



OCTOBER

2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Breastfeeding Support Group (D) 10-11 a.m. Movers and Groovers (D) 10:30 a.m.-12 p.m. Fear-Less (R) 1:30-3 p.m. Rural Moms' Night Out: Macramé (R) 6-8 p.m.	Infant Massage (R) FULL 9-10:30 a.m. Rumble and Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Mindful Minis (D) 9:30-10:45 a.m. Yoga and Connection (R) 1:30-3 p.m.	
Toddlers in Tow (D) 9:30-10:45 a.m.	Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Moms' Night Out: Fire Safety (R) 6-8 p.m. FCSS/FRN Late Night 8:30 a.m.-7 p.m.	Grandparents Group (D) 10:15-11:30 a.m. Fear-Less (R) 1:30-3 p.m. Cochrane Bumps and Babies (D) 1:30-3 p.m.	Toddler ASQ Birthday Party (R) 9-10:30 a.m. Rumble and Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Mindful Minis (D) 9:30-10:45 a.m. Yoga and Connection (R) 1:30-3 p.m. Fire Prevention Workshop (R) 1-2:30 p.m.	
Closed for Thanksgiving	Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Thriving in Your Golden Years (R) 2-3 p.m.	Breastfeeding Support Group (D) 10-11 a.m. Movers and Groovers (D) 10:30 a.m.-12 p.m. Fear-Less (R) 1:30-3 p.m.	Infant Massage (R) 9:30-10:45 a.m. Rumble and Roar* (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Mindful Minis (D) 9:30-10:45 a.m. Yoga and Connection (R) 1:30-3 p.m. Transit and Housing in Cochrane Series - Transit (D) 2:30-4 p.m.	Jacket Racket (D) 10 a.m.-12 p.m.
Toddlers in Tow (D) 9:30-10:45 a.m. Rainbows (R) 4:30-6 p.m.	Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Thriving in Your Golden Years (R) 2-3 p.m.	Grandparents Group (D) 10:15-11:30 a.m. Fear-Less (R) 1:30-3 p.m. Cochrane Bumps and Babies (D) 1:30-3 p.m.	Infant Massage (R) 9:30-10:45 a.m. Rumble and Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. ABC Money Matters Workshop #1 (R) 6-8 p.m.	Mindful Minis (D) 9:30-10:45 a.m. Yoga and Connection (R) 1:30-3 p.m.	
Toddlers in Tow (D) 9:30-10:45 a.m. Rainbows (R) 4:30-6 p.m.	Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Thriving in Your Golden Years (R) 2-3 p.m.		Infant Massage (R) 9:30-10:45 a.m. Rumble and Roar** (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. ABC Money Matters Workshop #2 (R) 6-8 p.m.	Mindful Minis (D) 9:30-10:45 a.m. Monster Mash (D) 1:30-3 p.m.	Program Legend 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)

fcss@cochrane.ca • 403-851-2250 | frn@cochrane.ca • 403-851-2265

Register: 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 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) In progress

(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.

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

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 – Event

Mon, Sep 15 – Fri, Nov 7

Register: 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.



November

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Program Legend 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)					1
Toddlers in Tow (D) 3 9:30-10:45 a.m. Rainbows (R) <i>In progress</i> 4:30-6 p.m. Staying Ahead of Scams (R) @ Cochrane Public Library 2-3:30 p.m.	Play N' Learn Preschool (D) 4 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Understanding Your Utility Bill (R) 2-3 p.m. Thriving in Your Golden Years (R) @ Cochrane Public Library <i>Full</i> 2-3 p.m. Intergenerational Cooking Social (R) @ Seniors on the Bow 5-7:30 p.m. FCSS/FRN Late Night 8:30 a.m.-7 p.m.	LLLC - Breastfeeding Support Group (D) 5 10-11 a.m. Movers and Groovers (D) 10:30 a.m.-12 p.m. Benefits and Credits for Newcomers (R,V) 1-3 p.m.	Infant Massage (R) <i>In progress</i> 6 9:30-11 a.m. Rumble and Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. ABC Money Matters Workshop #3: Borrowing Money (R) 6-8 p.m.	Mindful Minis (D) 7 9:30-10:45 a.m. Housing in Cochrane (D) @ Seniors on the Bow 1-2:30 p.m.	8
Toddlers in Tow (D) 10 9:30-10:45 a.m. Rainbows (R) <i>In progress</i> 4:30-6 p.m.	11 Close for Remembrance Day	Grandparents Group (D) 12 10:15-11:30 a.m. Cochrane Bumps and Babies (D) 1:30-3 p.m.	Infant Massage (R) <i>In progress</i> 13 9:30-11 a.m. Rumble and Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. ABC Money Matters Workshop #4 Ways to Save (R) 6-8 p.m.	Mindful Minis (D) 14 9:30-10:45 a.m. Infant Massage (R) 1:30-3 p.m.	Mini Motors and Money (R) 15 9:30-10:45 a.m. Sparkle and Save (D) 1-2:15 p.m.
Toddlers in Tow (D) 17 9:30-10:45 a.m. Rainbows (R) <i>In progress</i> 4:30-6 p.m.	Wee-All (D) 18 1:30-2:45 p.m. Thriving in Your Golden Years (R) <i>Full</i> 2-3 p.m.	Movers and Groovers (D) 19 10:30 a.m.-12 p.m. Men Unplugged - Breaking the Silence (R) @ Cochrane RancheHouse 5-9 p.m.	Preschool ASQ Birthday Party (R) 20 9:30-11 a.m. Rumble and Roar* (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. ABC Money Matters Workshop #5 Smart Shopping (R) 6-8 p.m.	Mindful Minis (D) 21 9:30-10:45 a.m. Infant Massage (R) 1:30-3 p.m.	22
Toddlers in Tow (D) 24 9:30-10:45 a.m. Rainbows (R) <i>In progress</i> 4:30-6 p.m.	Play N' Learn Preschool (D) 25 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	Grandparents Group (D) 26 10:15-11:30 a.m. Fear-Less Seminar (R) 1:30-3:30 p.m. Cochrane Bumps and Babies (D) 1:30-3 p.m. Mom's Book Club (R) @ Found Book Store 5-6 p.m.	FRN Little Shoppers (R) 27 9:30-10:45 a.m. Rumble and Roar** (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. ABC Money Matters Workshop #6 Building Credit and Home Buying (R) 6-8 p.m.	Mindful Minis (D) 28 9:30-10:45 a.m. Infant Massage (R) 1:30-3 p.m.	ASIST Training (R) 29 9 a.m.-5 p.m. 30 ASIST Training (R) 9 a.m.-5 p.m.

fcss@cochrane.ca • 403-851-2250 | frn@cochrane.ca • 403-851-2265

Register: cochrane.ca/programguide

cochrane 

 **fcss**
Cochrane
Family and Community
Support Services

 **FRN**
FAMILY RESOURCE NETWORK
COCHRANE & AREA

Program Descriptions

Child Development and Wellbeing Programs

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

Toddlers in Tow (D)

(Walking-36mos/Parented)
Mon, Nov 3, 10, 17 & 24, 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, Nov 4 & 25, 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, Nov 4, 18 & 25, 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, Nov 5 & 19, 10:30 a.m.-12 p.m.
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, Nov 6, 13, 20* & 27**, 9:30-11:30 a.m.
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 Auntie School tactile learning.
**Toy Swap - Bring gently used clean children's clothes, toys and gear to swap with other families. Take what you need, give what you can; leftovers are donated to support the community. No baby equipment older than 4 years.

Tummy Time Crew (D)

(Prenatal-walking/Parented)
Thu, Nov 6, 13, 20 & 27, 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, Nov 7, 14, 21 & 28, 9:30-10:45 a.m.
Explore mindfulness practices that help children be aware of and manage their emotions through stories, music and games.

Grandparents Group (D)

(Birth-6yrs/Parented)
Wed, Nov 12 & 26, 10:15-11:30 a.m.
Come play, visit, share information and connect with other grandparents in your community!

Mini Motors and Money (R)

(Birth-6yrs/Parented)
Sat, Nov 15, 9:30-10:45 a.m.
Kids team up with Dad to design their own car-shaped piggy banks—an exciting mix of creativity, cars and memories, all while learning the value of saving.

Sparkle and Save (D)

(Birth-6yrs/Parented)
Sat, Nov 15, 1-2:15 p.m.
Kids transform plain mason jars into awesome piggy banks bursting with color and creativity! Saving money becomes an epic adventure!

FRN Little Shoppers (R)

(3-6 yrs/Parented)
Thu, Nov 27, 9:30-10:45 a.m.
Explore coins, counting and real shopping. Giggles, games and learning combine as little ones practice early math skills while enjoying playful market adventures!

Caregiver Capacity Building Programs

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

Rainbows (R)

(For children in grades 5 and 6)
Mon, Nov 3, 10, 17 & 24, 4:30-6 p.m.
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.

LLC - Breastfeeding Support Group (D)

(For Parents and family members who are interested in or currently breastfeeding and/or pumping)
Wed, Nov 5 & 19, 10-11 a.m.
This group is 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, Nov 12 & 26, 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)
Fri, Nov 14, 21, 28; Dec 12 & 19, 1:30-3 p.m.
Parents learn gentle infant massage techniques that soothe babies, promote bonding and support healthy growth in a calming, hands-on class designed for nurturing touch and relaxation.

Preschool ASQ Birthday Party (R)

(For parents with children 3-6 yrs)
Thu, Nov 20, 9:30-11 a.m.
Join us for a preschool birthday party where your child's development will be celebrated! Everyone who completes an Ages and Stages Questionnaire will receive a gift bag for their child.

Fear-Less Seminar (R)

(For parents with children 6-14 yrs)
Wed, Nov 26, 1:30-3:30 p.m.
Fear-Less Triple P offers parents anxiety-management skills they can teach their children. Learn how anxiety works, how to help children develop coping skills, face their fears and how to respond effectively to children's anxiety.

Mom's Book Club (R)

(For moms with children birth-18 yrs)
Wed, Nov 26, 5-6 p.m.
Found Book Store, 206 First Street W.
Dive into 'None of This Is True' by Lisa Jewell, with free copies available for pick-up at the FRN. Enjoy cozy chats, surprises and shared stories with fellow moms in a fun book club.

All Ages Programs

Location: 209 Second Avenue W. unless specified in description.

Staying Ahead of Scams (R)

(18yrs+)
Mon, Nov 3, 2-3:30 p.m.
Cochrane Public Library, 405 Railway Street W.
During financial literacy month, the RCMP will be presenting an information session on Fraud and Scams. The session will focus on recent trends and how you can best protect yourself. A question-and-answer period will follow.
Register: cochranepubliclibrary.ca or call 403-932-4353

Understanding Your Utility Bill (R)

(18yrs+)
Tue, Nov 4, 2-3 p.m.
Take charge of your utilities by understanding your bill and learning how the market works. The Utilities Consumer Advocate will cover topics including electricity and natural gas trends, shopping for utilities, industry scams and the winter reconnection program.

Thriving in Your Golden Years - Aging in Place (R)

(50yrs+)
Tue, Nov 4 & 18, 2-3 p.m.
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.

Intergenerational Cooking Social (R)

(Moms of children ages birth-18 yrs and 50yrs+)
Tue, Nov 4, 5-7:30 p.m.
Seniors on the Bow, 800 Griffin Road E. Second floor SLS Centre, Arena Entrance
Join us to make healthy frozen meals and treats to take home, planned by an AHS dietitian.

Benefits and Credits for Newcomers (R,V)

(18yrs+)
Wed, Nov 5, 1-3 p.m.
Virtual. Screening also available at Family and Community Support Services, 209 Second Avenue W. Basement meeting room.
Join this virtual workshop presented by Canada Revenue Agency and Service Canada. Learn about Canada's tax system benefits and credits and how to protect yourself against fraud.

ABC Money Matters Workshop #3 - Borrowing Money (R)

(18yrs+)
Thu, Nov 6, 6-8 p.m.
In this workshop we will discuss credit, what it is and how to use it. As well as how to prepare if the need to borrow money arises and how to keep debt under control.

Housing in Cochrane (D)

(50yrs+)
Fri, Nov 7, 1-2:30 p.m.
Seniors on the Bow, Second Floor SLS Centre, Arena Entrance
Join us to hear about what Cochrane is planning for affordable housing and shelter support in the community and how Cochrane is facilitating housing options.

ABC Money Matters Workshop #4 - Ways to Save (R)

(18yrs+)
Thu, Nov 13, 6-8 p.m.
In this workshop, you will learn effective ways to save money, explore different types of savings accounts, discover strategies to grow your money over time and understand how to use registered savings plans for future planning.

ABC Money Matters Workshop #5 - Smart Shopping (R)

(18yrs+)
Thu, Nov 20, 6-8 p.m.
In this smart shopping workshop, we'll explore how to make informed purchasing decisions, distinguish between needs and wants and develop strategies for smarter shopping in the future.

ABC Money Matters Workshop #6 - Building Credit and Home Buying (R)

(18yrs+)
Thu, Nov 27, 6-8 p.m.
Learn the basics of building credit, exploring homeownership and deciding if buying a home is right for you—including how to improve credit, estimate borrowing potential, and understand savings needed.

ASIST Training (R)

(18yrs+)
Sat & Sun, Nov 29-30, 9 a.m.-5 p.m.
Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Trained Community Helpers can attend at a reduced cost.
More information: fcss@cochrane.ca or 403-851-2250

Events

Grad Glow Up - Registration
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.

Men Unplugged - "Breaking the Silence" (R)

(For men 18yrs+)
Wed, Nov 19, 5-9 p.m.
Cochrane Ranchehouse, 101 Ranchehouse Road
An event that brings men together from across Cochrane and the surrounding area. This gathering is more than just a dinner—it's a space for real conversations, where men openly share the importance of breaking the silence and finding strength in vulnerability.
More information: fcss@cochrane.ca or 403-851-2250

