2-3 p.m.	<b>15</b> <b>Breastfeeding Support Group (D)</b> 10-11 a.m. <b>Movers and Groovers (D)</b> 10:30 a.m.-12 p.m. <b>Fear-Less (R)</b> 1:30-3 p.m.	<b>16</b> <b>Infant Massage (R)</b> 9:30-10:45 a.m. <b>Rumble and Roar* (D)</b> 9:30-11:30 a.m. <b>Tummy Time Crew (D)</b> 1:30-3 p.m. <b>Circle of Security (R)</b> 1:30-3 p.m.	<b>17</b> <b>Mindful Minis (D)</b> 9:30-10:45 a.m. <b>Yoga and Connection (R)</b> 1:30-3 p.m. <b>Transit and Housing in Cochrane Series - Transit (D)</b> 2:30-4 p.m.	<b>18</b> <b>Jacket Racket (D)</b> 10 a.m.-12 p.m.
<b>Toddlers in Tow (D)</b> 9:30-10:45 a.m. <b>Rainbows (R)</b> 4:30-6 p.m.	<b>20</b> <b>Play N' Learn Preschool (D)</b> 9:30-10:45 a.m. <b>Wee-All (D)</b> 1:30-2:45 p.m. <b>Thriving in Your Golden Years (R)</b> 2-3 p.m.	<b>21</b> <b>Grandparents Group (D)</b> 10:15-11:30 a.m. <b>Fear-Less (R)</b> 1:30-3 p.m. <b>Cochrane Bumps and Babies (D)</b> 1:30-3 p.m.	<b>22</b> <b>Infant Massage (R)</b> 9:30-10:45 a.m. <b>Rumble and Roar (D)</b> 9:30-11:30 a.m. <b>Tummy Time Crew (D)</b> 1:30-3 p.m. <b>Circle of Security (R)</b> 1:30-3 p.m. <b>ABC Money Matters Workshop #1 (R)</b> 6-8 p.m.	<b>23</b> <b>Mindful Minis (D)</b> 9:30-10:45 a.m. <b>Yoga and Connection (R)</b> 1:30-3 p.m.	<b>24</b> <b>Mindful Minis (D)</b> 9:30-10:45 a.m. <b>Yoga and Connection (R)</b> 1:30-3 p.m.
<b>Toddlers in Tow (D)</b> 9:30-10:45 a.m. <b>Rainbows (R)</b> 4:30-6 p.m.	<b>27</b> <b>Play N' Learn Preschool (D)</b> 9:30-10:45 a.m. <b>Wee-All (D)</b> 1:30-2:45 p.m. <b>Thriving in Your Golden Years (R)</b> 2-3 p.m.	<b>28</b>	<b>29</b> <b>Infant Massage (R)</b> 9:30-10:45 a.m. <b>Rumble and Roar** (D)</b> 9:30-11:30 a.m. <b>Tummy Time Crew (D)</b> 1:30-3 p.m. <b>Circle of Security (R)</b> 1:30-3 p.m. <b>ABC Money Matters Workshop #2 (R)</b> 6-8 p.m.	<b>30</b> <b>Mindful Minis (D)</b> 9:30-10:45 a.m. <b>Monster Mash (D)</b> 1:30-3 p.m.	<b>31</b> <b>Program Legend</b> FRN Drop in Programs (D) FRN Registered Program (R) FRN Virtual Programs (V) FRN Rural Drop in Programs (D) FRN Rural Registered Programs (R) Adult Drop in Programs (D) Adult Registered Programs (R)

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Register: [cochrane.ca/programguide](https://cochrane.ca/programguide)



# Program Descriptions

## Child Development and Wellbeing Programs

Location: 127 First Avenue W. unless specified in description.

### Movers and Groovers (D)

(Birth-6yrs/Parented)

Wed, Oct 1 & 15

10:30 a.m.-12 p.m.

Location: Beaupre Community Hall, 263035

Beaupre Creek Road, Rocky View County

An exciting and energetic gross motor program designed to inspire children to move, groove and develop essential skills in a playful and engaging rural setting.

### Rumble and Roar (D)

(Birth-6yrs/Parented)

Thu, Oct 2, 9, 16\*, 23 & 30\*\*

9:30-11:30 a.m.

Location: Bragg Creek Community Centre,

23 White Avenue, Bragg Creek

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.

\*Join us as we welcome Chantal Chagnon of Cree8 to do some Indigenous drumming and singing

\*\*Wear your Halloween Costume for a spooktacular time!

### Tummy Time Crew (D)

(Prenatal-Walking/Parented)

Thu, Oct 2, 9, 16, 23 & 30

1:30-3 p.m.

Designed for babies who are not yet walking, this group offers a safe space for parents to connect, share experiences and encourage their baby's development through fun interactive play.

### Mindful Minis (D)

(3-6yrs/Parented)

Fri, Oct 3, 10, 17, 24 & 31

9:30-10:45 a.m.

Explore mindfulness practices that help children be aware of and manage their emotions through stories, music and games.

### Toddlers in Tow (D)

(Walking-36mos/Parented)

Mon, Oct 6, 20 & 27

9:30-10:45 a.m.

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

### Play N' Learn Preschool (D)

(3-6yrs/Parented)

Tue, Oct 7, 14, 21 & 28

9:30-10:45 a.m.

Come play and explore interactive activities to promote your child's cognitive, social-emotional and physical development. A great opportunity for your child to develop preschool and kindergarten readiness skills.

### Wee-All (D)

(Birth-6yrs/Parented)

Tue, Oct 7, 14, 21 & 28

1:30-2:45 p.m.

A playful, welcoming space to explore songs, stories, crafts and toys. This group is full of laughter, creativity and connections for kids and parents alike.

### Grandparents Group (D)

(Birth-6yrs/Parented)

Wed, Oct 8 & 22

10:15-11:30 a.m.

Come play, visit, share information and connect with other grandparents in your community!

### Toddler ASQ Birthday Party (R)

(1-3yrs/Parented)

Thu, Oct 9

9-10:30 a.m.

Playfully explore your toddler's development with Ages & Stages Questionnaires in a fun, friendly group setting—plus, every little one gets a special gift bag to take home!

### Monster Mash (D)

(Birth-6yrs/Parented)

Fri, Oct 31

1:30-3 p.m.

Put on your costume and get ready for a spooky good time with treats, squishy sensory fun and playful Halloween surprises perfect for little monsters, superheroes and magical creatures alike!

## Caregiver Capacity Building Programs

Location: 127 First Avenue W. unless specified in description.

Register online at

[www.cochrane.ca/programguide](http://www.cochrane.ca/programguide) or call

403-851-2265.

### Breastfeeding Support Group (D)

(For Parents and family members who are interested in or currently breastfeeding and/or pumping)

Wed, Oct 1 & 15

10-11 a.m.

This group is for parents and family members 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.

### Fear-Less (R)

(For parents of children 6-14yrs)

Wed, Oct 1, 8, 15 & 22

1:30-3 p.m.

Location: Bearspaw Community Hall, 253220 Bearspaw Road, Rocky View Country  
Fear-Less Triple P is for caregivers with children ages 6-14 experiencing moderate to high levels on anxiety. This 6-week course explores cognitive behavioural strategies and other techniques for anxiety management. Light snacks and refreshments provided.

### Rural Moms' Night Out: Macramé (R)

(For rural moms only please)

Wed, Oct 1

6-8 p.m.

Location: Bearspaw Community Hall, 253220

Bearspaw Road, Rocky View County

Unwind with creativity! Learn the art of macrame while crafting beautiful, boho-inspired plant hangers. Connect, relax and create memories with fellow moms in a fun, stress-free atmosphere. Light supper provided. Rural moms only please.

### Yoga and Connection (R)

(For moms with babies birth-crawling)

Fri, Oct 3, 10, 17 & 24

1:30-3 p.m.

A gentle, baby-friendly yoga class where moms can move, stretch and relax—while bonding with their little ones in a calm, supportive space. No experience needed; mats are provided.

### Moms' Night Out: Fire Safety (R)

(For moms only please)

Tue, Oct 7

6-8 p.m.

During Fire Prevention Week, join Cochrane Fire Prevention Officer II Jessie Acott for a discussion on Fire Safety. Refreshments and snacks will be provided.

### Cochrane Bumps and Babies (D)

(For pregnant moms and their partners or parenting up to 6 mos.)

Wed, Oct 8 & 22

1:30-3 p.m.

Join an AHS Childbirth Educator and Registered Dietitian to connect with other parents on topics such as pregnancy, nutrition, labour, birth, infant feeding and care and transition to early parenthood. Supervised toddlers welcome. Refreshments provided.

### Infant Massage (R)

(For parents with babies birth-crawling)

Thu, Oct 16, 23, 30; Nov 6 & 13

9:30-10:45 a.m.

A 5-week class where parents learn soothing infant massage techniques to create deep bonds, enhance connection and support their little one's comfort, development and well-being.

### Circle of Security (R)

(For parents of children 0-18yrs.)

Thu, Oct 16, 23 & 30; Nov 6, 13, 20 & 27; Dec 4

1:30-3 p.m.

An 8-week Circle of Security group supporting parents to better understand their child's emotional needs, strengthen connection and foster secure, healthy relationships through reflection and practical tools. If you require childminding, please call 403-851-2265 to book, while space lasts.

## All Ages Programs

Location: 209 Second Avenue W.

unless specified in description.

### Rainbows (R)

(For children in grade 5 and 6)

Mon, Oct 20 & 27; Nov 3, 10, 17 & 24; Dec 1 & 8

4:30-6 p.m.

Location: Family Resource Network, 127 First Avenue W.

This eight-week program offers a safe, age-appropriate space to navigate loss and uncertainty. This group will guide children 10-12 yrs through the stages and emotions associated with grief surrounding divorce and separation.

### ABC Money Matters Workshop #1

Spending Plans (R)

(18yrs+)

Thu, Oct 23

6-8 p.m.

Develop skills to create your own spending plan and learn how to best spend your money to meet your needs, achieve your goals and save for the future.

### ABC Money Matters Workshop #2

Banking Basics (R)

(18yrs+)

Thu, Oct 30

6-8 p.m.

This workshop will discuss the different banking options, types of accounts and which type might be best for your needs.

### Fire Prevention Workshop (R)

(50yrs+)

Wed, Oct 10

1-2:30 p.m.

Location: Seniors on the Bow Centre, Second

Floor SLS Centre, Arena Entrance

Experts from Cochrane Fire Services will educate and answer questions straight from the front lines of fire safety. Reduce your risk of fire hazards, with a special focus on lithium-ion batteries used in common devices.

### Thriving in Your Golden Years

Aging in Place Program (R)

(50yrs+)

Register through the Cochrane Public Library:

403-932-4353 or online at

[www.cochranepubliclibrary.ca/Events](http://www.cochranepubliclibrary.ca/Events)

Tue, Oct 14, 21 & 28; Nov 4 & 18

2-3 p.m.

Location: The Cochrane Public Library,

405 Railway Street W.

A series of workshops built around an aging-in-place checklist, designed to help participants plan to stay in their home or community.

### Transit and Housing in Cochrane - Series (D)

(50yrs+)

Fri, Oct 17

2:30-4 p.m.

Location: Seniors on the Bow, Second Floor SLS

Centre, Arena Entrance

Cochrane launched a new system on August 18, featuring three fixed routes. Adam Mildenberger, Transit Program Lead, will provide details on operations, reading schedules, ticket purchasing options and answer transit-related questions.

## Events

### Jacket Racket - Collection

Oct 1 to 15

Locations:

- BGC Cochrane, 111 Fifth Avenue W.
- Bow Valley Credit Union, 212 Fifth Avenue W.
- Cochrane Alliance Church, 902 Glenbow Drive
- Family and Community Support Services, 209, Second Avenue W.
- Family Resource Network, 127 First Avenue W.
- Cochrane RancheHouse, 101 Ranchehouse Road
- Safeway Cochrane, 304 Fifth Avenue W.
- SLS Centre, 800 Griffin Road E
- Bragg Creek Community Centre, 23 White Avenue, Bragg Creek
- Bearspaw Community Hall, 253220 Bearspaw Road, Rocky View Country

Now is the ideal time to clean out your closet and make a meaningful contribution. From Oct 1 to 15 we are accepting clean gently used winter wear and Halloween Costumes.

### Jacket Racket - Event

Sat, Oct 18

10 a.m.-12 p.m.

Location: Cochrane Alliance Church, 902

Glenbow Drive

This community event provides free, gently used winter apparel to individuals and families. By reducing financial barriers, promoting sustainability and building community through generous community donations, Jacket Racket helps ensure everyone stays warm this winter.

### Grad Glow Up - Collection

Wed, Jul 2 - Fri, Nov 7

Locations:

Family Community Support Services:

209 Second Avenue W.

The Clothesline: 122 Fourth Avenue W.

Helping Hands: 244C River Avenue

We are collecting gently used formal attire of all sizes so every graduate can shine on their big day. Accepting floor length gowns, suits, jackets, dress shirts and pants, purchased within the last five years.

### Grad Glow Up - Registration

Mon, Sep 15 - Fri, Nov 7

Register: [www.cochrane.ca/gradglowup](http://www.cochrane.ca/gradglowup) or call

403-851-2250

Event Date: Sat, Nov 22

Event Location: Cochrane Ranchehouse,

101 Ranchehouse Road

This annual event helps to reduce costs and support sustainability, providing all graduates in Cochrane and West Rocky View County, with access to free formal attire.

