

April

2026

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



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

To register: 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 or call 403-851-2265.

LLCC-Cochrane Breastfeeding Support Group (D)

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

Wed, Apr 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

Session 2: 5-6 p.m.

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



May

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Program Legend FRN Drop in Programs (D) FRN Registered Program (R) FRN Virtual Programs (V) FRN Rural Drop in Programs (D) FRN Rural Registered Programs (R) Adult Drop in Programs (D) Adult Registered Programs (R)				Mix, Make and Munch: Quesadillas (R) 10:15-11:45 a.m.	
Toddlers in Tow (D) 4 9:30-10:45 a.m. Mighty Motor Monday (D) 1:30-2:45 p.m. Stroller Walk and Talk (R) 1:30-2:45 p.m.	Play N' Learn Preschool (D) 5 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Moms' Night Out at the Movies (R) 7-9 p.m. FCSS/FRN Late Night 8:30 a.m.-7 p.m.	LLLC-Cochrane Breastfeeding Support Group (D) 6 10-11 a.m. Music and Rhyme Wiggle Time (D) 1:30-2:45 p.m. Community Helpers Lunch (R) 12-1 p.m.	Bragg Creek Rumble and Roar* (D) 7 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Gone Fishing: Daddy & Me @ Mitford Pond (R) 8 9:30-10:45 a.m. Shake, Sparkle and Shine (R) 1-2:15 p.m.	
Mental Health Awareness Week - May 3-9 www.cochrane.ca/mentalhealth					
Toddlers in Tow (D) 11 9:30-10:45 a.m. Mighty Motor Monday (D) 1:30-2:45 p.m. Stroller Walk and Talk (R) 1:30-2:45 p.m.	Play N' Learn Preschool (D) 12 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	Grandparents Group (D) 13 10:15-11:30 a.m. Roll, Crawl and Connect (D) 1:30-3 p.m. Fraud and Scams with RCMP (R) 1-2:30 p.m.	Bragg Creek Rumble and Roar (D) 14 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Mix, Make and Munch: Yogurt Parfaits (R) 15 10:15-11:45 a.m.	
Closed for Victoria Day 18	Play N' Learn Preschool (D) 19 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	LLLC-Cochrane Breastfeeding Support Group (D) 20 10-11 a.m. Music and Rhyme Wiggle Time (D) 1:30 p.m.-2:45 p.m.	Infant Massage (R) 21 9:30-11 a.m. Bragg Creek Rumble and Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Mix, Make and Munch: Egg Salad Sandwich (R) 22 10:15-11:45 a.m.	
Toddlers in Tow (D) 25 9:30-10:45 a.m. Mighty Motor Monday (D) 1:30-2:45 p.m. Stroller Walk and Talk (R) 1:30-2:45 p.m. The Bookish Mamas (R) 5-6 p.m.	Play N' Learn Preschool (D) 26 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Neighbours Night Out Rural Edition: Doormat Design (R) 6-8 p.m.	Grandparents Group (D) 27 10:15-11:30 a.m. Roll, Crawl and Connect (D) 1:30-3 p.m.	Infant Massage (R) 28 9:30-11 a.m. Bragg Creek Rumble and Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.		

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Register: cochrane.ca/programguide



Program Descriptions

Child Development Programs

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

Toddlers in Tow (D)
(Walking-36mos/Parented)
Mon, May 4, 11 & 25
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.

Mighty Motor Mondays (D)
(3-6yrs/Parented)
Mon, May 4, 11 & 25
1:30-2:45 p.m.

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.

Play N' Learn Preschool (D)
(3-6yrs/Parented)
Tue, May 5, 12, 19 & 26
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, May 5, 12, 19 & 26
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.

Music and Rhyme Wiggle Time (D)
(Ages 2-6yrs/Parented)
Wed, May 6 & 20
1:30-2:45 p.m.

Sing, move, play instruments and listen to stories that 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, May 7*, 14, 21 & 28
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.

*Celebrate Mental Health Week by creating calming jars with your child! Promote relaxation, focus and emotional wellbeing, with a soothing tool for managing big emotions in a fun and creative way.

Tummy Time Crew (D)
(Prenatal-Walking/Parented)
Thu, May 7, 14, 21 & 28
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.

Gone Fishing: Daddy and Me (R)
(Birth-6yrs/Parented)
Sat, May 9
9:30-10:45 a.m.

Location: Mitford Pond, 201 West Rock Road
A chance for dads and kids to strengthen their bond, reduce stress and boost well-being, one cast at a time. Dads and kids will be covered under a group fishing license, rods and lures will be provided.

Shake, Sparkle and Shine! (D)
(Birth-6yrs/Parented)
Sat, May 9
1-2:15 p.m.

Celebrate Mental Health Week by creating calming jars with your child! Promote relaxation, focus and emotional wellbeing, with a soothing tool for managing big emotions in a fun and creative way.

Grandparents Group (D)
(Birth-6yrs/Grandparented)
Wed, May 13 & 27
10:15-11:30 a.m.

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

Roll, Crawl and Connect (D)
(Prenatal-Walking/Parented)
Wed, May 13 & 27
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.

Parent Education Programs

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

Mix, Make and Munch (R)
(For ages 3.5-6/parented)
Fri, May 1 (Quesadillas)
10:15-11:45 a.m.

Fri, May 15 (Yogurt Parfaits)
10:15-11:45 a.m.
Fri, May 22 (Egg Salad Sandwiches)
10:15-11:45 a.m.

Taking part in food preparation can increase a young eater's willingness to try new food. 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 have helped prepare.

Stroller Walk and Talk (R)
(For ages birth-3yrs/parented)
Mon, May 4, 11 & 25
1:30-2:45 p.m.

Location: Riverfront Park, Griffin Road W.
Bring your stroller or carrier and join us for a relaxed time to connect, walk and talk. Enjoy gentle movement, fresh air and coffee while building community and sharing in good conversations.

Moms' Night Out at the Movies (R)
(For moms with children birth-18yrs)
Tue, May 5
Movie will start after 7 p.m.

Location: Cochrane Movie House, 218 Fifth Avenue W.
Take a break and join us for Mom's Movie Night! We're watching *The Devil Wears Prada 2* - an evening of laughs, connection and cozy vibes. Movie tickets are covered; snacks are at your own expense.

LLLC-Cochrane Breastfeeding Support Group (D)
(For parents with children birth-6yrs)
Wed, May 6 & 20
10-11 a.m.

This group is for pregnant mothers, breastfeeding mothers or pumping mothers, or anyone wanting to learn more about breastfeeding. Bring your questions and your little ones - children are welcome to play while you focus on your feeding journey.

Infant Massage (R)
(For parents with babies' birth/crawling)
Thu, May 21 & 28; Jun 4, 11 & 18
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.

The Bookish Mamas (R)
(For moms with children birth-18yrs)
Mon, May 25
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, *"It All Comes Back to You"* by Melissa Weisner.

Neighbours Night Out Rural Edition: Doormat Design (R)
(For adults ages 18-99yrs)
Tue, May 26
6-8 p.m.

Location: Beaupre Community Hall, 263035 Creek Road, Rocky View County
An evening to gather, connect with neighbours and enjoy a night of creativity where you will design and paint your very own doormat - perfect for welcoming summer. Refreshments and a light supper provided. Rural participants only.

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.

Community Helpers Lunch (R)
(For All ages, 12+yrs)
Wed, May 6
12-1 p.m.

A free lunch for anyone that has completed the Community Helpers Program or for those who are interested in taking the course to improve their skills and confidence for helping those around them.

Fraud and Scams with (R)
(For All ages, 12+yrs)
Wed, May 13
1-2:30 p.m.

Location: Snowbirds Chalet 19 Balsam Avenue, Bragg Creek
Learn about recognizing frauds and scams, the best way to protect yourself and who to reach out to for help. We will discuss some examples of what you might experience in Rocky View County.

Events

Mental Health Awareness Week
(All ages)
May 5-11

Every Canadian has mental health, and it's important to talk about! This week offers more than 45 different events for people across the lifespan to participate in. Check out cochrane.ca/mentalhealth for more details.

