

Mental Health Awareness Week

Cochrane is coming together to recognize Mental Health Week from May 3-9, 2026, with a dynamic lineup of free or low cost events, resources and activities designed to promote mental well-being and strengthen community connections. Organized by Family and Community Support Services (FCSS) in collaboration with local partners, this initiative is dedicated to breaking down stigma, encouraging open conversations and equipping residents with tools to support their mental health.

All Week

R Registration required
\$ Payment required

- Mental Health Out Loud Showcase @ Route 22
- Pathways to Mental Health @ Riverside Park

- Free group classes @ SLS
- Drop-in @ The CLUB Teen Space

Sunday, May 3

1 – 3 p.m. Gardening for Life – SLS Centre: 800 Griffin Road E, Riverside entrance at the solar roller

All ages
R \$ Cultivate Cochrane Society will work alongside participants to plant seed pots while talking about what successfully grows in this zone and how to increase one's chances of success. Participants will take home their pots.

Register: cochrane.ca/programguide

2 – 3:30 p.m. Shifting Your Inner Conversations – Maliya Wellness: 2204, 120 Fifth Avenue

Women
R This women-only session offers a safe, supportive space to explore the inner conversations that shape how you see yourself. Using Narrative Therapy strategies, we will gently externalize personal challenges you may be experiencing and develop meaningful skills to shift unhelpful self-talk and the stories many women carry about themselves.

Register: cochrane.ca/programguide

Monday, May 4

1 – 4 p.m. Painting for Mental Health – Seniors on the Bow (SOTB): 800 Griffin Road E

Seniors,
50+
R In partnership with FCSS and the Town of Cochrane, SOTB will be hosting a free painting with Rita Shannon. Come and join us to discover your inner artist and how beneficial art can be for your life and your mental health.

Register: at SOTB, Reception Desk. Registration is limited.

2 – 3 p.m. Coffee Chat – Big Hill Lodge: 98 Carolina Drive

Seniors,
50+ Join Big Hill Lodge for a free coffee and chat. Enjoy some delicious treats, warm drinks and the company of your neighbours. We will have a guest speaker, who will share a brief presentation about mental health.

No registration required.

6:45 – 7:30 p.m. Anxiety 101 – Cochrane Public Library: 405 Railway Street W

All ages Parenting teens and young adults can feel confusing—especially when anxiety shows up in ways that don't look like anxiety at all. This session takes a look at how anxiety commonly presents in youth and young adults. Join Lionheart Foundation and explore why it can be hard to recognize, the contributing factors, and how parents can respond to build connection rather than conflict.

Register: cochranepubliclibrary.ca/anxiety101

7 – 9 p.m. Men's Circle (ManUP) – Alchemy Yoga: 346 Railway Street W

Men
R Men are often taught to carry everything on their own. To stay quiet. To push through. To be the lone wolf. But the truth is, suffering in silence is costing men their wellbeing, their relationships, and far too often, their lives. This Men's Circle (ManUP) is a safe, supportive space for men to come together to talk, listen, learn and grow.

Register: alchemyyogacochrane.com/schedule

Tuesday, May 5

All day Red Dress Day – Wazin Îchinabi Ti: 6, 521 First Street W

All Ages Red Dress Day is the national day of awareness and remembrance for the Missing & Murdered Indigenous Women, Girls and 2SLGBTQI+ people.

For more information on events and activities taking place in Cochrane, visit wazinti.ca

12 – 1 p.m. Community Lunch – St. Andrew's United Church: 128 First Street E

All Ages St. Andrew's United Church is hosting their weekly free Tuesday Community Lunch. Anyone is welcome to swing by, grab a delicious soup lunch and stick around for some great conversation and community!

No registration required.

2 – 5 p.m. Sculpt Your Own Worry Monster – The CLUB: 3, 204 Fifth Avenue W

Youth 12-17 yrs Join Lionheart Foundation to create worry monsters. They are small, imaginative clay figures that act as symbolic containers for anxiety, fears or intrusive thoughts. The idea is that by giving your worries a physical form, you can externalize them, making it easier to identify, manage and release anxious feelings. This approach combines mindfulness, creativity and emotional processing in a tangible way.

No registration required.

4 – 5:30 p.m. Puppy Yoga – Alchemy Yoga: 346 Railway Street W

All Ages **R** In partnership with the Cochrane Humane Society, a few adorable puppies will be joining us in the studio for an afternoon of movement, laughter, connection and lots of spontaneous cuddles. During this lighthearted class, we will move through a simple, gentle yoga flow while the puppies roam freely, play, nap and interact with students. This class is all about joy, presence and embracing the unexpected. No serious yoga experience needed, just a love for puppies and a willingness to smile.

Register: alchemyyogacochrane.com/schedule

6 – 7 p.m. Drumming Circle – Wazin Îchinabi Ti: 6, 521 First Street W

All Ages Traditional Indigenous drumming has been a healing tool for Indigenous Cultures around the world. Chantal from Cree8 shares traditional songs, stories, knowledge and drumming. She shares her handcrafted drums to play together, cultivating community and connection. Heal your body, mind, heart and spirit with the deep connection of the Heartbeat of Mother Earth and have fun!

No registration required.

Evening shows Movie Night – Cochrane Movie House: 218 Fifth Avenue

All Ages Home Treasures operates on the belief that everyone deserves the nice and necessary. That is why on May 5, Home Treasures is sponsoring a free community movie night at the Cochrane Movie House.

Tickets will be available for pick-up at the Movie House starting at 2:30 p.m. on April 28.

Wednesday, May 6

10 – 11:30 a.m. Women's Mental Health for Professionals – Urgent Care: 60 Grande Boulevard

Professionals **R** Mental Health and the Menstrual Cycle: Practicing Cycle-Informed Mental Health Care. In this presentation for mental health professionals, participants will learn about the neurobiology of the menstrual cycle, how this affects mental health presentations and how to integrate this learning into clinical practice. Room 1147 at the Cochrane Urgent Care building.

Register: maryclaire.decker@recoveryalberta.ca and include job role.

10 – 11:30 a.m. Tattoos And Mental Health: The Stories We Wear And Why They Heal – The Yurt: 254121 Towers Trail

Adults **R \$** This workshop explores the cultural history and significance of tattooing as a practice of ritual, protection, initiation and identity. We'll look at the intentions behind tattoos, how modern tattooing can mark life chapters, support wellbeing and act as a tool of self-care and body reclamation. Through discussion, contemplation and guided creative prompts, participants will consider what images, motifs or words might best capture their present journey and values. The session is inclusive, non-judgmental and centered on personal agency and mental health.

Register and pay: eventbrite.com/e/tattoos-and-mental-health-the-stories-we-wear-and-why-they-heal-tickets-1984081653636

Wednesday, May 6

- 12 – 1 p.m. Community Helpers Lunch – The Station: 360 Railway Street W**
- 12+ yrs
R 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.
Register: cochrane.ca/programguide
- 1:30 – 3 p.m. Living with Grief – Cochrane Public Library: 405 Railway Street W**
- Adults
R Grief touches all of us, through death, change, illness, identity shifts or life transitions, yet most of us were never taught how to talk about it. This reflective, non-clinical session invites participants into a more honest, compassionate understanding of grief and how we carry it in everyday life
Register: cochranepubliclibrary.ca/griefftalk
- 3 – 5 p.m. DIY Stress Balls – The CLUB: 3, 204, Fifth Avenue W**
- Youth,
12-17 yrs Come by The CLUB this Wednesday for DIY Stress Balls! We will be showing you how to make the ultimate squishy stress ball!
No registration required.
- 6 – 7 p.m. Puppy or Kitten Snuggles – Ascend Pediatrics: 305 First Street E**
- All Ages
R Enjoy joyful snuggles with some local puppies or kittens in partnership with the Cochrane Humane Society (CAHS). Children must be accompanied by an adult. This is a free event and attendees are encouraged to make a donation to CAHS.
Register: eventbrite.ca/e/puppy-and-kitten-snuggle-for-mental-health-tickets-1987460273178
- 6 – 7:30 p.m. Mental Health Out Loud Student Reception – Route 22: 208 First Street W**
- All ages Join us for an inspiring community evening celebrating the voices and creativity of Cochrane and area Rocky View Schools students (Grades 5–12). Mental Health Out Loud is an annual art showcase created through the Rocky View Schools Mental Health Capacity Building Program, aimed at encouraging open conversations and reducing stigma around mental health. Everyone is welcome to attend- bring a friend, family member or come on your own. Hear directly from students as they share the meaning behind their artwork!
No registration required.

Thursday, May 7

- 9:30 – 11:30 a.m. Rumble and Roar – Bragg Creek Community Association: 23 White Avenue**
- Children
0-6 yrs In partnership with the Bragg Creek Community Association, 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.
No registration required.
- 10 a.m. – 12 p.m. Knitters and Knatters – Cochrane Public Library: 405 Railway Street W**
- Adults Are you a knitting enthusiast looking for a community to share your passion? Join the Knitters and Knatters group, where creativity and camaraderie come together, every Thursday! Bring your needles, yarn, a desire to create and let's knit together! All skill levels are welcome.
No registration required.
- 12 – 2:30 p.m. Expressive Arts – Urgent Care: 60 Grande Boulevard**
- 16-29 yrs
R Expressive arts therapy combines different art forms like painting, music and writing to explore and express emotions. This opportunity will invite you to consider a thought-provoking prompt and let your creativity flow.
Registration appreciated but not required: shelby.hoplandguidi@recoveryalberta.ca
- 1 – 2 p.m. Coffee & Conversation with Big Hill Haven – Found Books: 208 First Street W**
- All ages Come grab a coffee and learn more about who we are and what we do. Big Hill Haven supports individuals and families in our community through compassionate, client-centered services focused on safety, connection and well-being. Connect, ask questions and get to know our work in a relaxed, welcoming space. As a thank-you for attending, Heart & Mind Packages will be provided to participants
No registration required.

Thursday, May 7 cont.

3 – 4:30 p.m. Heart and Home – Frank Wills Community Hall: 405 First Street E

Adults,
Newcomers
R

Connect, converse and share your stories.

Register: cisccochrane@gmail.com or 587-582-1771

3 – 5 p.m. Follow Along Yoga – The CLUB: 3, 204 Fifth Avenue W

Youth
12-17 yrs

The CLUB is getting Zen this Thursday and we will be rolling out the mats for a relaxing day of yoga. Stop in to follow along to a yoga sequence and hopefully build your skills on mindfulness. (No mats needed)

No registration required.

6 – 7:30 p.m. Brushes & Breath: Caregiver Self-Care – Cochrane Public Library: 405 Railways Street W

Adults
R

This session invites caregivers- parents, guardians, family members or anyone supporting someone else, to take a pause from daily responsibilities and immerse themselves in a playful, reflective painting experience. Guided by a short, imaginative narrative, participants will bring to life their own personal “self-care garden” on paper, using color, shapes and whimsy to express what nurtures and restores them.

Register: cochranepubliclibrary.ca/events

6:30 – 7:30 p.m. Yin/Restorative Yoga – Ascend Pediatrics: 305 First Street E

All ages
12+ yrs
R

Join Ascend's own Jillian for an hour of restorative yoga. Restorative yoga is a gentle, deeply relaxing practice designed to heal, de-stress and rejuvenate by holding passive poses for 5–20 minutes. This is a free event, register in advance through Eventbrite. Registrants are encouraged to bring their own mat and props; however, yoga mats and limited props can be provided.

Register: eventbrite.ca/e/yin-restorative-yoga-with-our-very-own-jill-tickets-1987460457730

6:30 – 8 p.m. Exploring Emotions in Color & Line: A Creative Exploration – Route 22: 208 First Street W

All ages

Using the simple elements of line and color, we will explore how emotions can take shape on the page. This is not about creating a “perfect” piece of art; it is about the movement, the feeling, and the process of self-expression. We'll spend time as a group exploring the ways our individual expressions may overlap and create a shared visual language for the things we feel.

Register: eventbrite.ca/e/emotions-in-line-colour-a-creative-exploration-tickets-1985884672514

7 – 8:30 p.m. Healing the Stress/Injury Cycle – Riverside Sports Therapy: 2121, 239 Griffin Road E

Adults

Stress and recurring injuries are tightly connected. If your low back pain flares up for no reason, that old injury feels like it's always lurking, you have movements you avoid because they always feel risky or suffer from chronic tension headaches...you are not alone! Learn how creating a sense of safety in the body, gentle movement and supportive manual therapy can help. Alanna Thompson RMT and Dr Matt Kadar, DC will lead a conversation focused on understanding and reassurance. This session includes practical tools to support healing and resilience.

No registration is required.

Friday, May 8

10 a.m. – 12 p.m. Movement and Mood Boost Morning – Cochrane Public Library: 405 Railways Street W

Seniors
50+ yrs
R

Join us for a gentle, uplifting morning of wellbeing for seniors. Enjoy calming Qigong with Donna Devlin, followed by warm conversation, tea, snacks and mood-boosting activities guided by Sandra and Michelle from Still Lake Listening.

Register: cochranepubliclibrary.ca/mmboost

1 – 5 p.m. Zen Garden Making – The CLUB: 3, 204 Fifth Avenue W

Youth
12-17 yrs

The CLUB will be finishing off Mental Health Week by making personalized Zen Gardens. These little creations will be the perfect size to sit on your desk and add some Zen to your life. We will have all the materials needed to please show up ready to create!

No registration required.

6 – 9 p.m. Library After Dark with YAP Social – Cochrane Public Library: 405 Railways Street W

Queer BIPOC Friendly
16+ yrs

When the library lights dim, the games begin! Join us for an exciting evening of board games, card games, video games and more at Library After Hours: Play & Connect with YAP Social. This monthly event is designed for ages 16+ to relax, connect and have fun in a welcoming space.

No registration is required.

Friday, May 8 cont.

6:30 – 8:30 p.m. Sip and Talk – Vinter’s Cellar: 402 Railway Street

Women
21+ yrs
R \$
Offered by MyReach Alberta, The Maternity Diary & Wellness and Grounded Growth Coaching. Sip & Talk is a bold, refreshing space where women 21+ come together for two hours of completely unfiltered conversation about women’s mental health and overall wellbeing; no topic is off the table. It is about showing up exactly as you are and connecting with other women who get it. Food and alcohol will be preset at the event, and non-alcoholic beverages will be available.

Register and pay: eventbrite.ca/e/sip-talk-tickets-1985648005637 (contact Karlene Myers at 403-992-7430 if you require a discount)

7 – 9 p.m. We Are Cochrane – Found Books: 208 First Street W

Adults
R \$
We Are Cochrane is a deeply intimate evening where 3 Cochrane locals share their personal stories. It is an opportunity to get real and raw with the people that make up this incredible town. Each speaker shares their heartfelt accounts of hardship and triumph, grief and joy, difficult learning curves and deep insights and how they have been impacted by mental health.

Register and pay: eventbrite.com/e/we-are-cochrane-tickets-1979656833881

Saturday, May 9

10 a.m. Inside Out – Cochrane Public Library: 405 Railway Street W

All ages
Free showing of Inside Out at the Cochrane Movie House, sponsored by Cochrane Home Treasures. First come, first served and no prior ticket pickup is required. Enjoy some great family time with a great kids movie about mental health and feelings

No registration required.

10:30 – 11:30 a.m. Let’s Go Lego – Cochrane Public Library: 405 Railways Street W

All ages
Let’s Go Lego! is a fun, hands-on program where children and families can come together to explore their creativity and imagination through free building with LEGO bricks.

No registration is required.

11 a.m. – 12 p.m. Breathe and Dance for Stress Relief – FCSS: 1, 209 Second Avenue W

All ages
R \$
Attend this immersive 1-hour workshop that blends three powerful practices to restore your mind, body and spirit. Discover the art of conscious breathing to release stress and increase vitality, let loose and move freely to uplifting rhythms, reconnecting with your inner joy and find your center with guided mindfulness, leaving you calm and grounded. This session is open to all ages and experience levels.

Register: cochrane.ca/program_guide

Pay: \$15 cash at the door

1 – 2:30 p.m. Open House and Tour – Spirit Winds Ranch: 54101 Township Rd 270, Rocky View County

All ages
R
This event will be for community members who are interested to see how Equine Assisted Learning works. It will be a hands on experience with the horses and the programming at the ranch. Participants must dress warm as the arena is cool even during warm weather and wear closed toed shoes or boots.

Register: cochrane.ca/programguide

2 – 4 p.m. Open House and Tour – Wayfinders Wellness (WWS): Address upon registration

All ages
R
WWS offers a unique, safe, supportive space for the purpose of empowering first responders, military, veterans and their families living with PTSD injury through peer led support. This is an opportunity to come and tour the space to see for yourself and learn about the unique programs offered to first responders, military personnel, veterans, and their families living with the impacts of PTSD injury.

Register: wayfinderswellness.ca/our-programs

10:15 – 11:45 a.m. Dying for Conversation – Cochrane Public Library: 405 Railway Street W

Adults
Join End of Life Doula, Julie Handrahan, for an open and welcoming coffee session where we’ll engage in casual conversations about the often-overlooked topic of end-of-life planning. This is your chance to address the “white elephant” in the room, ask questions and thoughtfully explore your personal end-of-life wishes. Don’t miss this opportunity to gain insight, share and learn.

No registration required.

Saturday, May 9 cont.

9:30 – 10:45 a.m. **Gone Fishin': Daddy and Me – Mitford Pond: 201 West Rocky Road**

Children 0-6 yrs R 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.

Register: cochrane.ca/programguide

1 – 2:15 p.m. **Shake, Sparkle and Shine – Family Resource Network: 127 First Avenue W**

Children 0-6 yrs R 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.

Register: cochrane.ca/programguide

4 – 5:30 p.m. **Oh, the Places We'll Go! – Cochrane Ranchehouse: 101 Ranchehouse Road**

All ages R \$ Enjoy an uplifting concert celebrating the power of singing to support cognitive health, wellness, connection and joy. Featuring over 100 voices from the Good Vibes dementia-inclusive choir and the Westwinds Young Adult Choir, this intergenerational performance, Oh, the Places We'll Go!, will take you on a musical journey down memory lane and around the world. Adults: \$10 | Children: Free

Register: eventbrite.ca/e/oh-the-places-well-go-tickets-1985826118377

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