

# January

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Program Legend</b> <b>FRN Drop in Programs (D)</b> <b>FRN Registered Program (R)</b> <b>FRN Virtual Programs (V)</b> <b>FRN Rural Drop in Programs (D)</b> <b>FRN Rural Registered Programs (R)</b> <b>Adult Registered Programs (R)</b> <b>Adult Drop in Programs (D)</b>			<b>1</b> <b>Closed for New Years Day</b>	<b>2</b> <b>ECD room closed for cleaning</b>	<b>3</b>
<b>Toddlers in Tow (D)</b> 9:30-10:45 a.m.	<b>5</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>6</b> <b>LLC- Cochrane Breastfeeding Support Group (D)</b> 10-11 a.m.	<b>7</b> <b>Rumble &amp; Roar (D)</b> 9:30-11:30 a.m. <b>Tummy Time Crew (D)</b> 1:30-3 p.m.	<b>8</b>	<b>9</b>
<b>Toddlers in Tow (D)</b> 9:30-10:45 a.m. <b>Parenting an Anxious Child (R)</b> 1:30-3 p.m.	<b>12</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>13</b> <b>Grandparents Group (D)</b> 10:15-11:30 a.m. <b>Cochrane Bumps and Babies (D)</b> 1:30-3 p.m.	<b>14</b> <b>Rumble &amp; Roar (D)</b> 9:30-11:30 a.m. <b>Tummy Time Crew (D)</b> 1:30-3 p.m. <b>Parenting with Confidence (R)</b> 1:30-3 p.m. <b>First Link: Navigating Dementia Together (R)</b> 6-8 p.m.	<b>15</b>	<b>16</b> <b>Hanging with Dad: Frosty Friends Workshop (R)</b> 9:30-10:45 a.m. <b>Sparkle &amp; Snow (D)</b> 1-2:15 p.m.
<b>Toddlers in Tow (D)</b> 9:30-10:45 a.m. <b>Parenting an Anxious Child (R)</b> 1:30-3 p.m.	<b>19</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>20</b> <b>LLC- Cochrane Breastfeeding Support Group (D)</b> 10-11 a.m.	<b>21</b> <b>Rumble &amp; Roar (D)</b> 9:30-11:30 a.m. <b>Tummy Time Crew (D)</b> 1:30-3 p.m. <b>Parenting with Confidence (R)</b> 1:30-3 p.m.	<b>22</b>	<b>23</b>
<b>Toddlers in Tow (D)</b> 9:30-10:45 a.m. <b>Parenting an Anxious Child (R)</b> 1:30-3 p.m.	<b>26</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>27</b> <b>Grandparents Group (D)</b> 10:15-11:30 a.m. <b>Cochrane Bumps and Babies (D)</b> 1:30-3 p.m.	<b>28</b> <b>Rumble &amp; Roar (D)</b> 9:30-11:30 a.m. <b>Tummy Time Crew (D)</b> 1:30-3 p.m. <b>Parenting with Confidence (R)</b> 1:30-3 p.m.	<b>29</b>	<b>30</b>
					<b>31</b>

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

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



# Program Descriptions

## Child Development and Wellbeing Programs

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

### Play N' Learn Preschool (D)

(3-6 yrs/Parented)  
Tue, Jan 6, 13, 20 & 27  
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 preschooler to develop preschool and kindergarten readiness skills.

### Wee-All (D)

(Birth-6 yrs/Parented)  
Tue, Jan 6, 13, 20 & 27  
1:30-2:45 p.m.

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

### Rumble & Roar (D)

(Birth-6 yrs/Parented)  
Thu, Jan 8, 15, 22 & 29  
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, Jan 8, 15, 22 & 29  
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-36 mos/Parented)  
Mon, Jan 5, 12, 19 & 26  
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 of each session, families wind down with rhymes and songs.

### Grandparents Group (D)

(Birth-6 yrs/Parented)  
Wed, Jan 14 & 28  
10:15-11:30 a.m.

A warm and welcoming, play-based program where children and their grandparents connect through crafts, toys, songs and stories- building strong bonds, shared memories and joyful learning together.

### Hanging with Dad: Frosty Friends Workshop (R)

(Birth-6 yrs/Parented)  
Sat, Jan 17  
9:30-10:45 a.m.

Roll, stack and decorate your very own frosty friend! Kids will unleash their creativity, add silly hats and scarves and make a snowman to take home in this winter adventure!

### Sparkle & Snow (D)

(Birth-6 yrs/Parented)  
Sat, Jan 17  
1-2:15 p.m.

Step into a winter wonderland of creativity! Decorate dazzling snowflakes, turning ordinary paper into magical frosty art while having hands-on fun in this chilly-themed adventure.

## 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.

### LLC- Cochrane Breastfeeding Support Group (D)

(For parents and family members who are interested in or currently breastfeeding and/or pumping.)  
Wed, Jan 7 & 21  
10-11 a.m.

This group is a space to ask questions, support other mothers, be supported yourself and learn about the wonders of breastfeeding.

### Parenting an Anxious Child (R)

(For parents of children 6-14 yrs)  
Mon, Jan 12, 19 & 26; Feb 2, 9 & 23  
1:30-3 p.m.

A 6-week program where parents learn strategies to manage and respond to their child's anxiety, replace ineffective parenting strategies, understand how anxiety works and coach their children in anxiety management strategies. If you require childminding, please call 403-851-2265 to book, while space lasts.

### Cochrane Bumps and Babies (D)

(For pregnant moms and their partners or parenting up to 6 mos.)  
Wed, Jan 14 & 28  
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.

## Parenting with Confidence (R)

(For parents of children ages 2-12 yrs)

Jan 15, 22, 29 & Feb 5  
1:30-3 p.m.

Parenting with Confidence is a 4-week positive parenting program that equips caregivers with practical strategies to build strong relationships, manage misbehaviour, raise confident and resilient children in a supportive group setting. If you require childminding, please call 403-851-2265 to book, while space lasts.

## Adult Programs

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

### First Link: Navigating Dementia Together (R)

(Older adults and their care partners)

Thu, Jan 15  
6-8 p.m.

Location: Seniors on the Bow, 800 Griffin Road E. Second floor SLS Centre, Arena Entrance

Learn about services and programs that provide connection, guidance and ongoing support through the dementia journey while gaining practical skills for future planning. Designed for people living with dementia and their care partners.

## Follow us on social media

 CochraneFCSS&FRN

 CochraneFCSSandFRN



# February

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Toddlers in Tow (D)</b> 9:30-10:45 a.m. <b>Parenting an Anxious Child (R) In session</b> 1:30-3 p.m.	<b>2</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: Galentine's Spa Night (R)</b> 6-8 p.m. <b>FCSS/FRN Late Night</b> 8:30 a.m.-7 p.m.	<b>3</b> <b>LLC - Cochrane Breastfeeding Support Group (D)</b> 10-11 a.m.	<b>4</b>	<b>Rumble and Roar (D)</b> 9:30-11:30 a.m. <b>Tummy Time Crew (D)</b> 1:30-3 p.m. <b>Parenting with Confidence (R) In session</b> 1:30-3 p.m.	<b>5</b> <b>Infant Massage (R)</b> 9:30-11 a.m.	<b>6</b>
<b>Toddlers in Tow (D)</b> 9:30-10:45 a.m. <b>Parenting an Anxious Child (R) In session</b> 1:30-3 p.m.	<b>9</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>10</b> <b>Grandparents Group (D)</b> 10:15-11:30 a.m.	<b>11</b>	<b>Rumble and Roar (D)</b> 9:30-11:30 a.m. <b>Tummy Time Crew (D)</b> 1:30-3 p.m.	<b>12</b> <b>Infant Massage (R)</b> 9:30-11 a.m.	<b>13</b>
<b>Closed for Family Day</b>	<b>16</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>17</b> <b>LLC - Cochrane Breastfeeding Support Group (D)</b> 10-11 a.m.	<b>18</b>	<b>Milestone Moments (R)</b> 9:30-11:30 a.m. <b>Tummy Time Crew (D)</b> 1:30-3 p.m.	<b>19</b> <b>Infant Massage (R)</b> 9:30-11 a.m.	<b>20</b> <b>Dad &amp; Kid Chinese New Year Celebration - Year of the Horse (R)</b> 9:30-10:45 a.m. <b>Crafty Colts (D)</b> 1-2:15 p.m.
<b>Toddlers in Tow (D)</b> 9:30-10:45 a.m. <b>Parenting an Anxious Child (R) In session</b> 1:30-3 p.m.	<b>23</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>24</b> <b>Grandparents Group (D)</b> 10:15-11:30 a.m.	<b>25</b>	<b>Rumble and Roar (D)**</b> 9:30-11:30 a.m. <b>Tummy Time Crew (D)</b> 1:30-3 p.m.	<b>26</b> <b>Infant Massage (R)</b> 9:30-11 a.m.	<b>27</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 Registered Programs (R) Adult Drop in Programs (D)	<b>28</b>

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# Program Descriptions

## Child Development and Wellbeing Programs

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

### Toddlers in Tow (D)

(Walking-36 mos/Parented)

Mon, Feb 2, 9 & 23

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 of each session, families wind down with rhymes and songs.

### Play N' Learn Preschool (D)

(3-6 yrs/Parented)

Tue, Feb 3, 10, 17 & 24

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-6 yrs/Parented)

Tue, Feb 3, 10, 17 & 24

1:30-2:45 p.m.

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

### Rumble & Roar (D)

(Birth-6 yrs/Parented)

Thu, Feb 5, 12, 19\* & 26\*\*

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.

\*Milestone Moments (see description)

\*\*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 community. No baby equipment older than 4 years.

### Tummy Time Crew (D)

(Prenatal-Walking/Parented)

Thu, Feb 5, 12, 19 & 26

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.

### Grandparents Group (D)

(Birth-6 yrs/Parented)

Wed, Feb 11 & 25

10:15-11:30 a.m.

A warm and welcoming, play-based program where children and their grandparents connect through crafts, toys, songs and stories. Building strong bonds, shared memories and joyful learning together.

### Dad & Kid Chinese New Year Celebration - Year of the Horse (R)

(Birth-6 yrs/Parented)

Sat, Feb 21

9:30-10:45 a.m.

Let's celebrate the Chinese New Year and the Year of the Horse together! Families will enjoy learning about the holiday, connecting with one another and celebrating the new year in a warm, playful environment.

### Crafty Colts (D)

(Birth-6 yrs/Parented)

Sat, Feb 21

1-2:15 p.m.

Saddle up for a group built around a fun and engaging horse theme! Kids and grown-ups will work side by side on crafts, using a variety of materials to design, decorate and bring their ideas to life.

## Caregiver Capacity Building Programs

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

Register online at [cochrane.ca/programguide](http://cochrane.ca/programguide) or call 403-851-2265.

### Moms' Night Out: Galentine's Spa Night (R)

(For Mom's only please)

Tue, Feb 3

6-8 p.m.

Treat yourself to a relaxing Spa Night! Join us for a cozy evening of pampering, self-care and fun—perfect for celebrating Valentine's Day in a calm, feel-good way. Refreshments and snacks will be provided.

### LLC - Cochrane Breastfeeding Support Group (D)

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

Wed, Feb 4 & 18

10-11 a.m.

This group is a space to ask questions, support other mothers, be supported yourself and learn about the wonders of breastfeeding.

### Parenting with Confidence (R)

#### In session

(For parents of children ages 2-12 yrs)

Feb 5

1:30-3 p.m.

Parenting with Confidence is a 4-week positive parenting program that equips caregivers with practical strategies to build strong relationships, manage misbehaviour, raise confident and resilient children in a supportive group setting. If you require childminding, please call 403-851-2265 to book, while space lasts.

## Parenting an Anxious Child (R)

#### In session

(For parents of children 6-14 yrs)

Feb 2, 9 & 23

1:30-3 p.m.

A 6-week program where parents learn strategies to manage and respond to their child's anxiety, replace ineffective parenting strategies, understand how anxiety works and coach their children in anxiety management strategies. If you require childminding, please call 403-851-2265 to book, while space lasts.

## Milestone Moments - Rural Addition (R)

(For parents of children birth-6 yrs)

Thu, Feb 19

9:30-11:30 a.m.

Location: Bragg Creek Community Centre, 23 White Avenue, Bragg Creek

Milestone Moments offers a welcoming universal developmental check-in providing a quick snapshot of your child's development—celebrating strengths and identifying where support may be needed. Receive a gift for your child when you complete an ASQ.

### Infant Massage (R)

(For parents with babies' birth-crawling)

Fri, Feb 6, 13, 20 & 27; Mar 6

9:30-11 a.m.

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.

### FCSS/FRN Late Night:

Our hours are extended until 7 p.m. on the first Tuesday of every month. Schedule an evening appointment with a Resource Worker, purchase a bus pass or drop in to discover the wide range of resources and services we offer.

## Follow us on social media

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