

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.	3 LLC - Cochrane Breastfeeding Support Group (D) 10-11 a.m.	4	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.	5 Infant Massage (R) 9:30-11 a.m.	6
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.	10 Grandparents Group (D) 10:15-11:30 a.m.	11	Rumble and Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	12 Infant Massage (R) 9:30-11 a.m.	13
Closed for Family Day	16 Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	17 LLC - Cochrane Breastfeeding Support Group (D) 10-11 a.m.	18	Milestone Moments (R) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	19 Infant Massage (R) 9:30-11 a.m.	20 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.	24 Grandparents Group (D) 10:15-11:30 a.m.	25	Rumble and Roar (D)** 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	26 Infant Massage (R) 9:30-11 a.m.	27
					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)	28

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.

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

 CochraneFCSS&FRN
 CochraneFCSSandFRN



March

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Toddlers in Tow (D) 9:30-10:45 a.m. Income Tax Workshop for Older Adults (R) 10 a.m.-12 p.m.	2 Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Daddy & Me Date Night: Sensory Soiree (R) 5-7 p.m. FCSS/FRN Late Night 8:30 a.m.-7 p.m.	3 LLC - Cochrane Breastfeeding Support Group (D) 10-11 a.m. Thriving in Your Golden Years - Aging in Place Program 6:30-7:30 p.m.	4 Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	5 Infant Massage (R) 9:30-11 a.m. In Session	6
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Toddlers in Tow (D) 9:30-10:45 a.m.	16 Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	17 Cochrane Youth Summit (R) 9 a.m.-3 p.m. LLC-Cochrane Breastfeeding Support Group (D) 10-11 a.m. Thriving in Your Golden Years - Aging in Place Program (R) 6:30-7:30 p.m.	18 Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	19	20 Dads and Me Construction Crew (R) 9:30-10:45 a.m. Milestone Moments (R) 1-2:15 p.m.
Toddlers in Tow (D) 9:30-10:45 a.m. Circle of Security (R) 1:30-3 p.m. The Bookish Mamas (R) 5-6 p.m.	23 Play N' Learn Preschool (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Neighbours Night Out Rural Edition: Felt and Friends (R) 6-8 p.m.	24 Grandparents Group (D) 10:15-11:30 a.m. Navigating Parenting Through Divorce and Separation (R) 2-3:30 p.m. Thriving in Your Golden Years - Aging in Place Program (R) 6:30-7:30 p.m. DIY Basic Income Tax Filing Workshop for Newcomers (R) Full 6-7:30 p.m.	25 Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	26	27
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Location: 127 First Avenue W. unless specified in description.

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(Walking-36mos/Parented)
Mon, Mar 2, 9, 16, 23 & 30

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)

(3-6yrs/Parented)
Tue, Mar 3, 10, 17, 24 & 31
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, Mar 3, 10, 17, 24 & 31
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-6yrs/Parented)
Thu, Mar 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.

Tummy Time Crew (D)

(Prenatal-Walking/Parented)
Thu, Mar 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.

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.

Grandparents Group (D)

(Birth-6yrs/Grandparented)

Wed, Mar 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 and Me Construction Crew (R)

(Birth-6yrs/Parented)

Sat, Mar 21

9:30-10:45 a.m.

A hands-on construction - themed morning for dads and their kids. Build, stack, create and explore through imagination and laughter.

Milestone Moments (R)

(Birth-6yrs/Parented)

Sat, Mar 21

1-2:15 p.m.

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.

Caregiver Capacity Building Programs

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

Register online at
cochrane.ca/programguide or call
403-851-2265.

Daddy & Me Date Night: Sensory Soiree (R)

(For parents with children birth-6yrs)

Tue, Mar 3

5-7 p.m.

Sensory Soiree will be an evening full of fun, connection and crafts. Children will create sensory toys which may be used for emotional regulation and grounding while working on their fine motor skills.

LLC - Cochrane Breastfeeding Support Group (D)

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

Wed, Mar 4 & 18

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.

The Bookish Mamas (R)

(For moms with children birth-18yrs)

Mon, Mar 23

5-6 p.m.

Location: Found Book Store, 206 First Street W.
For moms who like reading, chatting and taking a break. No pressure to finish the book—just come for the vibes. We will be reading the book, "The Last Thing He Told Me" By Laura Dave.

Infant Massage (R) In Session

(For parents with babies' birth-crawling)

Fri, 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.

Circle of Security (R)

(For parents with children birth-6yrs)

Mon, Mar 23 & 30; Apr 13, 20 & 27;

May 4 & 11

1:30-3 p.m.

Try Circle of Security if your child clings, melts down at separations, or seems in-charge; if you swing between permissive and strict parenting; or if stress makes it hard to stay calm when big feelings arise. If you require childminding, please call 403-851-2265 to book, while space lasts.

Navigating Parenting Through Divorce and Separation (R)

(For parents of children birth-18yrs)

Wed, Mar 25; Apr 1, 8, 15 & 22

2-3:30 p.m.

In this 5-week program you will learn ways to adjust and manage the transition of separation and divorce by focusing on skills to resolve conflict with your co-parent and how to cope positively with stress.

Neighbours Night Out Rural Edition: Felt and Friends (D)

(For rural parents only)

Tue, Mar 24

6-8 p.m.

Location: Bragg Creek Community Centre, 23 White Avenue, Bragg Creek An evening for rural adult participants to gather, connect with neighbours and enjoy a hands-on, spring themed felting project in a relaxed setting. A light supper is provided. Rural participants only.

Follow us on social media



All Ages Programs

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

Income Tax Workshop for Older Adults (R)

(For adults 50yrs+)

Wed, Mar 2

10 a.m.-12 p.m.

Location: Ascend LLP

Unit 101, 105-First Street W.

This workshop hosted by Ascend LLP, helps older adults prepare for their personal tax filings with confidence. Participants learn which documents and information is needed to file their taxes, including income slips and receipts. Receive guidance on setting up or accessing a tax-filing accountant. By the end, participants will feel organized, informed, and prepared for their tax filings. Beverages and light snacks provided. What to prepare if interested:

1. Last year's tax return/Notice of assessment
2. Current year slips
3. Questions around the process

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

(For 50yrs+)

Wed, Mar 4, 11, 18 & 25; April 1 & 8

6:30-7:30 p.m.

Location: The Cochrane Public Library, 405 Railway Street W.

Join us for this 6 week series designed to help participants plan to age in their home or community.

Register through the Cochrane Public Library: 403-932-4353 or online at cochranepubliclibrary.ca/Events

DIY Basic Income Tax Filing Workshop for Newcomers (R) Full

(All ages)

Wed, Mar 25

6:00-7:30 p.m.

Location: CISC Community Hub, Frank Wills Hall, 2nd floor, 405 – First Street E.)

Join our DIY Income Tax Filing for Newcomers workshop! Complete your return with professional support from Ascend LLP, learn to confidently file, build skills, and enjoy a meal with others.

Register through the Cochrane Immigrant Services Committee:

587-582-1771 or email cisccochrane@gmail.com

DIY Income Tax Basic Filing (R)

(For All tax filing ages)

Wed, Apr 1

Session 1: 4-5 p.m.

Session 2: 5-6 p.m.

Location: Cochrane Public Library 405 – Railway Street West

Learn to complete your own basic income tax return for FREE. Professional guidance will be provided by a tax professional at Ascend LLP. Learn to file with confidence and build income tax literacy skills. Secure laptops available for use during the session or bring your own and log in to the secure network. Light snacks and refreshments will be provided. Registration required. Register through Cochrane Public Library:

Session 1, 4-5pm
cochranepubliclibrary.ca/tax1

Session 2, 5-6 pm
cochranepubliclibrary.ca/tax2

or call: 403-932-4353

COMPASS for the Caregiver (R)

(For 18+ who are a caregiver for someone with an illness, disability or aging)

Thu, Apr 2, 9, 16 & 23; Tue, Apr 28
6:30-8:30 p.m.

You may be a caregiver if you help someone with challenges resulting from chronic illness, disability or aging. Caregivers Alberta's award-winning program helps caregivers balance their own well-being with the challenges of caregiving.

Program Fee: \$20

Events

Youth Summit (R)

(For grades 9-12)

Wed, Mar 18

9 a.m.-3 p.m.

Location: Cochrane RanchHouse, 101 RanchHouse Rd.

Participants will engage in meaningful conversations, keynotes and interactive sessions centered on the key themes identified by local youth. This conference aims to spark positive change while celebrating the leadership and resilience of Cochrane's youth.



Register: cochrane.ca/programguide

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