

February

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Toddlers in Tow (D) 9:30-10:45 a.m. Parenting an Anxious Child (R) In session 1:30-3 p.m.	2 Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Moms' Night Out: Galentine's Spa Night (R) 6-8 p.m. FCSS/FRN Late Night 8:30 a.m.-7 p.m.	4 LLLC - Cochrane Breastfeeding Support Group (D) 10-11 a.m.	5 Rumble and Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. Parenting with Confidence (R) In session 1:30-3 p.m.	6 Infant Massage (R) 9:30-11 a.m.	7
Toddlers in Tow (D) 9:30-10:45 a.m. Parenting an Anxious Child (R) In session 1:30-3 p.m.	9 Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	11 Grandparents Group (D) 10:15-11:30 a.m.	12 Rumble and Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	13 Infant Massage (R) 9:30-11 a.m.	14
16 Closed for Family Day	17 Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	18 LLLC - Cochrane Breastfeeding Support Group (D) 10-11 a.m.	19 Milestone Moments (R) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	20 Infant Massage (R) 9:30-11 a.m.	21 Dad & Kid Chinese New Year Celebration - Year of the Horse (R) 9:30-10:45 a.m. Crafty Colts (D) 1-2:15 p.m.
Toddlers in Tow (D) 9:30-10:45 a.m. Parenting an Anxious Child (R) In session 1:30-3 p.m.	23 Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	25 Grandparents Group (D) 10:15-11:30 a.m.	26 Rumble and Roar (D)** 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	27 Infant Massage (R) 9:30-11 a.m.	28
					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 Registered Programs (R) Adult Drop in Programs (D)

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.

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 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.

LLLC - 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

