

# March

2026

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|--|---|---|--|---|---|
| <b>Toddlers in Tow (D)</b> 2<br>9:30-10:45 a.m.<br><b>Income Tax Workshop for Older Adults (R)</b><br>10 a.m.-12 p.m.                        | <b>Play N' Learn Preschool (D)</b> 3<br>9:30-10:45 a.m.<br><b>Wee-All (D)</b><br>1:30-2:45 p.m.<br><b>Daddy &amp; Me Date Night: Sensory Soiree (R)</b><br>5-7 p.m.<br><b>FCSS/FRN Late Night</b><br>8:30 a.m.-7 p.m. | <b>LLC - Cochrane Breastfeeding Support Group (D)</b> 4<br>10-11 a.m.<br><b>Thriving in Your Golden Years - Aging in Place Program (R)</b><br>6:30-7:30 p.m.  | <b>Rumble &amp; Roar (D)</b> 5<br>9:30-11:30 a.m.<br><b>Tummy Time Crew (D)</b><br>1:30-3 p.m.   | <b>Infant Massage (R)</b> 6<br>9:30-11 a.m. <i>In Session</i> | 7   |
| <b>Toddlers in Tow (D)</b> 9<br>9:30-10:45 a.m.  | <b>Play N' Learn Preschool (D)</b> 10<br>9:30-10:45 a.m.<br><b>Wee-All (D)</b><br>1:30-2:45 p.m.  | <b>Grandparents Group (D)</b> 11<br>10:15-11:30 a.m.<br><b>Thriving in Your Golden Years - Aging in Place Program (R)</b><br>6:30-7:30 p.m.   | <b>Rumble &amp; Roar (D)</b> 12<br>9:30-11:30 a.m.<br><b>Tummy Time Crew (D)</b><br>1:30-3 p.m.  | 13  | 14  |
| <b>Toddlers in Tow (D)</b> 16<br>9:30-10:45 a.m.   | <b>Play N' Learn Preschool (D)</b> 17<br>9:30-10:45 a.m.<br><b>Wee-All (D)</b><br>1:30-2:45 p.m.  | <b>Cochrane Youth Summit (R)</b> 18<br>9a.m.-3 p.m.<br><b>LLC-Cochrane Breastfeeding Support Group (D)</b><br>10-11 a.m.<br><b>Thriving in Your Golden Years - Aging in Place Program (R)</b><br>6:30-7:30 p.m.   | <b>Rumble &amp; Roar (D)</b> 19<br>9:30-11:30 a.m.<br><b>Tummy Time Crew (D)</b><br>1:30-3 p.m.  | 20  | <b>Dads and Me Construction Crew (R)</b> 21<br>9:30-10:45 a.m.<br><b>Milestone Moments (R)</b><br>1-2:15 p.m.   |
| <b>Toddlers in Tow (D)</b> 23<br>9:30-10:45 a.m.<br><b>Circle of Security (R)</b><br>1:30-3 p.m.<br><b>The Bookish Mamas (R)</b><br>5-6 p.m. | <b>Play N' Learn Preschool (D)</b> 24<br>9:30-10:45 a.m.<br><b>Wee-All (D)</b><br>1:30-2:45 p.m.<br><b>Neighbours Night Out Rural Edition: Felt and Friends (R)</b><br>6-8 p.m.                                       | <b>Grandparents Group (D)</b> 25<br>10:15-11:30 a.m.<br><b>Navigating Parenting Through Divorce and Separation (R)</b><br>2-3:30 p.m.<br><b>Thriving in Your Golden Years - Aging in Place Program (R)</b><br>6:30-7:30 p.m.<br><b>DIY Basic Income Tax Filing Workshop for Newcomers (R) Full</b><br>6-7:30 p.m. | <b>Rumble &amp; Roar (D)</b> 26<br>9:30-11:30 a.m.<br><b>Tummy Time Crew (D)</b><br>1:30-3 p.m.  | 27  | 28  |
| <b>Toddlers in Tow (D)</b> 30<br>9:30-10:45 a.m.<br><b>Circle of Security (R)</b><br>1:30-3 p.m.   | <b>Play N' Learn Preschool (D)</b> 31<br>9:30-10:45 a.m.<br><b>Wee-All (D)</b><br>1:30-2:45 p.m.  | <b>Thriving in Your Golden Years - Aging in Place Program (R)</b> April 1<br>6:30-7:30 p.m.<br><b>DIY Income Tax Basic Filing Workshop (R)</b><br>Session 1: 4-5 p.m.<br>Session 2: 5-6 p.m.  | <b>Rumble &amp; Roar (D)</b> 2<br>9:30-11:30 a.m.<br><b>Tummy Time Crew (D)</b><br>1:30-3 p.m.<br><b>COMPASS for the Caregiver (R)</b><br>6:30-8:30 p.m. | 3   | <b>Program Legend</b><br>FRN Drop in Programs (D)<br>FRN Registered Program (R)<br>FRN Virtual Programs (V)<br>FRN Rural Drop in Programs (D)<br>FRN Rural Registered Programs (R)<br>Adult Registered Programs (R)<br>Adult Drop in Programs (D) |

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



# Program Descriptions

## Child Development and Wellbeing Programs

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

**Toddlers in Tow (D)**  
(Walking-36mos/Parented)  
Mon, Mar 2, 9, 16, 23 & 30  
9:30-10:45 a.m.

At this high-energy group, parents and toddlers enjoy simple crafts, sensory tables and all kinds of toys! At the end of each session, families wind down with rhymes and songs.

**Play N' Learn Preschool (D)**  
(3-6yrs/Parented)  
Tue, Mar 3, 10, 17, 24 & 31  
9:30-10:45 a.m.  
Come play and explore interactive activities to promote your child's cognitive, social-emotional and physical development. A great opportunity for your child to develop preschool and kindergarten readiness skills.

**Wee-All (D)**  
(Birth-6yrs/Parented)  
Tue, Mar 3, 10, 17, 24 & 31  
1:30-2:45 p.m.

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

**Rumble & Roar (D)**  
(Birth-6yrs/Parented)  
Thu, Mar 5, 12, 19 & 26  
9:30-11:30 a.m.  
Location: Bragg Creek Community Centre, 23 White Avenue, Bragg Creek  
In partnership with the Bragg Creek Community Centre, join us for an active play program in a large open gym while meeting other parents. Featuring ride-on toys, a bouncy castle and much more.

**Tummy Time Crew (D)**  
(Prenatal-Walking/Parented)  
Thu, Mar 5, 12, 19 & 26  
1:30-3 p.m.  
Designed for babies who are not yet walking, this group offers a safe space for parents to connect, share experiences and encourage their baby's development through fun interactive play.

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

**Grandparents Group (D)**  
(Birth-6yrs/Grandparented)  
Wed, Mar 11 & 25  
10:15-11:30 a.m.  
A warm and welcoming, play-based program where children and their grandparents connect through crafts, toys, songs and stories. Building strong bonds, shared memories and joyful learning together.

**Dad and Me Construction Crew (R)**  
(Birth-6yrs/Parented)  
Sat, Mar 21  
9:30-10:45 a.m.  
A hands-on construction - themed morning for dads and their kids. Build, stack, create and explore through imagination and laughter.

**Milestone Moments (R)**  
(Birth-6yrs/Parented)  
Sat, Mar 21  
1-2:15 p.m.  
Milestone Moments offers a welcoming universal developmental check-in providing a quick snapshot of your child's development - celebrating strengths and identifying where support may be needed. Receive a gift for your child when you complete an ASQ.

## Caregiver Capacity Building Programs

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

**Daddy & Me Date Night: Sensory Soiree (R)**  
(For parents with children birth-6yrs)  
Tue, Mar 3  
5-7 p.m.  
Sensory Soiree will be an evening full of fun, connection and crafts. Children will create sensory toys which may be used for emotional regulation and grounding while working on their fine motor skills.

**LLC - Cochrane Breastfeeding Support Group (D)**  
(For parents and family members who are interested in or currently breastfeeding and/or pumping.)  
Wed, Mar 4 & 18  
10-11 a.m.  
This group is a space to ask questions, support other mothers, be supported yourself and to learn about the wonders of breastfeeding.

**The Bookish Mamas (R)**  
(For moms with children birth-18yrs)  
Mon, Mar 23  
5-6 p.m.  
Location: Found Book Store, 206 First Street W.  
For moms who like reading, chatting and taking a break. No pressure to finish the book—just come for the vibes. We will be reading the book, "The Last Thing He Told Me" By Laura Dave.

**Infant Massage (R) In Session**  
(For parents with babies' birth-crawling)  
Fri, Mar 6  
9:30-11 a.m.  
Learn gentle infant massage techniques that soothe babies, promote bonding and support healthy growth in a calming, hands-on class designed for nurturing touch and relaxation.

**Circle of Security (R)**  
(For parents with children birth-6yrs)  
Mon, Mar 23 & 30; Apr 13, 20 & 27; May 4 & 11  
1:30-3 p.m.  
Try Circle of Security if your child clings, melts down at separations, or seems in-charge; if you swing between permissive and strict parenting; or if stress makes it hard to stay calm when big feelings arise. If you require childminding, please call 403-851-2265 to book, while space lasts.

**Navigating Parenting Through Divorce and Separation (R)**  
(For parents of children birth-18yrs)  
Wed, Mar 25; Apr 1, 8, 15 & 22  
2-3:30 p.m.  
In this 5-week program you will learn ways to adjust and manage the transition of separation and divorce by focusing on skills to resolve conflict with your co-parent and how to cope positively with stress.

**Neighbours Night Out Rural Edition: Felt and Friends (D)**  
(For rural parents only)  
Tue, Mar 24  
6-8 p.m.  
Location: Bragg Creek Community Centre, 23 White Avenue, Bragg Creek  
An evening for rural adult participants to gather, connect with neighbours and enjoy a hands-on, spring themed felting project in a relaxed setting. A light supper is provided. Rural participants only.

## Follow us on social media



## All Ages Programs

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

**Income Tax Workshop for Older Adults (R)**  
(For adults 50yrs+)  
Wed, Mar 2  
10 a.m.-12 p.m.  
Location: Ascend LLP  
Unit 101, 105-Frist Street W.  
This workshop hosted by Ascend LLP, helps older adults prepare for their personal tax filings with confidence. Participants learn which documents and information is needed to file their taxes, including income slips and receipts. Receive guidance on setting up or accessing a tax-filing accountant. By the end, participants will feel organized, informed, and prepared for their tax filings. Beverages and light snacks provided. What to prepare if interested:

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

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

(For 50yrs+)  
Wed, Mar 4, 11, 18 & 25; April 1 & 8  
6:30-7:30 p.m.  
Location: The Cochrane Public Library, 405 Railway Street W.  
Join us for this 6 week series designed to help participants plan to age in their home or community.  
Register through the Cochrane Public Library: 403-932-4353 or online at [cochranepubliclibrary.ca/Events](http://cochranepubliclibrary.ca/Events)

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

(All ages)  
Wed, Mar 25  
6:00-7:30 p.m.  
Location: CISC Community Hub, Frank Wills Hall, 2<sup>nd</sup> floor, 405 - First Street E.)  
Join our DIY Income Tax Filing for Newcomers workshop! Complete your return with professional support from Ascend LLP, learn to confidently file, build skills, and enjoy a meal with others.  
Register through the Cochrane Immigrant Services Committee: 587-582-1771 or email [cisccochrane@gmail.com](mailto:cisccochrane@gmail.com)

## DIY Income Tax Basic Filing (R)

(For All tax filing ages)  
Wed, Apr 1  
Session 1: 4-5 p.m.  
Session 2: 5-6 p.m.  
Location: Cochrane Public Library 405 - Railway Street West  
Learn to complete your own basic income tax return for FREE. Professional guidance will be provided by a tax professional at Ascend LLP. Learn to file with confidence and build income tax literacy skills. Secure laptops available for use during the session or bring your own and log in to the secure network. Light snacks and refreshments will be provided. Registration required. Register through Cochrane Public Library:  
Session 1, 4-5pm [cochranepubliclibrary.ca/tax1](http://cochranepubliclibrary.ca/tax1)  
Session 2, 5-6 pm [cochranepubliclibrary.ca/tax2](http://cochranepubliclibrary.ca/tax2)  
or call: 403-932-4353

## COMPASS for the Caregiver (R)

(For 18+ who are a caregiver for someone with an illness, disability or aging)  
Thu, Apr 2, 9, 16 & 23; Tue, Apr 28  
6:30-8:30 p.m.  
You may be a caregiver if you help someone with challenges resulting from chronic illness, disability or aging. Caregivers Alberta's award-winning program helps caregivers balance their own well-being with the challenges of caregiving.  
Program Fee: \$20

## Events

**Youth Summit (R)**  
(For grades 9-12)  
Wed, Mar 18  
9 a.m.-3 p.m.  
Location: Cochrane RanchoHouse, 101 RanchoHouse Rd.  
Participants will engage in meaningful conversations, keynotes and interactive sessions centered on the key themes identified by local youth. This conference aims to spark positive change while celebrating the leadership and resilience of Cochrane's youth.



# April

2026

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|--|---|---|--|--|---|
|  |   | <b>Music and Rhyme Wiggle Time (D)</b><br>1:30-2:45 p.m.<br><b>DIY Income Tax Basic Filing Workshop (R)</b><br>Session 1: 4-5 p.m.<br>Session 2: 5-6 p.m. | <b>Bragg Creek Rumble &amp; Roar (D)</b> 2<br>9:30-11:30 a.m.<br><b>Tummy Time Crew (D)</b><br>1:30-3 p.m.<br><b>COMPASS for the Caregiver (R)</b><br>6:30-8:30 p.m.   | 3<br><br><b>Closed for Good Friday</b>                               | 4   |
| 6<br><br><b>Closed for Easter Monday</b>   | <b>Play N' Learn Preschool (D)</b> 7<br>9:30-10:45 a.m.<br><b>Wee-All (D)</b><br>1:30-2:45 p.m.<br><b>Daddy &amp; Me Date Night: Sensory Soiree (R)</b><br>5-7 p.m.<br><b>FCSS/FRN Late Night</b><br>8:30 a.m.-7 p.m. | <b>Grandparents Group (D)</b> 8<br>10:15-11:30 a.m.<br><b>Roll, Crawl and Connect (D)</b><br>1:30-3 p.m.  | <b>Bragg Creek Rumble &amp; Roar (D)</b> 9<br>9:30-11:30 a.m.<br><b>Infant Massage (R)</b><br>9:30-11 a.m.<br><b>Tummy Time Crew (D)</b><br>1:30-3 p.m.<br><b>COMPASS for the Caregiver (R)</b><br>6:30-8:30 p.m.  | 10   | 11  |
| <b>Toddlers in Tow (D)</b><br>9:30-10:45 a.m.<br><b>Circle of Security (R)</b><br>1:30-3 p.m.  | <b>Play N' Learn Preschool (D)</b> 14<br>9:30-10:45 a.m.<br><b>Wee-All (D)</b><br>1:30-2:45 p.m.  | <b>LLLC-Cochrane Breastfeeding Support Group (D)</b> 15<br>10-11 a.m.<br><b>Music and Rhyme Wiggle Time (D)</b><br>1:30-2:45 p.m.                         | <b>Bragg Creek Rumble &amp; Roar (D)</b> 16<br>9:30-11:30 a.m.<br><b>Infant Massage (R)</b><br>9:30-11 a.m.<br><b>Tummy Time Crew (D)</b><br>1:30-3 p.m.<br><b>COMPASS for the Caregiver (R)</b><br>6:30-8:30 p.m. | <b>Mix, Make and Munch Farmyard Faces (R)</b> 17<br>10:30-11:45 a.m. | <b>Daddy and Me - For the Birds! (R)</b> 18<br>9:30-10:45 a.m.<br><b>Weather Wonders (R)</b><br>1-2:30 p.m.   |
| <b>Toddlers in Tow (D)</b><br>9:30-10:45 a.m.<br><b>Mighty Motor Mondays (D)</b><br>1:30-2:45 p.m.<br><b>Circle of Security (R)</b><br>1:30-3 p.m.   | <b>Play N' Learn Preschool (D)</b> 21<br>9:30-10:45 a.m.<br><b>Wee-All (D)</b><br>1:30-2:45 p.m.  | <b>Grandparents Group (D)</b> 22<br>10:15 -11:30 a.m.<br><b>Roll, Crawl and Connect (D)</b><br>1:30-3 p.m.  | <b>Bragg Creek Rumble &amp; Roar (D)</b> 23<br>9:30-11:30 a.m.<br><b>Infant Massage (R)</b><br>9:30-11 a.m.<br><b>Tummy Time Crew (D)</b><br>1:30-3 p.m.<br><b>COMPASS for the Caregiver (R)</b><br>6:30-8:30 p.m. | <b>Mix, Make and Munch Pinwheel Wraps (R)</b> 24<br>10:30-11:45 a.m. | 25  |
| <b>Toddlers in Tow (D)</b><br>9:30-10:45 a.m.<br><b>Mighty Motor Mondays (D)</b><br>1:30-2:45 p.m.<br><b>Circle of Security (R)</b><br>1:30-3 p.m.<br><b>The Bookish Mamas (R)</b><br>5-6 p.m. | <b>Play N' Learn Preschool (D)</b> 28<br>9:30-10:45 a.m.<br><b>Wee-All (D)</b><br>1:30-2:45 p.m.<br><b>COMPASS for the Caregiver (R)</b><br>6:30-8:30 p.m.  | <b>Roll, Crawl and Connect (D)</b> 29<br>1:30-3 p.m.<br><b>Mom's Night Out: Heart-felt Friends (R)</b><br>6-8 p.m.  | <b>Bragg Creek Rumble &amp; Roar (D)</b> 30<br>9:30-11:30 a.m.<br><b>Infant Massage (R)</b><br>9:30-11 a.m.<br><b>Tummy Time Crew (D)</b><br>1:30-3 p.m.   |  | <b>Program Legend</b><br>FRN Drop in Programs (D)<br>FRN Registered Program (R)<br>FRN Virtual Programs (V)<br>FRN Rural Drop in Programs (D)<br>FRN Rural Registered Programs (R)<br>Adult Drop in Programs (D)<br>Adult Registered Programs (R) |

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To register: [cochrane.ca/programguide](https://cochrane.ca/programguide)



# Program Descriptions

## Child Development and Wellbeing Programs

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

### Music and Rhyme Wiggle Time (D)

(2-6yrs/Parented)  
Wed, Apr 1 & 15  
1:30-2:45 p.m.

Sing, move, play instruments and listen to stories that will immerse you and your child in music and wonder. Experience the many benefits of music in early childhood.

### Bragg Creek Rumble & Roar (D)

(Birth-6yrs/Parented)  
Thu, Apr 2, 9, 16, 23 & 30  
9:30-11:30 a.m.

Location: Bragg Creek Community Centre, 23 White Avenue, Bragg Creek  
In partnership with the Bragg Creek Community Centre, join us for an active play program in a large open gym while meeting other parents. Featuring ride-on toys, a bouncy castle and much more.

### Tummy Time Crew (D)

(Prenatal-Walking/Parented)  
Thu, Apr 2, 9, 16, 23 & 30  
1:30-3 p.m.

Designed for babies who are not yet walking, this group offers a safe space for parents to connect, share experiences and encourage their baby's development through fun interactive play.

### Play N' Learn Preschool (D)

(3-6yrs/Parented)  
Tue, Apr 7, 14, 21 & 28  
9:30-10:45 a.m.

Come play and explore interactive activities to promote your child's cognitive, social-emotional and physical development. A great opportunity for your child to develop preschool and kindergarten readiness skills.

### Wee-All (D)

(Birth-6yrs/Parented)  
Tue, Apr 7, 14, 21 & 28  
1:30-2:45 p.m.

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

### Grandparents Group (D)

(Birth-6yrs/Grandparented)  
Wed, Apr 8 & 22  
10:15-11:30 a.m.

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

### Toddlers in Tow (D)

(Walking-36mos/Parented)  
Mon, Apr 13, 20 & 27  
9:30-10:45 a.m.

At this high-energy group, parents and toddlers enjoy simple crafts, sensory tables and all kinds of toys! At the end, families wind down with rhymes and songs.

### Daddy and Me - For the Birds! (R)

(Birth-6yrs/Parented)  
Sat, Apr 18  
9:30-10:45 a.m.

Dads! Bring your kid(s) for a fun hands-on morning. Together we'll build and decorate a simple bird feeder, then enjoy free play while your project dries. Take home your finished feeder and hang it up to see when birds arrive this spring.

### Weather Wonders (R)

(Birth-6yrs/Parented)  
Sat, Apr 18,  
1-2:30 p.m.

As spring emerges, join us to think about the weather! We will create a spring-weather craft using the hands of kids and parents, figure out what clothes we need for the weather, then storm into play time.

### Mighty Motor Mondays (D)

(3-6yrs/Parented)  
Mon, Apr 20 & 27  
1:30-2:45 pm

Support your child's independence and confidence while building fine and gross motor skills. Drop in for hands-on play, simple activities and action songs and stories, while learning simple strategies to help your child strengthen their skills at home.

### Roll, Crawl and Connect (D)

(Prenatal-Walking/Parented)  
Wed, Apr 8, 22 & 29  
1:30-3 p.m.

This group offers support to new parents or caregivers with babies who are not yet walking. It is a safe space for honest conversations about the hard parts of parenting, with opportunities to share your survival strategies.

## Caregiver Capacity Building Programs

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

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

(Pregnant moms and their partners or parenting up to 6mos)

Wed, Apr 1 & 15  
10-11 a.m.

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

### Infant Massage (R)

(For parents with babies' birth-crawling)

Thu, Apr 9, 16, 23 & 30; May 7  
9:30-11 a.m.

Learn gentle infant massage techniques that soothe babies, promote bonding and support healthy growth in a calming, hands-on class designed for nurturing touch and relaxation.

### Circle of Security (R) In Progress

(For parents with children birth-6yrs)  
Mon, Apr 13, 20 & 27; May 4 & 11  
1:30-3 p.m.

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

### The Bookish Mamas (R)

(For moms with children birth-18yrs)  
Mon, Apr 27  
5-6 p.m.

Location: Found Book Store  
206 First Street W.

For moms who like reading, chatting and taking a break. No pressure to finish the book—just come for the vibes. We will be reading the book, "Don't Look for Me" By Wendy Walker.

### Mix, Make and Munch (R)

3.5-6yrs/Parented)  
Fri, Apr 17 (Farmyard Faces)  
10:30-11:45 a.m.

Fri, Apr 24 (Pinwheel Wraps)  
10:30-11:45 a.m.

Taking part in food preparation can increase a young eater's willingness to try new foods. During these sessions you and your child will create lunches as they wash, smear, peel, mix and more before sitting down to try the food they helped prepare.

### Daddy & Me Date Night: Sensory Soiree (R)

(For dads with children birth-6yrs)  
Tue, Apr 7  
5-7 p.m.

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

### Mom's Night Out: Heart-felt Friends (R)

(For moms only please)  
Wed, Apr 29  
6-8 p.m.

An evening for moms to gather, connect and learn to felt. This hands-on evening will get you started on a spring themed project in a relaxed setting. A light supper is provided.

### FCSS/FRN Late Night:

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

## Adult Programs

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

### DIY Income Tax Basic Filing Workshop (R)

(For all tax filling ages)  
April 1

4-5 p.m. or 5-6 p.m.

Location: Cochrane Public Library  
405 Railway Street W.

Registration required and through Cochrane Public Library:

Session 1: 4-5 p.m.

[cochranepubliclibrary.ca/tax1](http://cochranepubliclibrary.ca/tax1)

Session 2: 5-6 p.m.

[cochranepubliclibrary.ca/tax2](http://cochranepubliclibrary.ca/tax2)

Learn to complete your own basic income tax return for FREE. Professional guidance provided by an Ascend LLP tax professional. Learn to build income tax literacy skills and file with confidence. Laptops will be available or bring your own and log in to the secure network. Light snacks and refreshments will be provided.

### COMPASS for the Caregiver (R)

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

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

Location: Family and Community Support Services Basement, 209 Second Avenue W.

You may be a caregiver if you help someone with challenges resulting from chronic illness, disability or aging. Caregivers Alberta's award-winning program helps caregivers balance their own well-being with the challenges of caregiving.  
Program Fee: \$20

