

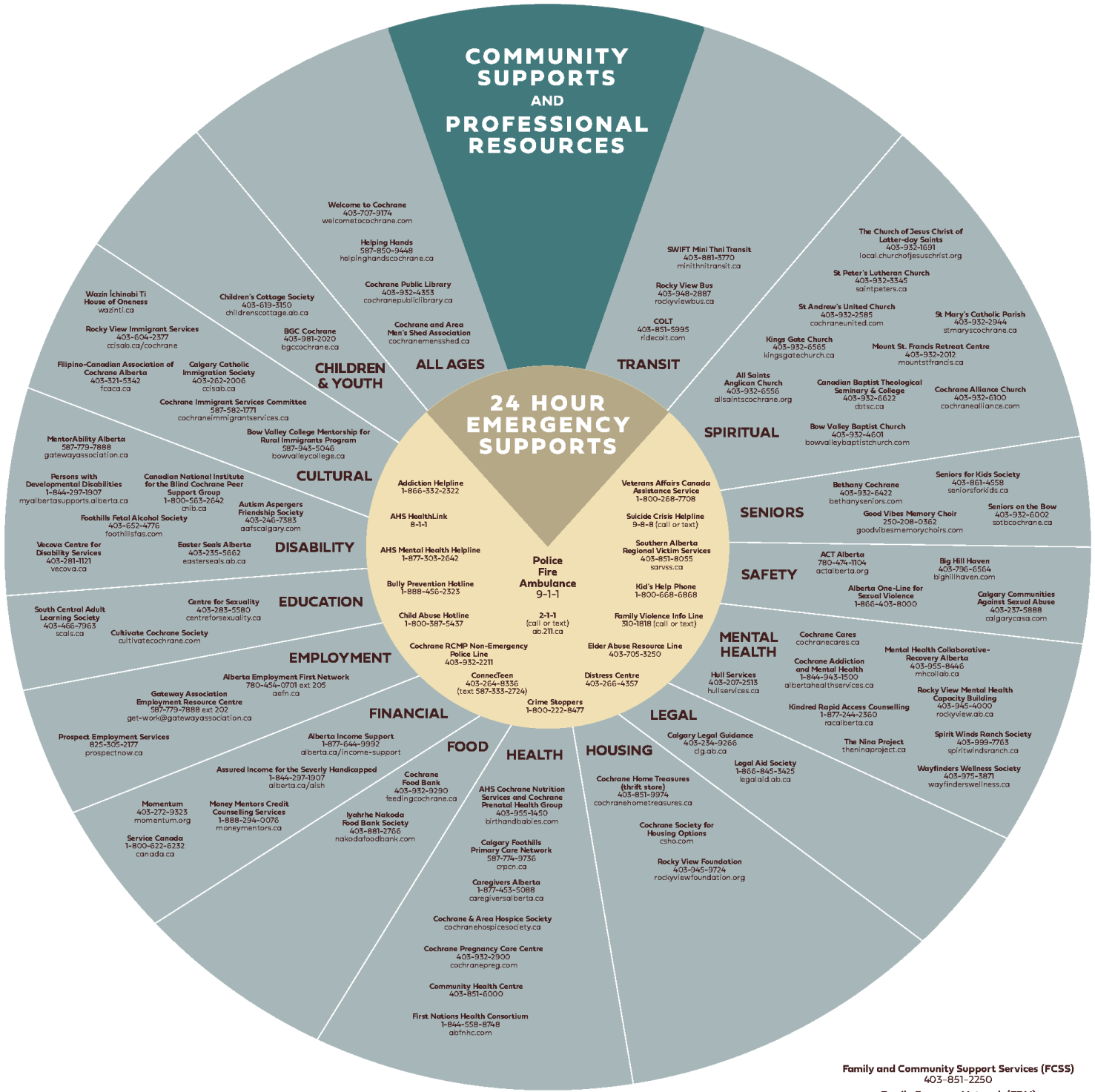


2026 Cochrane and Area Interagency Directory

Each agency is a puzzle piece – unique on its own, stronger when connected.

CIRCLE OF SUPPORTS

COCHRANE AND WEST ROCKY VIEW COUNTY



FCSS AND FRN PROVIDES INFORMATION, SUPPORT AND REFERRALS FOR ALL AGES.

Family and Community Support Services (FCSS)
403-851-2250

Family Resource Network (FRN)
403-851-2265

www.cochrane.ca/fcssfrn

UPDATED JANUARY 2026



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211 Alberta

Phone: 211

Email: info@ab.211.ca

Email: New listings or listing support: database@ab.211.ca

Email: apidhirney@ab.211.ca

Website: www.ab.211.ca

Office hours: Call lines/services available 24/7 - 365 days a year

Agency Overview: 211 Alberta is a navigation service that connects people to the right resources for whatever issues they need help with, at the right time.

- Province-wide helpline and database of searchable resources.
- Connects people to community, social, government and health services.
- Accessible by phone, text, web chat and web search.
- Free, confidential and accessible in 170+ languages by phone.

Target Population: All ages

Service Area: Province wide. Call from anywhere in Alberta for services in any community in Alberta. 211 is available across Canada

Program Description:

211 Alberta supports your organization by providing:

- Qualified Referrals – Individuals are connected to the services that can best support them.
- Stronger Connections – Connect with local, regional and provincial resources.
- Streamline Inquiries – 211 Alberta handles general questions so agency staff can focus on frontline needs.
- Crisis Response – Be part of coordinated efforts during emergencies.
- Insightful Data – Access real-time community data to inform planning. 211 Alberta helps ensure your services are found by those who need them most.

Alberta Employment First Network (AEFN)

Phone: 780-454-0701 ext. 205

Email: director@aefn.ca

Address: 1206, 20 Avenue SE, Calgary

Website: www.aefn.ca

Office hours: Monday - Thursday, 9 a.m.-4 p.m.

Agency Overview: AEFN brings Albertans together to increase employment opportunities for people with disabilities. AEFN exists to fill gaps by working with businesses to help bridge conversations and create connections that transform workplaces; this increases meaningful and accessible employment for people with disabilities. AEFN offers year-round capacity building events, resources, business spotlights and community connections. We host the annual Disability Employment Awareness Month (DEAM) and Inclusion Diversity Equity Accessibility (IDEA) Conference.

Target Population: Employers, Employment Service Providers, Community and Disability Self Advocates, Government and other stakeholders

Service Area: Alberta

Program Description: AEFN Network creates opportunities for connections through events, training, resources and free network membership.

Alberta Health Services - Nutrition Service and Cochrane Prenatal Health Group

Phone: 403-955-1450

Email: birthandbabies@primarycarealberta.ca

Address: East Calgary Health Centre, 1715, Eighth Avenue SE, Calgary
Cochrane Family Resource Network, 127 First Avenue W, Cochrane

Website: www.birthandbabies.com

Office hours: 8 a.m.-4:15 p.m.

Agency Overview: Community Prenatal Programs, Primary Care Alberta in partnership with Alberta Health Services Nutrition Services offer prenatal, postpartum and nutrition support to pregnant Albertans and parents of young children.

Target Population: Pregnant people or parenting children 0-6 months

Service Area: Bow Corridor – Rural West (Banff, Canmore, Cochrane and areas)

Program Description:

Bumps and Babies: Join a Childbirth Educator and Registered Dietitian to connect with others about pregnancy, nutrition, labour, birth, infant feeding, sleep, care and the transition to early parenthood. This free group, offered by Community Prenatal Programs, Primary Care Alberta, and Nutrition Services (AHS) is for pregnant people and parents of infants 0–6 months in rural west communities. It provides evidence-based information, local resources and opportunities to build supportive connections. Pregnant individuals, parents with infants and supervised toddlers are welcome. Drop-in sessions run the 2nd and 4th Wednesdays, 1:30–3 p.m., at the Cochrane and Area Family Resource Network.

Birth and Babies Prenatal Classes: The Birth and Babies Perinatal Education Program offers pregnant people and their families current, evidence-based Canadian perinatal information. Clients can choose from 20+ classes covering early pregnancy through early parenting. Community Health Educators provide evidence-based teaching, peer support, family-centered approaches, anticipatory guidance and links to community resources. Prenatal education includes: in-person and virtual group courses, facilitated discussions on prenatal, postnatal, parenting and nutrition topics, interactive experiences that build community and offer real-time access to experienced educators. Visit the course calendar at birthandbabies.com/course-calendar for a full list of classes. Fees vary, with subsidies available for low-income families. For details and to register visit birthandbabies.com.

Virtual Nutrition Education: Alberta Health Services and Nutrition Services provide virtual nutrition classes free to Alberta residents. Classes occur multiple times monthly and include: Healthy Eating for Pregnancy, Feeding Your Baby and Mealtime Struggles to Mealtime Success. Participants will receive evidence-based information about these topics from a Registered Dietitian. For details and to register for virtual classes, visit birthandbabies.com.

Autism Aspergers Friendship Society (AAFS)

Phone: Office: 403-246-7383, Rural Coordinator: 403-923-1022

Email: smorrish@aafscalgary.com

Address: 220, 8228 Macleod Trail SE, Calgary

Website: www.aafscalgary.com

Office hours: 9 a.m.-4:30 p.m.

Agency Overview: AAFS provides respite care in a social and recreational environment for children, youth and adults on the spectrum of Autism; this includes, but is not limited to, Autism, Aspergers, Pervasive Developmental Disorder, Attention Deficit Hyperactivity Disorder and Non-Verbal Learning Disorder.

We create a welcoming environment where members can enjoy activities and the company of others. If a family does not have funding, respite fees are the responsibility of the family to pay. Subsidies are available.

Target Population: Individuals on the Autism Spectrum and/or individuals who believe they would benefit from our services. Our programs do not solely provide services for individuals on the Autism Spectrum; we also welcome anyone with other diagnoses with or without FSCD/PDD funding.

Service Area: Cochrane

Program Description:

Clubhouse Nights: Evenings spent hanging out with friends at our rural clubhouses. These are themed nights where members interact with the activity at hand, while also building up their social skills by interacting with others. The goal is for members to form genuine friendships.

Community Outings: At AAFS, one of our primary goals is to immerse our members in the community around them. AAFS community outings can come in the form of almost anything, such as, swimming, bowling, movies, leisure centre sports and so much more. Our best and newest outing ideas come from the members themselves, ensuring each individual has the chance to see themselves doing something they never thought possible before.

Specialized Programs: Multi-week (typically 4-8 weeks) programs that aim to teach members new skills; these programs run with the same staff and member group. Some of the specialized programs we have run are paddle boarding, stepping out (AAFS exercise program), gymnastics, online Dungeons and Dragons and Critter Club.

Bethany Cochrane

Phone: 403-932-6422

Email: cochrane@bethanyseniors.com

Address: 1000, 32 Quigley Drive, Cochrane

Website: www.bethanyseniors.com/communities/bethany-cochrane

Office hours: 8:30 a.m.-4:15 p.m.

Agency Overview: Bethany Cochrane provides services for people with complex health needs who are unable to remain at home or in a supportive living centre.

Targeted Population: Seniors

Service Area: Cochrane

Program Description:

Services listed below are only available to Bethany residents:

- Meals
- Personal Laundry Services
- Professional Therapy
- Recreation and Social Programs
- Scheduled and Supervised Outings
- Volunteer Programs
- Tuck Shop
- Hairdressing Services
- Spiritual Care Practitioner
- Worship Services
- Foot Care Services
- Private Function Room

BGC Cochrane and Area

Phone: 403-981-2020

Email: info@bgccochrane.ca

Address: 111 Fifth Avenue W, Cochrane

Website: www.bgccochrane.ca

Office hours: Varies by location

Agency Overview: BGC Cochrane and Area (formally The Boys & Girls Club of Cochrane and Area) has been serving children, youth and families in Cochrane and area for over 30 years. The club currently operates 5 club locations, runs free programs in 14 local schools and has 75 government licensed day homes through our BGC Cochrane & Area Day Home Agency. We serve 4000 children and youth annually, with high quality programs for physical literacy, nutrition, healthy relationships, education and leadership. Together with the leadership of our Board of Directors and the generous contributions from funders, donors and volunteers, our staff members provide enriching social, emotional and physical development for children and youth daily and during critical out-of-school hours.

Targeted Population: Children and youth 0-22 years of age

Service Area: Cochrane, West Rocky View County, Mîni' Thnî on the Stoney Nakoda Nation and the Village of Cremona

Program Description:

Day Home Agency offers home-based early learning programs for children from infancy through school aged.

Out of School Care (OSC) provides before and after school care programs for children in kindergarten through to grade six, inclusive.

Youth programs are provided in schools with both lunch groups and in class mental health prevention programming, for grades 5-12.

The CLUB teen space has drop-in offered every weekday; Monday - Thursday 2-6 p.m. and Friday 1-6 p.m. The CLUB serves youth aged 12-17 years of age.

Youth Outreach serves young people aged 12-22 years old, with one-on-one support in the community, schools or in our club, where youth can gain access to support, resources, referrals, guidance and mentorship from qualified staff.

Big Hill Haven

Phone: 403-796-6564

Email: support@bighillhaven.com

Address: P.O. Box 1544, Cochrane

Website: www.bighillhaven.com

Office hours: Monday - Friday, 9 a.m.-4 p.m.

Agency Overview: Big Hill Haven is a community-based organization that provides support for individuals and families experiencing or at risk of family violence. The organization offers residential programs, outreach programs, aftercare, public education and prevention initiatives, all guided by a trauma-informed approach that empowers clients, promotes safety and fosters long-term healing and resilience.

Target Population: Individuals and families experiencing, or at risk of experiencing family violence. Big Hill Haven is committed to ensuring that everyone, regardless of gender, culture, age or religion, has the right to live safely.

Service Area: Cochrane, West Rocky View County and Mînh Thnî

Program Description:

Outreach Program: The Outreach Program supports individuals who have left their relationship but do not require emergency shelter, as well as those who remain in their relationships. Services include education, support, information, referrals, risk assessment and safety planning. Appointments can be made by calling our main number.

Emergency Shelter: The Emergency Shelter Program provides safe accommodation for individuals at imminent risk. In addition to shelter, participants receive education, support, information, referrals, risk assessment and safety planning. Shelter can be accessed by calling our main number or through emergency contact with the RCMP and/or Victim Services.

After Care Program: The Aftercare Program fosters connection among survivors of family abuse, promoting long-term healing and resiliency through a peer support framework. This program is open to individuals currently accessing Big Hill Haven services.

Public Education/Awareness: Big Hill Haven's education and prevention programs increase community awareness and reduce tolerance of violence. Programs include presentations, panel discussions, Q&A sessions, domestic violence education and healthy relationship workshops tailored to all ages and populations. Education sessions are available to schools, workplaces, community groups, partners and service organizations.

Primary Prevention: Reduces the incidence of family violence by addressing root causes and promoting healthy relationships. Initiatives include early intervention workshops, youth engagement, community awareness campaigns and partnerships with schools and local organizations to build skills in communication, conflict resolution and emotional regulation.

Bow Valley College Mentorship for Rural Immigrants Program

Phone: 587-943-5046 and 587-393-3144

Email: bgomez@bowvalleycollege.ca, thoekstra@bowvalleycollege.ca and ruralmentorship@bowvalleycollege.ca

Address: 345, Sixth Avenue SE, West Campus, Calgary

Website: www.bowvalleycollege.ca/student-life/career-and-employment/mentorship-for-rural-immigrants

Office hours: Monday - Friday, 8:30 a.m.-4:30 p.m.

Agency Overview: Bow Valley College provides specialized career services to support newcomers in restarting their careers in Canada. These include career coaching, job search workshops, resume and interview support, guidance on licensing for regulated professions and study groups for licensing exams. The College also offers the Mentorship for Rural Immigrants program at no cost, helping newcomers/immigrants, from rural communities of Alberta build workplace communication, cultural understanding and soft skills essential for career success in Canada.

Target Population: Newcomers/immigrants living in rural communities of Alberta.

Newcomers/immigrants residing in Calgary and Edmonton are not eligible for this program.

Eligibility for Mentee applicants:

- Must be immigrants who are legally able to work in Canada:
 - Permanent Residents
 - Refugees
 - Ukrainians under the Canadian-Ukraine Authorization for Emergency Travel or CUAET emergency visa program
 - Naturalized Canadian Citizens
 - Intermediate English language skills (approximately level 5 CLB or higher)
 - Must live in rural Alberta (anywhere in Alberta excluding Calgary or Edmonton).

Ideally, applicants have completed some post-secondary education and/or have related work experience in their field or chosen occupation.

Program Description:

Mentorship for Rural Immigrants Program: This part-time blended program combines online self-study with in-person mentorship to offer free career guidance and cultural learning for immigrants living in rural Alberta. Over several weeks, participants engage with online lessons, readings and activities covering topics such as Canadian workplace culture, communication and soft skills, digital literacy, employment strategies, teamwork, collaboration and problem-solving. Each participant is paired with a local volunteer mentor and meets regularly to discuss program topics, gain deeper insights and receive guidance on how to succeed in their careers in Canada.

Calgary Communities Against Sexual Abuse (CCASA)

Phone: 403-237-5888

Email: info@calgarycasa.com

Address: Family and Community Support Services, 209 Second Avenue W, Cochrane

Main Office: 700, 910 Seventh Avenue SW, Calgary

Website: www.calgarycasa.com

Office hours: 9 a.m.-5 p.m.

Agency Overview: CCASA is the primary sexual abuse/assault service for Calgary and surrounding areas. CCASA offers free counselling, support services and resources for those impacted by sexual violence.

Target Population: People 12+ years old who have experienced sexual violence or people who are supporting a person who has experienced sexual violence

Service Area: Calgary and surrounding areas, including Cochrane

Program Description:

Counselling: CCASA's counselling program provides free individual and group counselling for individuals impacted by any form of sexual violence, including sexual harassment, sexual abuse and sexual assault. Counselling sessions can be offered in person or virtually. In partnership with Cochrane FCSS, CCASA offers counselling on site in Cochrane bi-weekly on Thursdays with a CCASA Sexual Violence Therapist.

Support & Information Line: Immediate crisis supports available 7 days a week, 9 a.m.-9 p.m.

Police & Court Support (PACES): Support and education for those navigating or considering navigating the legal system related to an experience of sexual violence.

Calgary Sexual Assault Response Team (CSART): 24/7 care for individuals assaulted within the past 7 days. Services available for ages 14+ at Sheldon M. Chumir Urgent Care Centre (ages 13 and under at Alberta Children's Hospital).

Calgary Fetal Alcohol Network (CFAN)

Phone: 1-866-601-3273 (Helpline)

Email: navigators@mycfan.ca

Address: 800 Fifth Avenue SW, Calgary

Website: www.connectfasd.ca

Office hours: Appointment only

Agency Overview: CFAN is a community-based non-profit organization dedicated to reducing the incidence of Fetal Alcohol Spectrum Disorder (FASD) and improving outcomes for individuals and families. CFAN coordinates services across three key areas: prevention, assessment and diagnosis and lifespan support. Through strategic partnerships, education and advocacy, CFAN works to eliminate systemic barriers and foster a community where no family faces FASD alone and individuals can thrive. CFAN also leads ConnectFASD, a province-wide initiative offering centralized access to FASD-related services.

Target Population: Individuals with suspected or diagnosed FASD, caregivers and families, professionals in education, health, justice and social services. Priority populations include rural residents, individuals with complex needs and those facing barriers to diagnosis or support.

Service Area: Calgary and area

Program Description:

Lifetime approach to services for the needs of individuals and their families impacted by FASD. Supports include: early childhood and youth intervention, parenting and teen groups, caregiver supports, mental wellness, housing support, justice system navigation, access to FASD assessment and diagnosis, rural outreach and assessment clinics.

Substance Use & Disability Supports (SUDS): SUDS is a specialized initiative designed to support individuals with FASD and other developmental disabilities who are navigating substance use challenges. Grounded in disability, trauma-informed and neurodiversity-aware principles, the program offers flexible, individualized support that recognizes the impact of executive functioning, memory, attention and adaptive skill impairments on recovery. The SUDS Program meets individuals where they are, offering compassionate and accessible support throughout their recovery journey. Through meaningful relationship building, our team can advocate, adapt, intervene and motivate our clients toward their personalized recovery goals and build and maintain stability across multiple THO Domains.

Parent Child Assistance Program (PCAP): PCAP program provides client-centred trauma-informed care for individuals who are pregnant or up to 6 months postpartum and acknowledges alcohol and/or drug use during pregnancy. The program supports are delivered through a three-year community-based model implemented by highly trained, supervised mentors. PCAP mentors work closely with the clients over a three-year period to connect them to community services, role model skills and provide assistance to increase their capacity to live successfully in the community.

Calgary Foothills Primary Care Network (PCN)

Phone: 587-774-9736

Address: 5, 201 Grande Boulevard, Cochrane

Website: www.cfpcn.ca

Office hours: Monday - Friday, 8 a.m.-4:30 p.m.

Agency overview: Calgary Foothills PCN is a group of more than 500 family doctors and nurse practitioners who serve nearly 400,000 patients in northwest Calgary and Cochrane. Patients have access to physician-led health teams within their clinic, as well as workshops and network-wide clinics. Our teams work together as part of the wider health care system. Joining a PCN is optional for family doctors or nurse practitioners. To find out if your doctor is a member of a PCN, connect with them or their clinic directly or check out our directory www.cfpcn.ca/directory. Find a doctor through albertafindadoctor.ca.

Target Population: All ages

Service Area: Cochrane

Program Description:

Health Team: The Health Team (made up of Nurses, Pharmacists, Dietitians, Social Workers and Behavioural Health Consultants) offers a range of services from mental health supports and medication management, to help patients set achievable health goals, prevent illness or manage complex and chronic conditions, such as diabetes or high blood pressure. Services offered virtually and in person in Cochrane and UxBorough locations.

Access 365: Available seven days a week, the clinic is open to patients who have a semi-urgent need to be seen within 24 to 48 hours and:

- Can't get an appointment with their family doctor or nurse practitioner within that time.
- Are patients of any Calgary-area Primary Care Network family doctor or nurse practitioner.
- Live in northwest Calgary or Cochrane and don't currently have a family doctor or nurse practitioner. Call Health Link at 811. A nurse will assess your symptoms, offer advice and may recommend an appointment at the Access 365 Clinic or have an on-call physician call you. No walk-ins accepted. Services offered at UxBorough location.

Workshops: We offer free online and in-person workshops on topics such as anxiety, nutrition basics, emotional eating and Irritable Bowel Syndrome to help patients better manage their physical and mental health. Contact us at 587-774-9736 to register.

Case Collaboratives: The service offers one care plan from many experts working as a team. Care planning sessions are available for older adults (55+), children, youth and emerging adults. Contact case.collaborative@cfpcn.ca for more information. Offered virtually.

Extended Health Team: Our Extended Health Team brings together a range of health professionals to help patients learn how to better manage their multiple, complex and chronic health needs. Our team of health professionals, who you can access through a referral from

your family doctor, includes social workers, occupational therapists, mental health consultants, dietitians, physical therapists, kinesiologists, clinical pharmacists, health management nurses, family doctors and other medical specialists who consult to our team. Offered at UxBorough location.

Coordinated Attachment: Supports patients with complex medical needs who require ongoing care but do not have a family doctor. Designed for patients with multiple chronic diseases, such as diabetes or high blood pressure, who are often recently discharged from the hospital. The Coordinated Attachment Program prevents people from falling through gaps by creating a link between them and a team of health care professionals. At the same time, we work to connect the patient to a family doctor for the long-term. Referrals come from area hospitals or our other programs and services. Offered at our UxBorough location.

Children's Cottage Society

Phone: 403-619-3150

Email: klepine@childrenscottage.ab.ca

Address: 1804 Home Road NW, Calgary

Website: www.childrenscottage.ab.ca

Office hours: Weekdays, 8 a.m.-5 p.m.

Agency Overview: The Children's Cottage Society is committed to fostering strong, healthy children and nurturing families through a range of prevention programs and support services. Our mission is to enhance protective factors and reduce risk factors, promoting child development, effective parenting and family well-being. Guided by our promise to children, we aim to help parents create a safe environment, ensuring their children can grow up healthy and happy.

Target Population: Families with children prenatal to 6 years of age

Service Area: Cochrane and West Rocky View County

Program Description:

In-home Visitation: One of our primary programs is the Cochrane and Area Home Visitation Program, a free service tailored for residents in Cochrane and West Rocky View County. This program offers weekly in-home, virtual or telephone support to families. Our compassionate Home Visitors are dedicated to helping parents understand their child's needs and fostering effective parenting. Home visits support parents with goal setting to gain child development insights, parenting support, problem solving skills and community connection. This is an excellent support for parents who are experiencing parenting stress, concerned about their child's development or need help to connect to their community.

Crisis Nursery (1804 Home Road NW): We provide free around-the-clock care for children of families in crisis for up to 72 hours. Our team offers confidential, supportive and non-judgmental help. For information call: 403-283-4200.

Cochrane Activettes

Phone: 587-897-9535

Email: info@cochraneactivettes.com

Address: 1A, 60 Railway Street E, Cochrane

Website: www.cochraneactivettes.com

Agency Overview: The Cochrane Activettes is a dedicated group of women whose objectives are to engage in charitable welfare and/or civic work in the community to make Cochrane and area a better place for all of us to live. We meet monthly and offer several programs and events in the Cochrane area. We support and liaise with most local groups and agencies. We welcome new members and volunteers.

Target Population: All ages

Service Area: Cochrane and area

Program Description:

Our main services are operating The Clothesline, providing two post-secondary bursaries, as well as an extensive Ways & Means committee that contributes to local non-profit organizations.

The Clothesline: A retail store selling gently used clothing, accessories and bedding at reasonable prices. Open to the public. Clothing donations are accepted at the store during store hours. Revenue from this store funds projects and grants to the community.

Share Your Christmas: Supported through donations from the community and local businesses, the Activettes support individuals and families with new toys, games and childrens clothing (ie; toques, mittens, pajamas) at Christmas time.

Cochrane Addiction and Mental Health

Phone: 1-844-943-1500

Address: 60 Grande Boulevard, Cochrane

Website: www.albertahealthservices.ca/findhealth/Service.aspx?id=1015555&serviceAtFacilityID=1030580

Office hours: Monday - Friday, 8 a.m.-4:15 p.m.

Agency Overview: Provides assessment, treatment and follow up to individuals experiencing moderate to severe addiction and mental health concerns. Working across the lifespan, clinicians work with individuals and families to identify goals of treatment as they relate to addiction and mental health concerns.

Target Population: Individuals presenting with moderate to severe mental health symptoms, and/or interested in changing their relationship with substance use

Eligibility requirements: Individuals experiencing addiction and/or moderate to severe mental health difficulties that impact daily functioning.

Exclusion criteria: Third party assessments, individuals who are seeking marital/relationships counselling.

Service Area: Cochrane and area

Program Description:

A range of community mental health and addiction services are provided including prevention, promotion, consultation, assessment, individual and group therapy, community outreach and geriatrics. Clinical services are focused on individuals experiencing addiction and/or struggling with moderate to severe mental health illness. Our therapeutic programs and services are client centered, recovery focused and episodic. For clients seeking counselling services, they can self-refer by calling Access Mental Health. Physicians wishing to refer their clients for a one-time psychiatric consultation can request a consultation referral form from their local clinic.

Addiction and mental health therapy is available to individuals struggling with moderate to severe mental illness and/or addiction issues, work is recovery oriented and episodic in nature. Therapists help clients define problems in solvable ways while generating clear, simple and attainable goals. The purpose of therapy is to bring about the changes the client is willing to invest effort in achieving. Parental involvement is required for individuals 16 years of age and younger.

Geriatric Services: Provides services to individuals, regardless of age, with a cognitive impairment with or without compromised physical health. We provide assessments, interventions, consultations, education and advocacy for clients, families, caregivers and the communities in which they live.

Cochrane & Area Hospice Society

Email: info@cochranehospicesociety.ca

Address: P.O. Box 1954, Cochrane

Website: www.cochranehospicesociety.ca

Office hours: No specific office hours, email inquires only.

Agency Overview: We provide awareness, education programs and events to Cochrane and the surrounding area with a goal to support palliative, end of life and bereavement care services and supports that are available to the community.

Target Population: All ages

Service Area: Cochrane

Program Description:

Hike for Hospice: A national annual event in early May in which we host a local 5 km walk in Cochrane to celebrate loved ones who have passed on. The event helps to raise awareness about hospice and end of life care.

Annual Remembrance Tree Celebration of Life: We celebrate our loved ones who have passed away through our annual Remembrance Tree celebration. A white light on the "REMEMBRANCE TREE" can be replaced by a coloured light to shine throughout all of December, as a remembrance to those special to us.

Cochrane Hospice Society Speaker Series: We arrange a regular series of guest speakers who cover a variety of topics related to hospice, palliative care, bereavement and end of life care.

Weekly Support Walks (Tuesdays, 10 a.m.-12 p.m.): Non-professional gatherings to walk together and enjoy a follow-up coffee, as we remember and celebrate loved ones who have passed on.

Comfort Kits: To assist families experiencing an end-of-life journey and with the goal of keeping those with illnesses in their homes as long as possible. Comfort Kits are intended to add a combination of information resources and comfort items.

Cochrane and Area Men's Shed Association (CAMSA)

Email: info@cochranemensshed.ca
Address: P.O. Main, Box 1954, Cochrane
Website: www.cochranemensshed.ca

Agency Overview: Men's Shed provides a safe and productive environment where men can find connection, community and camaraderie in an atmosphere of old-fashioned friendship. More importantly there is no pressure. Men can just come and have a coffee or dig in and work on a project. Most men have learned not to talk about feelings and emotions, as such, they don't take an interest in their own health and well-being. CAMSA has a close partnership with Family and Community Support Services (FCSS) allowing members to be connected to appropriate resources as needed. CAMSA Steering Committee and Board are presently in the process of securing a physical location in Cochrane.

Target Population: Men of all ages, background and abilities are welcomed.

Service Area: Cochrane and West Rocky View County

Program Description:

Shedders Coffee (Every second Wednesday from 8-10 a.m.): Gatherings every second Wednesday allow men a safe space to meet and talk, listen to stories of others' experiences, life changes and challenges. A place to speak without judgement being made and feel amongst friends. See cochranemensshed.ca/events for dates.

Community Projects: Skills are used in support of local charitable organizations helping with hands-on projects such as carpentry and woodworking projects that make a difference.

Personal Projects: Members can work on their own or collaborate with others to create projects for themselves, their families or the community. In the process, they share skills, learn new techniques and enjoy the creative process.

Enterprise Projects: Occasionally, members work together on projects that generate income to help fund the Shed's programs, daily operations and supporting the space and mission of Men's Shed.

Training Programs: Men's Shed initiates training and learning opportunities each year allowing men to have access to topics that can influence healthy, positive change in their lives.

Cochrane Food Bank

Phone: 403-932-9290

Email: director@feedingcochrane.ca

Address: Bay 4, 30 Griffin Industrial Point, Cochrane

Website: www.feedingcochrane.ca

Office hours: Monday – Thursday, 9 a.m.-4 p.m.

Agency Overview: We believe that access to nutritious food is a basic human right. We are committed to responding to the needs of our neighbours with programs and services that feed the hungry, provide both short and long-term relief in the area of food insecurity and improve the social well-being of our community.

Target Population: We serve anyone in our geographic area that needs help and has booked their appointment through Family and Community Support Services (FCSS) and Family Resource Network (FRN)

Service Area: From Cremona (townsite) to Bragg Creek (north to south) east to the Calgary city limit including Bearspaw and west to Jamieson Road

Program Description:

The Food Bank's programs are built to meet the demands of our community and surrounding area's food insecurity issues.

School Lunch Program/Weekend Bag: The Food Bank provides lunch items and gift cards for protein and vegetables to schools in our service area. The Food Bank provides weekend food bags to children identified as needing additional support.

Food Hamper/Emergency Hampers: The Food Bank provides food hampers via shopping by appointment Monday through Thursday. Emergency prepackaged hampers are available at FCSS and FRN during times we are not open.

Share Your Christmas Hampers: The Food Bank provides Christmas hampers which includes items for Christmas day meal options. We also provide grocery gift cards for purchasing a protein Christmas Day and any extra needed for their meal. The Food Bank collaborates with the Cochrane Activettes, who provide toys, gifts and gift cards. These hampers are available to families who reside in our service area and request one.

Cochrane Immigrant Services Committee (CISC)

Phone: 587-582-1771

Email: cisccochrane@gmail.com

Address: 405, First Street E (Frank Wills Hall), Cochrane

Website: www.cochraneimmigrantservices.ca

Office hours: Wednesday - Friday, 9 a.m.-4 p.m.

Agency Overview: We support the settlement of newcomer-immigrants to Cochrane through warm referrals to our partner agencies, community integration initiatives and cultural heritage events.

Target Population: Newcomer-immigrants of all ages that have been in Canada five years or less

Service Area: Cochrane and area

Program Description:

Newcomer Welcome Events: Held twice a year, these events connect newcomer/immigrants with Cochrane partner agencies to find supports that meet their needs.

Safe Space Program: Our Community Hub offers a space for community building and cultural exchange.

Cultural Cooking Series: Part of our Safe Space program, Cultural Cooking classes meet once per month to cook an international dish together. These events are FREE. For more information or to register, email CISCcochrane@gmail.com.

CultureFest: An annual celebration of cultural heritage and diversity! CultureFest is held each September and hosts booths and performances, celebrating the cultures represented in the Cochrane community.

Jingle Mingle: This annual event is held on Christmas Day, bringing together newcomer-immigrants and long-time residents so that everyone can be part of a community on Christmas day.

Cochrane Newcomer Collaborative: CISC is proud to host the Cochrane Newcomer Collaborative—a shared space where ethnocultural groups, community members, partner agencies and local businesses work together to enhance Cochrane’s ability to welcome, support and integrate newcomers.

Meet & Connect: Come for a one-to-one conversation with our Program Coordinator to talk about needs and challenges with settling into the community.

Cochrane Kiwanis Club

Phone: 403-604-2105

Email: info@cochranekiwanis.com

Website: www.cochranekiwanis.com

Agency Overview: Kiwanis is a global organization of volunteers dedicated to changing the world one child and one community at a time. The Cochrane Kiwanis Club is one of approximately 7000 clubs in the world. Our club is involved in all aspects of community service helping to make our town a better place for children. Every dollar raised stays local to benefit children right here in our community.

Target Population: Children age birth to 18 years old

Service Area: Cochrane and West Rocky View County

Program Description:

Recent initiatives include:

- Scholarships for 6 high school graduates
- A Christmas celebration for 200 children
- A summer literacy program at the Cochrane Public Library
- Sponsor a school lunch program through the Cochrane Food Bank
- Back to School Technology program in partnership with the Family Resource Network
- Bike Safety Day at local elementary schools

Cochrane Pregnancy Care Centre

Phone: 403-932-2900

Email: info@cochranepreg.com

Address: 208, 100 Grande Boulevard, Cochrane

Website: www.cochranepreg.com

Office hours: Tuesday, Wednesday and Thursday, 9 a.m.-4 p.m. (closed 12-1 p.m. for lunch).

Agency Overview: The Cochrane Pregnancy Care Centre is a registered non-profit organization committed to providing individuals and families facing unexpected pregnancy with correct, factual educational resources and decision-making tools. The Centre delivers essential information on topics such as unexpected pregnancies, pregnancy loss or abortion, healthy relationships, positive parenting and life skills.

Target Population: Women and men age 12-70 years

Service Area: Cochrane and the Bow Valley area (Canmore, Banff, Cremona, Bearspaw and Bragg Creek)

Program Description:

Free Pregnancy Testing: Free self-administered tests offered in a safe, confidential environment where a woman can discuss the feelings she has about her possible pregnancy and access accurate factual information on all her options.

Pregnancy Options Program: We offer accurate information on all three options and provide a safe, confidential and non-judgemental space for individuals to work through their feelings, challenges and pressures they may be facing.

Pregnancy & Birth Education: We provide the support and information needed throughout a pregnancy and help clients prepare for childbirth. Our goal is to empower clients with knowledge and resources to feel confident, prepared and supported every step of the way. We offer free pregnancy and birth education through the BrightCourse curriculum, which covers a wide range of topics designed to provide essential information on pregnancy, labour, delivery and early parenting.

Parenting Education: We use a comprehensive, curriculum-based resource designed to support all types of parents. It teaches practical, real-world skills to address a wide range of parenting challenges, from pregnancy and infant care to toddler development, communication strategies, discipline and balancing family life. The lessons help develop confidence and capability in clients parenting role.

Healthy Relationships Education: Designed to help individuals heal from past trauma, abuse and misuse, while fostering a deeper understanding of what healthy relationships truly look like. The program is for anyone who feels disconnected or "broken" in their sense of self or relationships, or for those who struggle with shame or regret from past experiences. It is also

helpful for individuals who have experienced childhood trauma or have been hurt emotionally or physically in relationships.

Post-Abortion Recovery Education: We provide a secure, non-judgmental and confidential space for individuals to explore and process the emotions that may arise from experiencing abortion loss. While some women may feel relief following an abortion, others can encounter a range of negative emotions, which may surface immediately or even years later.

Pregnancy-Related Grief Support: Each person's experience with loss is unique. We seek to support individuals and families through their pregnancy-related loss by creating a safe space where they can share their stories, express their grief and learn new tools for navigating their grief journey.

Male Mentoring & 24/7 Dad Support: We offer the support of male mentors. Whether you are a father, partner, friend or any man dealing with the complexities of an unexpected pregnancy, we are here to support. Our aim extends beyond decision-making; we strive to help you cultivate healthy relationships and provide the knowledge and resources necessary for making informed choices for yourself and those around you.

Clothing Boutique: We provide maternity clothing, diapers, baby clothing and an assortment of other baby necessities to help clients provide for their infant's needs, helping reduce the financial burden of having a new child.

Cochrane Public Library (CPL)

Phone: 403-932-4353

Email: info@cochranepubliclibrary.ca

Address: 405 Railway Street W, Cochrane

Website: www.cochranepubliclibrary.ca

Office hours: Sunday, 12-5 p.m., Monday - Thursday, 10 a.m.-8 p.m.,

Friday - Saturday, 10 a.m.-6 p.m.

Agency Overview: CPL mission is to support, inspire, innovate and educate through leading-edge collections, inclusive programs and exceptional service. The library provides a diverse lending collection to the public, including power tools, video games, gardening equipment, board games/puzzles, snowshoes, life jackets, eResources and more! CPL offers programming for all ages from early literacy story times to after-hours youth programming.

Target Population: All ages (free cards to Cochrane and West Rocky View County residents)

Service Area: Cochrane and West Rocky View County

Program Description:

Tech Hour: Need help with technology questions or with using the library's electronic resources? We can help during our drop-in Tech Hour! No appointment is required. All you need to bring is your technology problems and any relevant devices. The library offers appointments for one-on-one Tech Help.

Exam Services: CPL supports the lifelong learning goals of the Town of Cochrane community. The library supports endeavours through proctoring services subject to the requirements of the issuing educational institutions and the availability of the librarians and library resources. Exam proctoring will be provided for a fee, visit our website for pricing and details.

Boardroom Rentals: Our boardroom is available for booking and can accommodate 10-15 people. You will have Wi-Fi access, tables, chairs and a SMART Board.

3D Printing: The library offers 3D printing services. First time using a 3D printer? No problem, we can help you design what you're looking for. We have printed board game pieces that go missing, a trailer door latch, crafting tools, a superhero mask for cosplay and much more!

Book Club in a Bag: CPL has Book Club in a Bag kits! Each kit contains 8-10 copies of the same title. Each bag can be borrowed for 6 weeks, with the possibility of 2 renewal periods. Come grab a kit and start your book club today!

L2U services: If getting to the library is difficult for you or someone you care for, they may be able to sign up for L2U services. L2U is a free mail service offered to patrons who face physical and geographical barriers to reaching their local library.

Cochrane Search and Rescue

Phone: Vice President: 403-467-6507 (In case of an emergency call 9-1-1)

Email: Shelly-Ann Rusu srusu@cochranesearchandrescue.org

Yolanda Van Hilst ymartensvanhilst@cochranesearchandrescue.org

Chris Bower cbower@cochranesearchandrescue.org

Website: www.cochranesearchandrescue.org

Office Hours: 24/7

Agency Overview: Cochrane Search and Rescue Association is a charity that saves lives. We provide on-call support for emergency and search and rescue incidents. We also assist law enforcement in the search for evidence when appropriate and provide dedicated search and rescue volunteers 24-7.

Target Population: Missing persons, or those involved in a major emergency. We attend incidents that are dispatched by RCMP or other first responder teams (i.e: Fire or EMS) only.

Service Area: Cochrane, Bragg Creek, Rocky View County, Kananaskis and Canmore

Program Description:

Search and Rescue & Emergency Response: We use drones, ATV's, mountain bikes, dirt bikes and search personnel on foot. We deploy resources as needed.

Cochrane Society for Housing Options (CSHO)

Phone: 403-851-2261

Email: janton@csho.ca

Address: 1, 209 Second Avenue W, Cochrane

Website: www.csho.ca

Office hours: Monday - Friday, 8:30 a.m.-4:30 p.m.

Agency Overview: CSHO owns and manages affordable housing units in Cochrane. CSHO is a non-profit organization that provides affordable rental housing for low and moderate-income individuals and families. CSHO owns 35 affordable housing units in Cochrane, with rental rates set at a minimum of 10% below market value. CSHO also advocates for affordable housing in the community, provides education and raises funds for related programs.

CSHOs mission is to provide access to a range of affordable housing in Cochrane and surrounding area. We achieve this by providing a sense of hope, dignity, safety and security by offering good, clean, affordable places to call home.

Target Population: Residents of Cochrane and West Rocky View County

Service Area: Cochrane and West Rocky View County

Cultivate Cochrane Society

Email: info@cultivatecochrane.com

Website: www.cultivatecochrane.com

Agency Overview: Cultivate Cochrane Society is a non-profit society that empowers people to grow their own food through demonstration and education. We work to increase food sovereignty, climate resilience and wellbeing. With the assistance of our mobile greenhouse, we provide space for people to learn about growing food in our region. Knowledgeable staff and volunteers inspire and assist people to acquire skills in home gardening. We support community development, mental wellness and social connections through hands-on programs delivered at numerous locations including schools and public events.

Target Population: We provide learning outcome programs for students through in-and-out of school program bookings, home-school students, drop in tours, gardening assistance for the public at various events and workshops. We also offer assistance through our website or email.

Service Area: Cochrane and surrounding areas. Our mobile greenhouse allows us to service an extensive area

Program Description:

Solar Roller School programming: School programs offer hands on learning with the portable greenhouse. Each booking is customized to meet specific learning outcomes for the grade level, class size and duration.

Drop in Solar Roller Tours: Free information sessions and Solar Roller tours are available at various public events throughout the growing season. The Solar Roller is accessible to the general public at locations such as local farmers markets, library events and public festivals.

Cultivate Cochrane Community Growing: Practical hands-on gardening skill workshops at locations such seniors' facilities, Cochrane Public Library and other pre-booked locations.

Easter Seals Alberta

Phone: 403-235-5662

Email: info@easterseals.ab.ca

Address: 101, 340 Midpark Way SE, Calgary

Website: www.easterseals.ab.ca

Office hours: Monday - Friday, 9 a.m.-4 p.m.

Agency Overview: Easter Seals Alberta is a registered charity that provides services that foster inclusion, independence and recreation for individuals with disabilities and medical conditions. We have been connecting Albertans with direct services, programs and advocacy since 1951.

Target Population: Individuals with disabilities and medical conditions across the life span and their families

Service Area: Alberta

Program Description:

Easter Seals Camp Horizon: Provides recreational programming, such as, overnight camps in the summer, fall and spring. This programming is fully inclusive and is open to individuals with disabilities and medical conditions of all ages.

Family Resource Centre: This program is a resource hub with access to over 1000 resources available to clients and provides support to families across Alberta helping them to navigate such programs as FSCD, PDD and AISH. This program supports families currently accessing FSCD and PDD in the Calgary and Southern Alberta area (referral required).

Equipment Supports: Easter Seals Alberta provides funding to help individuals of all ages with disabilities and medical conditions access mobility equipment. Easter Seals offers funding for home automation (smart devices) to help make the home more accessible.

Education Supports: Easter Seals Alberta offers several scholarships and grants to students with disabilities and medical conditions who are in high school or post-secondary education. Both single year and multi year scholarships and grants are available with the goal to remove financial barriers to education.

Family and Community Support Services (FCSS)

Family Resource Network (FRN)

Phone: FCSS - 403-851-2250, FRN - 403-851-2265

Email: fcss@cochrane.ca, frn@cochrane.ca

Address: 1, 209 Second Avenue W (FCSS), 127 First Avenue W (FRN), Cochrane

Website: www.cochrane.ca/community-culture/community-programs-services

Office hours: 8:30 a.m.-4:30 p.m. (FRN closed for lunch 12-1 p.m.)

Agency Overview: Family and Community Support Services (FCSS) and the Family Resource Network (FRN) are dedicated to supporting individuals, families and social serving organizations in Cochrane and West Rocky View County.

Target Population: FRN supports families and children 0-18 years of age. FCSS supports older adults, individuals, families with adult children (18+) and rural residents

Service Area: Cochrane and West Rocky View County

Program Description:

Children, Youth and Families:

Child Development Programs: Provides children with a strong early foundation. Utilizing play, they cultivate resilience, nurture positive relationships and promote the development of physical, cognitive and social-emotional skills.

Developmental Screening: Supports parents to complete a screening tool that pinpoints developmental progress in children between the ages of 1 month to 5 ½ years.

Parenting Programs: A wide range of programs are offered to strengthen parent knowledge and skills.

Backpack Program: Provides eligible students from grades K-12 with back-to-school supplies.

Technology Program: Provides eligible students from grades 7-12 with essential technology.

Community Helper Program: Works with schools, volunteer organizations and workplaces to provide training to learn how to help youth and young adults struggling with mental health or other life stressors. Participants can be youth and young adults ages 12-30, as well as adults who support this age group.

All Ages:

Support and Referrals: Resource Workers provide supportive conversations with individuals and families, connecting them to information, resources, advocacy and system navigation support. We work closely with local partners, enveloping clients in support and seamless transition to other services.

Cochrane Food Bank: The Cochrane Food Bank, FCSS and FRN partner to ensure that no one in our community goes hungry. FCSS and FRN conduct the intakes and schedule food hamper pick up times.

Meals for Your Freezer: Provides heart healthy and diabetic friendly frozen meals.

Connect Card: Provides lower income residents with access to multiple programs and services at a reduced rate.

Jacket Racket: A free annual event offered in October which provides a selection of gently used winter wear for all ages.

Community Volunteer Income Tax Program: Volunteers support eligible residents with filing their income tax and ensuring they are receiving all eligible government benefits.

Block Party Trailer: Provides everything needed to host a successful block party.

Older Adults:

Seniors Property Tax Rebate Program: Provides a rebate on municipal property taxes for financially eligible seniors.

Seniors Benefit and Support Program: Assists seniors with applications to apply for federal, provincial and municipal benefits.

Workshops: A variety of workshops are held throughout the year to strengthen knowledge, ability to age in place and support connection.

Organizations:

Meeting Room Space: Free meeting room space is available for social non-profit organizations and community groups.

Interagency: Provides monthly meetings for social serving organizations to encourage collaboration and address social needs.

Needs Assessments and Statistics: Cochrane FCSS has compiled data on recent needs assessments completed to support organizations to prepare grant applications and planning. Visit www.cochrane.ca/business-innovation/resources-nonprofits

FCSS/United Way Partnership Grants: An annual grant to support social organizations working to address the social needs in the community. Applications are available at cochrane.ca mid-August annually.

Collaborative Tables in Community: If you are interested in joining a collaborative table working on social issues, we are always welcoming new members. Email fcss@cochrane.ca to learn more.

Filipino Canadian Association of Cochrane Alberta (FCACA)

Phone: 403-321-5342

Email: info@fcaca.ca

Website: www.fcaca.ca

Agency Overview: FCACA is a non-profit organization originally established in 2010 by Filipino foreign workers and Filipino-Canadian residents based in Cochrane, Alberta to rekindle the Filipino spirit through sense of community cooperation or “bayanihan” and unique Filipino cultural practices. The group further aims to provide assistance, through individual member’s capacity or as a group, in various ways and to strengthen the collective support base by fostering harmonious relationship and interaction amongst Filipino-Canadian around Cochrane and neighbouring areas. In order to achieve its advocacy, FCACA is committed to spearhead several social oriented activities which include social gatherings, fund-raising activities and sports fest, and actively participating in Filipino-theme affairs and presentations among others.

FCACA also gives credence to the special skills and talents of its members. These helpful and caring members are committed to help and are regularly requested by the community for assistance ranging from cooking, repairs of vehicles, fencing, house transfer (lipat bahay), mortgages concern, electrical concerns, hosting and coordination, decoration and arrangements, snow shaving and other types of services that can be availed at minimal or if possible, no costs at all.

Target Population: Filipino residents

Service Area: Cochrane and West Rocky View County

Program Description: FCACA Filipino Canadian Association of Cochrane

Foothills Fetal Alcohol Society (FFAS)

Phone: 403-652-4776

Email: info@foothillsfas.com

Address: 520 Macleod Trail SW, Calgary

Website: www.foothillsfas.com

Office hours: Monday - Friday, 9 a.m.-5 p.m.

Agency Overview: We are here to support children, youth, adults and families living with Fetal Alcohol Spectrum Disorder. We provide caregiver, pregnancy and addictions support. Our mission is to enhance capacity for the prevention of Fetal Alcohol Spectrum Disorder (FASD) and for the provision of care and support to rural communities surrounding Calgary. We have provided these services for over 20 years.

Target Population: Children, youth, adults and families

Service Area: We serve the catchment around Calgary from Lake Louise to Didsbury, Strathmore to Claresholm

Program Description:

FASD Assessment & Diagnosis Clinic: If you are interested in pursuing a diagnosis of FASD for your child up to the age of 18, we have a rural multidisciplinary clinic that will provide the support needed during the pre, during and post diagnosis.

FASD Community Outreach Program: Workshops: FASD 101, Strategies for Classroom Success, FASD in your Workplace and How to be an Effective Advocate.

Family Response Program: One-to-one support for families designed to increase their ability to respond to the needs of the person in their home. Parent support groups meet regularly and advocacy support from our team to come to meetings with caregivers to ensure success for their loved ones.

Adult Response Program: One to one support for adults who have FASD. This program is individualized according to each person's needs, assisting in the ability to make decisions and offer strategies and support that will decrease barriers to accessing services.

Frank Wills Memorial Society

Phone: 403-999-7851

Email: frankwillsmemorialhall@gmail.com

Address: 405 First Street E, Cochrane

Website: www.frankwillsmemorialhall.com

Office hours: Mondays, Wednesdays & Thursdays

Agency Overview: The Frank Wills Memorial Society is a registered charitable organization. The Society raised money, with the help of the Cochrane community to build the Frank Wills Community Hall. Space is donated to numerous selected charitable organizations, whilst other charities and nonprofits receive a low rate to help support the services they provide within the community. The public can rent the hall at an affordable rate. All funding is sourced through its rentals which goes into the running costs of the hall.

Target population: All ages

Service Area: Cochrane and West Rocky View County

Program Description:

We do not provide any services or programs. We provide a space for other organizations to provide their service and programs within the community.

Friends of Spirit Winds Ranch Society

Phone: 403-999-7763

Email: info@spiritwindsranch.ca

Address: 54101 Township Road 270, Rocky View County

Website: www.spiritwindsranch.ca

Office hours: By appointment

Agency overview: Spirit Winds Ranch has been a registered non-profit since 2018. We are a group of local volunteers, who see a need for mental wellness support in our local community and area. In eight years, we have worked successfully with over 1,500 participants. Together with the generous contributions from funders, donors and volunteers, we have created a welcoming space where participants enjoy interactions with the horses in a safe structured learning environment. We are a non-riding facility learning how horses speak to us using their body language. Our vision is to make a lasting impact on the mental wellness of our community and area through our horse-based Equine Assisted Learning Programs. Our programs are designed to support kids and adults in developing resiliency, communication and essential life skills. Through interaction with their human volunteers and equine partners, participants learn key life skills by solving a series of engaging and often challenging problems. Our Equine Assisted Learning Program has helped many participants flourish, with improvements in such areas as increased confidence, resiliency, listening and communication skills to name a few. Learning these important skills has had a direct impact on participants' mental wellness. Our mission is to change lives through horse powered connections.

Target Populations: All ages

Service Area: Cochrane and West Rocky View County

Program Description:

All Equine Assisted Learning Programs are hosted on the ranch in our indoor arena, where we set up courses and have a separate area for pre and post discussions of each module as a group. The length of our program ranges from 1, 4, 6 or 8 weeks and we meet once per week for 1 hour. Together with the horses, participants are supported on a journey of self-discovery, where the horse teaches the ropes to better communication, collaboration, resiliency and a understanding of life skills. Group sizes start at 4 to a maximum of 8 participants.

Gateway Association Employment Resource Centre

Phone: 587-779-7888 ext. 202

Email: get-work@gatewayassociation.ca

Address: 1206, 20 Avenue SE, Calgary

Website: www.gatewayassociation.ca

Office hours: Monday - Friday, 8 a.m.-4 p.m. (by appointment only)

Agency Overview: Founded in 1975 by a group of parents advocating for meaningful inclusion for their children with disabilities, Gateway Association is a non-profit organization that has grown into a leading voice for disability inclusion across Alberta. With offices in Calgary and Edmonton, Gateway works to build communities where all people are valued and have opportunities to live, learn and work inclusively. Rooted in family advocacy and community partnership, the organization now offers a range of supports to empower people with disabilities to live full, authentic lives through meaningful employment.

Target Population: Ages 15-64, self identifies as having a disability or a mental health barrier, legally entitled to work in Canada (permanent resident or a Canadian citizen), unemployed or underemployed and/or flexible and motivated to find employment.

Service Area: Calgary and surrounding areas

Program Description:

The Employment Resource Centre (ERC) at Gateway Association is a free program that supports job seekers with disabilities in finding and maintaining meaningful employment. The program offers personalized one-on-one coaching, career exploration, resume and interview preparation, job search assistance and short-term on-site support to ensure long-term success. Participants gain confidence, build employment skills and connect with inclusive employers committed to accessibility and diversity. Through a person-centered and strengths-based approach, the ERC helps individuals discover their potential and achieve fulfilling employment in their communities.

Good Vibes Memory Choir

Phone: 250-208-0362

Email: goodvibesmemorychoir@gmail.com

Website: www.goodvibesmemorychoirs.com

Agency Overview: Good Vibes Memory Choirs provides free, community choirs for people with dementia, their care partners, students and volunteers looking to improve their cognitive health. Through our rehearsals, performances and social events, we help people build a supportive community, achieve improved health and wellness and find meaning and joy in their lives. We also work with community partners to reduce stigma around dementia and promote a dementia friendly society. Our programs are rooted in research from the University of Victoria which shows that choral singing can slow the progression of dementia, outperform leading medications, while reducing anxiety, stress, depression and social isolation.

Target Population: People with dementia and their care partners

Service Area: Cochrane and area

Program Description:

Good Vibes offers a variety of choir programs in the community led by a professional choir conductor and music educator. No previous choir experience necessary. Social time and refreshments after rehearsals/performances.

Multiple rehearsal times/locations to choose from:

Frank Wills Memorial Hall, 405 First Street E

Tuesdays, 1:30-3 p.m.

St. Peter's Lutheran Church, 73 George Fox Trail

Wednesdays, 1:30-3 p.m.

Hawthorne Optima Living, 60 Fireside Gate

Tuesdays, 10-11:30 a.m.

Additional choir locations to come. Contact goodvibesmemorychoir@gmail.com for most up-to-date rehearsal locations and details.

Helping Hands Society of Cochrane and Area

Phone: 587-580-9448

Email: info@helpinghandscochrane.ca

Address: 244C River Avenue, Cochrane

Website: www.helpinghandscochrane.ca

Office hours: 8:30 a.m.-4:30 p.m.

Agency Overview: Helping Hands Society of Cochrane and Area strengthens community and reduces vulnerability by connecting volunteers to people needing support through innovative programs and collaborative responses. Our volunteers help with rides to medical appointments, food drives, snow removal, lawn care, handyman services, companionship, moving assistance, downsizing, essential errands, food rescue, Free Food Shed maintenance and more!

Targeted Population: Seniors, vulnerable families/individuals, persons with limited mobility

Service Area: Cochrane and West Rocky View County

Program Description:

Volunteer Driver Program: A transportation program designed to assist community members who are low-income, seniors, ill or injured, to access affordable local and inter-municipal transportation (between communities) for their medical appointments and essential outings.

Summer Do Crew: This program is designed to assist community members who are unable to do their own landscaping tasks such as grass mowing and gardening due to medical conditions, illness, injury or age-related issues.

Snow Helpers Removal: This program is designed to assist those who are unable to shovel their own walks and driveways due to medical conditions, illness, injury or age-related issues.

Movers with Heart : This program is designed to assist those without personal supports with small moves within Cochrane. We are actively recruiting for this team!

Free Food Sheds: This program promotes food security while tackling food waste. The program is structured as a “take what you need and leave what you can” free food initiative. Sheds are available 24/7.

East Shed: St. Andrew’s United Church 128 First Street E

West Shed: Bow Valley Baptist Church 54 W Aarsby Road

Meals Team: This program is designed to give small community groups, friends, family or clubs an opportunity to work together to assist community members in crisis by preparing nutritious, homemade meals.

Caring Neighbours: The Caring Neighbours program was created as a way to assist clients after injury or illness. Volunteers run errands, complete handyman tasks or help with home organizing and/or downsizing.

Home Treasures

Phone: 403-851-9974

Email: hometreasures@telus.net

Address: 208 Fifth Avenue, Cochrane

Website: www.cochranehometreasures.ca

Office hours: Monday - Saturday, 10 a.m.-5 p.m.

Agency Overview: Cochrane Home Treasures is a not-for-profit thrift store. We offer gently used home goods and furnishings for sale to the community and surrounding area. We work with other community organizations when persons may need help furnishing a home or is in need.

Target Population: All ages

Service Area: Cochrane and area

Îyahrhe Nakoda Food Bank Society

Phone: 403-881-2766

Email: iyahrhefoodbank@stoney-nation.com

Address: Mînhî Thnî (Morley)

Office hours: Monday - Friday, 9 a.m.-4 p.m.

Agency Overview: Provide emergency food hamper assistance to Stoney Nakoda First Nation communities in the most effective, efficient and ethical means. Promote nutrition education by utilizing the Canada Food Guide and the Aboriginal Natural Food Guide and by conducting workshops on nutrition, budgeting, gardens and meal planning.

Target Population: Stoney Nakoda community members of the Bearspaw, Chiniki and Goodstoney Nations

Service Area: First Nations Communities

Kindred

Phone: 1-877-244-2360

Email: info@kindred.ca

Address: 250, 707, Tenth Avenue SW, Calgary

Website: www.kindred.ca

Office hours: Monday, 9 a.m.-5 p.m., Tuesday - Wednesday, 9 a.m.-8 p.m.,

Thursday, 9 a.m.-5 p.m., Friday - virtual only.

Agency Overview: Kindred's purpose is to realize the power of human connection and how it shapes everything we do. Whether nuclear or chosen, family is the most important relationship in a person's life. We invest in the special bond between children and those that care for them. We provide road maps toward healing when essential relationships are ruptured. We understand that accessing timely mental health support can inspire confidence with self and others. Healthy human connection is possible and together we can realize it.

Target population: Rapid Access Counselling is available to all Albertans (children, youth, adults, families)

Service Area: Alberta (virtual and in-person service delivery options)

Program Description:

Rapid Access Counselling (RAC) www.racalberta.ca: Rapid Access Counselling is all about having the right conversation at the right time. The single session counselling program supports individuals, couples and families with a 75-minute counselling appointment, often available within the week so you can get the support you need when you need it. Whether a current crisis or an ongoing challenge, support is available through our goal-based and solution-focused approach to counselling. While the model is "single session" clients are welcome to book with us anytime they need support. Rapid Access Counselling is offered through Kindred (Calgary) and in partnership with the Family Centre (Edmonton) and works on an affordable fee model where clients set a session fee that is comfortable and manageable for them. Counselling is free for families, children under 18 and caregivers of children under 18. This is made possible by a partnership with Family Resource Networks (FRN) Alberta.

Mental Health Collaborative - Recovery Alberta

Phone: 403-955-8446

Email: lindsay.cooke@recoveryalberta.ca

Address: Richmond Road Diagnostic Treatment Centre, Calgary

Website: www.mhcollab.ca

Office hours: 8 a.m.-4:30 p.m., occasional evening sessions, 6-8 p.m.

Agency Overview: Mental Health Collaborative provides information virtually and in person to broad audiences, ensuring that evidence-based information, related to mental health, substance use, mental disorders and mental illness is grounded in research and available to the public. We strive to create consistency of messaging and language across the audiences we target.

Target Population: Parents, caregivers, teachers, professionals working in the mental health fields

Service Area: Calgary and area

Program Description:

CES - Community Education Service: Facilitates virtual live educational sessions on a wide variety of child and adolescent mental health and health topics.

CHPS - Community Health Promotion Services: Provides evidence-based substance use prevention and mental health promotion services and resources in Calgary. Their focus is building protective factors and reducing risk factors associated with substance misuse and mental health disorders.

MHL - Mental Health Literacy: Free, evidence-based resources customizable to the needs of educators and students. Tailored for educators, who deliver the mental health curriculum, those working in youth-serving agencies, mental health professionals, health professionals and parents.

MORE - Mental Health Online Resources for Educators: Free, on-line modules on child and adolescent mental health and substance use topics. Tailored for educators and school staff.

CPD - Continuing Professional Development: Provides accredited on-line modules for health professionals on a wide variety of child and adolescent mental health topics. CME accredited.

CanREACH: Through an accredited 6-month mini-fellowship CME, CanREACH educates and empowers health care providers to assess and treat pediatric mental health concerns in the primary care home. CanREACH changes health care provider practices, benefiting patients and the larger health care system.

MentorAbility Alberta

Email: susannah@gatewayassociation.ca

Address: 1206, 20 Avenue SE, Calgary

Website: www.gatewayassociation.ca/mentorability_ab

Office Hours: Monday - Friday, 9 a.m.-4 p.m.

Agency Overview: MentorAbility Alberta is a province wide initiative that creates meaningful, short-term mentoring experiences for job seekers who experience disability or mental health-based barriers. Through these mentorships, ranging from one hour to a full day, participants are matched with employers or professionals who share their time, experience and insight into different careers and workplaces. These opportunities give mentees a chance to explore their interests, build confidence, expand their networks and see what employment in their target industries really looks like.

For service providers, MentorAbility Alberta is a collaborative resource that enhances employment supports through mentorship. Partnering with us connects your clients to real-world experiences, helps them develop stronger employment goals and builds connections with inclusive employers across Alberta.

Facilitated by Gateway Association, MentorAbility Alberta is part of the national MentorAbility Canada initiative, coordinated by the Canadian Association for Supported Employment (CASE) and funded by the Government of Canada's Opportunities Fund for Persons with Disabilities. Together, we work toward a shared goal: creating workplaces and communities where everyone's talents are recognized and valued. Whether you're a job seeker looking to explore your career options or a service provider supporting someone on that journey, MentorAbility Alberta offers an impactful, low-pressure way to learn, connect and grow toward meaningful employment.

Target Population: Job seekers who self-identify as having a disability or mental health-based barrier

Service Area: Alberta

Mount St. Francis Retreat Centre

Phone: 403-932-2012

Email: office@mountstfrancis.ca

Address: 41160 Retreat Road, Cochrane

Website: www.mountstfrancis.ca

Office hours: 9 a.m.-4 p.m.

Agency Overview: Mount St. Francis Retreat Centre is a place of peace, healing and prayer, located on Retreat Road, just outside of the Cochrane town limits. The Franciscan Friars are known for their hospitality and have been offering retreats since 1949. Mount St. Francis sits on 500 acres of property with walking trails, two outdoor Stations of the Cross and a small chapel.

Target Population: Mature teens and adults seeking to spend time in nature recovery and reflection

Service Area: Cochrane, Calgary and area, Southern and Central Alberta

Program Description:

Our calendar of events and fees are available on our website: www.mountstfrancis.ca.

Our programs exist to provide people with space to connect with themselves, one another and the Divine. Our focus is on providing space for reflection, reconnection and rest. The small bookstore has resources for prayer, spirituality and addiction recovery and there is a small library whose books can be used on-site. We have a chef-led kitchen that makes delicious and nourishing food for our guests. Accommodations are simple; each bedroom has a bed and sink. Washrooms and showers are shared.

Weekend Spiritual Retreats: Our main offering is a silent weekend retreat for adults (mature teens are welcome to attend with a parent). Spiritual retreats are offered from a Catholic Christian perspective and people of any tradition are welcome.

Recovery Retreats: We offer weekend silent retreats and monthly twilight evening retreats for people in 12-Step Recovery programs.

Personal Spiritual Support: Spiritual Direction and 5th step listening available by appointment.

Meeting Room Rental and Meals: We have meeting spaces available for planning retreats on weekdays. We are a great fit for groups looking to give their teams some reflection and quiet time on our grounds.

Personal Retreats and Hermitage: We provide bookings for personal retreats and the use of a hermitage for spiritual time away.

Community Events: Every year, we offer events open to the whole community; the Blessing of Pets in October and the Greccio Live Christmas at the Mount in December.

Prospect Employment Services

Phone: 825-305-2177 or 825-901-0227

Email: scott.evans@prospectnow.ca or ryan.sheehan@prospectnow.ca

Address: 2, 312 Fifth Avenue, Cochrane

Website: www.prospectnow.ca

Office hours: Monday - Thursday, 8:30 a.m.-4 p.m. (Friday by appointment)

Agency Overview: Employment services for all who are eligible to work in Canada and looking for employment in Cochrane and surrounding communities.

Target Population: Anyone looking for a job and employers who are looking to hire

Service Area: Cochrane, Bearspaw, Bragg Creek, Canmore, NW and SW Calgary, Cremona, Exshaw, Water Valley, Springbank and Stoney Nakoda

Program Description:

We provide all tools necessary for a job search, including career planning, resume and cover letter creation and critiquing, job interview preparation and practice, assisted job searches and labour market information. Computers, printing and scanning are available for employment purposes. We also support employers by hosting hiring events and posting job ads.

Rocky View Foundation

Phone: 403-945-9724

Email: info@rockyviewfoundation.org

Address: 103, 58 Gateway Drive NE, Airdrie

Website: www.rockyviewfoundation.org

Office hours: Monday - Friday, 8 a.m.-4 p.m.

Agency Overview:

Affordable Housing, Lasting Impact. We offer a range of programs designed to meet diverse needs, including independent living apartments, for those seeking affordable, self-sufficient living. Senior lodges that provide a comfortable, community-oriented environment with essential services and the Rental Assistance Benefit (RAB) program, which helps low-income individuals and families by subsidizing rent in Rocky View Region.

Target Population: Independent Manors - 65+, Seniors Lodges - 65+ and RAB - 18+

Service Area: Rocky View County, Airdrie, Cochrane, Crossfield, Irricana and Beiseker

Program Description:

Independent Manors: Designed for active seniors 65+, our cozy one-bedroom apartments offer the perfect balance of comfort, independence and community. Each unit features a bright living room, fully equipped kitchen, spacious bedroom, private bathroom and convenient storage. Rent is comfortably set at 30% of your income.

Seniors Lodges: Lodges provide a safe and welcoming home for functionally independent individuals 65+, with or without community-based support. With a focus on affordability, security and enriching experiences, our lodges are ideal for individuals 65+ seeking a supportive and fulfilling lifestyle. Residents enjoy nutritious meals, weekly housekeeping and linen service, engaging social programs and 24-hour on-site nonmedical staff.

Rental Assistance Benefit (RAB): The RAB program, administered by Rocky View Foundation on behalf of the Government of Alberta, provides monthly financial assistance to help make rent more affordable for eligible low-income individuals and families.

To qualify for the RAB program, applicants must meet all eligibility criteria:

- Applicants must have lived within Rocky View County for a minimum of six (6) consecutive months prior to applying.
- A valid lease agreement with a private landlord must be in place. This program provides financial support to help pay rent. It does not help applicants find housing.
- Applicants must be paying more than 30% of their income toward rent.
- Total assets must not exceed \$25,000.
- Applicants must be a Canadian citizen, permanent resident (excluding those under private sponsorship), convention refugee or an individual who has applied for refugee or immigration status with a broken-down private sponsorship.

This long-term benefit is awarded based on assessed need.

Rocky View Immigrant Services (RVIS)

Phone: 403-604-2377

Email: fahmad@ccisab.ca

Address: Family and Community Support Services, 209 Second Avenue W, Cochrane

Website: www.ccisab.ca

Office hours: Monday, Thursday and Friday

Agency Overview: RVIS has provided Newcomers/Immigrants and Refugees with services to support settlement and integration in Cochrane and area since 2010. Comprehensive services including group sessions and workshops, settlement worker in schools and youth programming. RVIS provides connections to local services and assists with the resettlement process.

Target Population: Newcomers

Service Area: Cochrane and area

Program Description:

Settlement Services: There is much to learn when families first arrive in Cochrane. We assist with immediate needs for housing, schools, health care and more.

Workshops and Group Sessions: Throughout the year, we provide workshops and information sessions to give newcomers more knowledge about how to make Cochrane your home.

Youth Programs: Teenagers bring their own unique viewpoint to our lives. While they are at school, we can introduce them to other students with similar interests and backgrounds. Welcome Club is a weekly get-together in the school that helps new students connect with more established classmates. Our Youth Connections Program builds leadership and confidence skills for your youth.

Language Support: Our staff and volunteers speak a number of different languages and can assist during those times when speaking and understanding English with other community members is necessary. Official documents requiring legal or medical translation can be facilitated by our Calgary office who have access to certified translators. Contact Shadi Zaidan at szaidan@ccisab.ca. This is a fee-for-service.

Rocky View Regional Handi Bus Society

Phone: 403-948-2887

Email: office@rockyviewbus.ca

Address: 2, 33 East Lake Way NE, Airdrie

Website: www.rockyviewbus.ca

Office hours: 8 a.m.-4 p.m.

Agency Overview: Rural transit agency providing service to residents. We help residents access necessary supports and services: locally or available in the next municipality.

Due to funding limitations, transportation is limited to 10 days of travel per month.

Target Population: Residents 18+ facing transportation barriers (age-related, mobility-impairment, language and fixed income)

Service Area: Cochrane, Rocky View County, Chestermere, Crossfield, Beiseker, Irricana and selected destinations in Calgary

Program Description:

Rocky View Bus: Wheelchair accessible, shared-ride transportation on a pre-booked basis.

Please book at least 3 days in advance as space can be limited. First pick-ups are 7:30 a.m., last drop-off should take place by 4:30 p.m. Passengers must pre-register through our website or call 403-948-2887.

Rocky View Schools Mental Health Capacity Building

Phone: 403-945-4000

Address: 2651 Chinook Winds Drive, Airdrie

Website: www.rockyview.ab.ca

Office hours: 8:30 a.m.-4:30 p.m.

Agency Overview: Rocky View Schools Mental Health Capacity Building (RVS MHCB) is funded by Recovery Alberta and works to promote positive mental health in children, youth and families in their community. The initiative is based on evidence-based research that demonstrates that mental and emotional wellbeing can be developed, nurtured and supported through promotion and prevention efforts. RVS MHCB programming builds mental health capacity by increasing knowledge, building skills and bolstering protective factors for optimal health outcomes across the lifespan. This work is guided by an inclusive education approach that promotes healthy cognitive, social and emotional development through positive community cultures. Barriers to learning and social behaviour are addressed using strength-based strategies, while a continuum of social and emotional supports is provided for children, families and professionals. MHCB programming fosters belonging, autonomy and opportunities for mastery, while also helping create positive, predictable, consistent, safe school and community environments. It nurtures inclusive learning communities where all people and cultures are respected and ensures success for all learners through authentic, relevant experiences.

Target Population: Children, youth and families

Service Area: Rocky View County

Program Description:

Due to our large number of programs, please call or email for program information.

Seniors for Kids Society

Phone: 403-861-4558

Email: info@seniorsforkids.ca

Address: P.O. Box 1915, Cochrane

Website: www.seniorsforkids.ca

Office hours: Monday - Friday, 9 a.m.-4 p.m.

Agency Overview: The Seniors for Kids Society is a non-profit organization governed under a board of directors that promotes intergenerational relationships within a school environment. Program objectives and mandates have been established as guidelines for delivering an enhanced youth/senior program. Seniors become mentors for youth by providing non judgemental and unconditional attention, with a desire to encourage young people to reach their full potential. Both generations give back to one another in different capacities; a definite win-win for both groups.

Target Population: Seniors 50+ and youth 7-18 years

Service Area: Cochrane and West Rocky View County

Program Descriptions:

Senior Mentoring Program/Grandparent Program: Senior volunteer mentor opportunities at partnered elementary, middle and high schools for students who do not have grandparents within the area.

Student Volunteer Programs: Student volunteer opportunities through Seniors for Kids Society at these locations:

- Bethany Care Centre
- Big Hill Lodge
- Seniors on the Bow

Seniors on the Bow (SOTB)

Phone: 403-932-6002

Email: info@sotbcochrane.ca

Address: Second Floor, Arena Entrance, 800 Griffin Road E, Cochrane

Website: www.sotbcochrane.ca

Office Hours: Monday - Friday, 9 a.m.-4 p.m.

Agency Overview: Seniors on the Bow (SOTB) provides programs, activities and resources for adults 50+ in Cochrane and the surrounding areas. SOTB is a non-profit society with resources that enhance the quality of life for those 50+.

Target population: Ages 50+

Population served: Cochrane and area

Program Description:

Seniors on the Bow offers a variety of social and fitness programs such as Mahjong, Bridge, Crib, Canasta, Carpet Bowling, Floor Shuffleboard, Belly Dancing, Movies, Coffee & Conversation, Line Dancing, Chair Fitness, Qigong, Zumba Gold Toning, Yoga, Zoomer Zone, Jammers, Euchre, monthly Hot Lunches and Coffee with the Mayor. We offer outside excursions to various events such as dinner theatres and local points of interest.

Visit our website to view the monthly calendar of programs.

Service Canada - Community Outreach and Liaison Service (COLS)

Phone: 1-800-622-6232

Email: ESDC.WT.SMLC-COLS.WT.EDSC@servicecanada.gc.ca

Website: www.canada.ca/outreach-services

Office hours: 8:30 a.m.-4:30 p.m.

Agency Overview: COLS expands the reach of Service Canada by building relationships with community partners and organizations. COLS aims to make it easier to access government programs and services for clients who may not be able to travel to an office or who may have difficulty accessing services online or by telephone.

Target Population: Vulnerable populations

Service Area: Southern Alberta and East Kootenays

Program Description:

Outreach Events (in-person or virtual): Clinics to help clients complete their application for Service Canada programs and benefits such as Social Insurance Number, Employment Insurance, Canada Pension Plan, Old Age Security, Canadian Dental Care Plan and other Government of Canada programs and services including Passport.

Information Sessions: Are offered on Service Canada programs, services and benefits to citizens, organizations and community partners.

Community Events: Fairs or kiosks where a Service Canada representative can be present.

Service Referral Initiative (SRI): The SRI entails working with community organizations to help identify at-risk and vulnerable individuals who may be eligible for federal services and benefits by referring them directly to a Service Canada representative.

Learn More: To learn more about COLS or to request a Service Canada Outreach activity on behalf of your organization, visit our website. For a list of upcoming outreach events, visit the section Services for clients at www.canada.ca/outreach-services.

Southern Alberta Regional Victim Serving Society (SARVSS)

Phone: 403-851-8055

Email: cochraneteam@sarvss.ca

Address: 12 Clydesdale Avenue, Cochrane

Website: www.sarvss.ca

Office hours: 8:30 a.m.-4:30 p.m.

Agency Overview: Southern Alberta Regional Victims Serving Society (SARVSS) provides a broad range of services under the Victims of Crime and Public Safety Act and Regulation. In partnership with the Government of Alberta, the Alberta RCMP, specialized and community-based victim serving organizations, municipalities and other local agencies, SARVSS assists victims of crime throughout the criminal justice process by providing the core services of information, support and referrals. SARVSS also supports communities by providing resources and support to people experiencing loss and tragic circumstances.

Target Population: Victims of crime

Service Area: Bearspaw, Bottrel, Bragg Creek, Cochrane, Glendale, Kananaskis, Mînî Thnî, Springbank, Stoney Nakoda and Southern Alberta

Program Description:

SARVSS provides information, resources, referrals and support to victims of crime, tragedy and trauma. This includes 24-hour crisis call-out support for RCMP, follow up support, information and court support.

Victims of Crime:

Assistance with Government programs and services that help victims and their family recover from the effects of a serious crime.

South Central Adult Learning Society (SCALS)

Phone: 403-466-7963

Email: info@scals.ca

Website: www.scals.ca

Office hours: Monday - Thursday, 9 a.m.-4 p.m. Evenings by appointment.

Agency Overview: South Central Adult Learning Society is a non-profit organization dedicated to adult foundational learners in Rocky View County. We offer a variety of CALP programs and one-to-one tutoring, in person and online.

Target Population: Adults

Service Area: Cochrane

Program Description:

Learning support offered through group learning in a classroom setting or one-to-one through our tutoring program. Our programs are informal, non-credited and learner centered.

English as an Additional Language (CLB 0-6)

Basic Adult Literacy Reading and Writing Skills

Basic Computer Skills

The Nina Project

Phone: 403-559-4661

Email: theninaproject2022@gmail.com

Address: P.O. Box 567, Didsbury

Website: www.theninaproject.ca

Agency Overview: We are a grassroots Alberta non-profit dedicated to youth mental health. We provide first care kits to Alberta youth upon request to support their mental health.

Target population: Youth and caregivers of youth who are experiencing mental health concerns, mental health professionals and others who work or volunteer with youth.

Service Area: Alberta

Program Description:

First Care Kits: Kits containing first aid and sensory items for youth experiencing mental health concerns.

Caregiver Supports: Connecting with caregivers who support youth who are experiencing mental health concerns.

Volunteer Program: We offer volunteer and practicum opportunities for outreach, research and fundraising.

Outreach Program: We are happy to connect with other youth programs, schools and community groups to share information on mental health, discuss our programs and make bracelets together.

URSA Retreat Centre

Phone: 403-851-1583

Email: camp@ursa-rehab.com

Address: 50082 Township Road 283, Rocky View County

Website: www.ursaretreatcentre.com

Office hours: Monday - Friday, 9 a.m.-5 p.m.

Agency Overview: URSA Retreat Centre is a non-profit organization nestled in the foothills of Kananaskis, Alberta. URSA is committed to providing individuals with disabilities, the camping experience they deserve. We believe in treating all people with equality, kindness and respect.

Service Area: Cochrane

Program Description:

We offer private lodging and day use bookings

Vecova Centre for Disability Services & Research

Phone: 403-281-1121

Email: info@vecova.ca

Address: 3304, 33 Street NW, Calgary

Website: www.vecova.ca

Office hours: Monday - Friday, 8:30 a.m.-4:00 p.m.

Agency Overview: Vecova is a leading edge, registered and accredited charity that has been meeting the lifelong and changing needs of persons with disabilities and the community since 1969 through our programs and services, social research, innovation and enterprises. We believe in an inclusive society where differences do not divide us. Vecova is building a future for people of all abilities where everyone is valued, belongs and thrives.

Target Population: Adults with developmental disabilities who are eligible for PDD funding. Youth experiencing barriers to employment (this program does not require PDD eligibility)

Service Area: Cochrane and Rocky View County

Program Description:

Wayfinder Program (Community Access): Our Wayfinder program is tailored to help individuals explore, engage in leisure and recreational activities, participate in civic engagements, pursue educational interests and develop meaningful relationships and support networks.

Adult Employment Supports: We offer a comprehensive range of services tailored to job-seekers facing barriers to employment. Individuals must be approved for PDD funding. Services include: assessment and employment preparation, career exploration and planning, job search and job skills training, learning and essential skills acquisition, work experience and job placement, mentoring and on-the-job retention support.

Youth Program - Employment: In partnership with the Government of Alberta, the RBC Foundation, and Rocky View School District, Vecova supports youth with disabilities and their families in navigating the transition to adulthood. We provide youth facing employment barriers with work skills training and community-based work experience opportunities. Placements are selected based on each youth's interests and the skills they wish to develop. Together, we create personalized road maps for the future, working closely with the youth and their support network (family, guardians, teachers) to ensure their path aligns with their goals. This program accepts community referrals and does not require PDD eligibility.

Housing Services: Vecova helps persons with disabilities find a home. We provide housing support services that give them choice, freedom, safety and inclusion in their community. We provide a range of housing services that respond to the level of support needed and any needs of the individual that change over time. In Cochrane, we provide Independent Living Supports, Out-of-Home Respite and Home Sharing models of service. Individuals must be approved for PDD funding.

Wayfinders Wellness Society (WWS)

Phone: 403-975-3871

Email: info@wayfinderswellness.ca

Address: P.O. Box 202, Cochrane

Website: www.wayfinderswellness.ca

Office hours: Monday - Friday 10 a.m.-5 p.m. (facility access by appointment only)

Agency Overview: WWS is a registered non-profit society located on the edge of Cochrane, Alberta. WWS provides a safe, welcoming environment, led by peers with lived experience. WWS is a non-therapist-led organization. We follow a strict “Do No Harm” policy, meaning participants do not discuss details of traumatic events or other potentially triggering topics. We focus on empowerment, healthy coping skills and community connection through offering free experiential wellness programming.

Target Population: Active and retired first responders, military personnel, veterans and their families’ living with PTSD (Post Traumatic Stress Disorder)

Service Area: Cochrane, Calgary and areas for in person programs

Program Description:

Peer Support Groups (Year-Round – Bi-weekly): Weekly OSI-CAN trained and certified, peer-facilitated groups in-person and online for first responders, military personnel and veterans and a separate in-person women’s spousal peer support group.

Equine Wellness Workshop: Participants connect with horses in a calm, natural ranch setting to foster grounding, confidence and emotional regulation. Facilitated by experienced trauma-attuned peers, this hands-on experience promotes trust, self-awareness and transferable life skills through ground-based interaction and reflection.

Art Wellness Workshop: Creative art sessions offer a mindful outlet for expression and stress relief. Participants engage in guided painting and art projects, no experience required, to support grounding, self-discovery and therapeutic outcomes. Available in person and online.

Trauma Attuned Yoga and Meditation Classes: Gentle yoga and guided meditation sessions encourage relaxation, focus and inner balance. These classes help reconnect mind, body and spirit to promote ongoing resilience and grounding and are available in person or online.

Elder-Led Ceremonies and Teachings: Facilitated by respected First Nations Elders and Knowledge Keepers, these gatherings promote spiritual connection through traditional teachings, ceremony and reflection, fostering community, gratitude and cultural connection.

Seasonal Outdoor Activities: Participants reconnect with nature through meaningful outdoor experiences such as our Community Garden and Beekeeping workshops. Gardening and learning about bees promotes mindfulness, patience and teamwork while encouraging sustainable wellness and a sense of contribution to the environment.

Wazin Îchinabi Ti House of Oneness Society

Email: info@wazinti.ca

Address: 6, 521 First Street W, Cochrane

Website: www.wazinti.ca

Agency Overview: Wazin Îchinabi Ti, 'House of Oneness' is a non-profit organization providing educational programming and services. Those who gather here commit to a shared purpose to inspire Indigenous and non-Indigenous peoples to positively change society so we can live together within dignity, respect, peace and prosperity on these lands we share and call home.

Target Population: All residents and visitors of Cochrane and the Bow Valley

Service Area: Cochrane and area, Bow Valley

Program Description:

Culture Compass APP: Community groups can use the Culture Compass App to create interactive murals and outdoor educational experiences. In partnership with Untethered Technologies, a team of developers and designers, we provide training to help unlock the potential of interactive technologies for impactful digital and virtual storytelling. Connect outdoor spaces with Indigenous culture. The app transforms trails, parks and cultural sites in Cochrane and area into interactive, geolocated learning opportunities.

Augmented Reality Interactive Mural Installation: Six art pieces exploring reconciliation in Canada, featuring Iyethka Historian Buddy Wesley and Artist Jason Botkin. Engage with voices and insights from Iyethka Elders and Knowledge Holders as they share, guide and teach. Interact with the pieces at the Centre or request an installation at your location!

Cultural Workshops: Dream Catcher, Traditional Parenting & Family Wellness, Hide Tanning Education, Otahimin Knowledge Group Presents: Indigenous Beadwork Class, Drumming, Graduation Cap Indigenous Beading, Tobacco Pouch, Metis Week, Ribbon Skirt Making Course, Drum Making and Monthly Drop In and Lanyard Beading.

Services: NFP Space Rental (discounted for Indigenous organizations and individuals), TIPI Rentals, Learning Management System Platform: Corporate/Community Online Learning, Learning Management System Platform Access for Indigenous Facilitators, Culture Compass APP for Augmented Reality and Learning Resources and Learning Management.

System Learning Bundles: Stoney Nakoda Protocol, Pow Wow Etiquette and Traditional Plants Bundles.

Corporate Training Bundle: Duty to Consult, Metis History and Treaty History of Canada.

Community Events: Indigenous Art & Culture Week Activities, Gala Dinner, Family Dance, Indigenous Art and Culture Week, All My Relations Indigenous Fashion Show, MMIWG2S+ Art Installation Project, Metis Week, National Indigenous Day and Truth & Reconciliation Day.

Welcome To Cochrane

Phone: 403-707-9174

Email: welcometocochrane@gmail.com

Website: www.welcometocochrane.com

Office hours: 9 a.m.-5 p.m.

Agency Overview: Provides free welcome baskets to newcomers.

Target population: Newcomers to Cochrane

Service Area: Cochrane

Program Description:

Provides free welcome baskets to newcomers.

