

May

2026

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.	Mix, Make and Munch: Quesadillas (R) 8 10:15-11:45 a.m.	Gone Fishing: Daddy & Me @ Mitford Pond (R) 9 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.	Mix, Make and Munch: Egg Salad Sandwich (R) 29 10:15-11:45 a.m.	
					Mix, Make and Munch: Quesadillas (R) 30 10:15-11:45 a.m.

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

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 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, 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 RCMP (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.



June

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Toddlers in Tow (D) 1 9:30-10:45 a.m. Stroller Walk and Talk (R) 1:30-2:45 p.m. Mighty Motor Mondays (D) 1:30-2:45 p.m.	Play N' Learn Preschool (D) 2 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. FCSS/FRN Late Night 8:30 a.m.-7 p.m.	LLLC- Cochrane Breastfeeding Support Group* (D) 3 10-11 a.m. Music and Rhyme Wiggle Time (D) 1:30-2:45 p.m.	Infant Massage (R) Full 4 9:30-11 a.m. Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m.. Tummy Time Crew (D) 1:30-3 p.m. Intergenerational Felting (R) 6-8 p.m.	Utility Bills and Scams Seniors Workshop (D) 5 10-11 a.m.	6
May 30 - Seniors Resource Fair and June 1 - 7 Seniors' Week - www.cochrane.ca/seniorsweek					
Toddlers in Tow (D) 8 9:30-10:45 a.m. Stroller Walk and Talk (R) 1:30-2:45 p.m. Mighty Motor Monday (D) 1:30-2:45 p.m.	Play N' Learn Preschool (D) 9 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	10 <p style="text-align: center;">ECD Room Closed for Cleaning</p>	Infant Massage (R) Full 11 9:30-11 a.m. Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Function Fridays (D) 12 9:30-10:45 a.m.	Daddy and Me: Dinosaur Stomp (R) 13 9:30-10:45 a.m. Let's Go Fly a Kite! (R) 1-2:30 p.m.
Toddlers in Tow (D) 15 9:30-10:45 a.m. Stroller Walk and Talk (R) 1:30-2:45 p.m. Mighty Motor Monday (D) 1:30-2:45 p.m.	Play N' Learn Preschool (D) 16 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	Music and Rhyme Wiggle Time (D) 17 1:30-2:45 p.m.	Infant Massage (R) Full 18 9:30-11 a.m. Bragg Creek Rumble & Roar* (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Function Fridays (D) 19 9:30-10:45 a.m.	20
Toddlers in Tow (D) 22 9:30-10:45 a.m. Stroller Walk and Talk (R) 1:30-2:45 p.m. Mighty Motor Monday (D) 1:30-2:45 p.m.	Play N' Learn Preschool (D) 23 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	Grandparents Group (D) 24 10:15-11:30 a.m. Roll, Crawl and Connect (D) 1:30-3 p.m.	Tummy Time Crew (D) 25 1:30-3 p.m.	Function Fridays (D) 26 9:30-10:45 a.m.	27
Toddlers in Tow (D) 29 9:30-10:45 a.m.	Play N' Learn Preschool (D) 30 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 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)

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Program Descriptions

Child Development Programs

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

Toddlers in Tow (D)

(Walking-36mos/Parented)

Mon, Jun 1, 8, 15, 22 & 29

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, June 1, 8, 15 & 22

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, Jun 2, 9, 16, 23 & 30

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, Jun 2, 9, 16, 23 & 30

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)

(2-6yrs/Parented)

Mon, Jun 3 & 17

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, Jun 4, 11, & 18*

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 our last day before the summer break with a pancake breakfast!

Tummy Time Crew (D)

(Prenatal-Walking/Parented)

Thu, Jun 4, 11, 18 & 25

1:30-3 p.m.

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

Grandparents Group (D)

(Birth-6yrs/Grandparented)

Wed, Jun 24

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.

Function Friday (D)

(3-6yrs/Parented)

Fri, Jun 12, 19 & 26

9:30-10:45 a.m.

Come play and then spend time as a whole group developing executive functioning - the brain's air traffic control system. Using fun, age-appropriate games and activities, we will develop working memory, impulse control, flexibility and emotional control.

Daddy and Me: Dinosaur Stomp (R)

(Birth-6yrs/Parented)

Sat, Jun 13

9:30-10:45 a.m.

Dads! Bring your kid(s) and explore the world of dinosaurs. Enjoy time for free-play in our low-pressure, kid-friendly space including dinosaur themed stories, crafts and songs.

Let's Go Fly a Kite! (R)

(Birth-6yrs/Parented)

Sat, Jun 13

1-2:30 p.m.

Come play and build a simple kite with your child. Weather permitting, we will go outside to fly the kites

Roll, Crawl and Connect (D)

(Prenatal-Walking/Parented)

Wed, Jun 24

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.

Infant Massage (R) Full

(For parents with children birth-12mos)

Thu, 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.

Stroller Walk and Talk (R)

(For parents with children birth-3yrs)

Tue, Jun 1, 8, 15 & 22

1:30-2:45 p.m.

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.

LLC - Cochrane Breastfeeding

Support Group (D)

(For parents with children birth-6yrs)

Wed, Jun 3*

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.

*Last session before summer break

Intergenerational Felting (R)

(For moms of children ages birth-18 yrs and seniors 50+yrs)

Thur, Jun 4

6-8 p.m.

To celebrate Senior's Week we are hosting multiple generations for the evening! Create a simple felting project while connecting. Discover what each generation has in common and what they can offer each other. A light supper will be offered.

Adult Programs

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

Utility Bills and Scams Seniors

Workshop (R)

(For 50+yrs)

Wed, Jun 5

10-11 a.m.

Take charge of your utility bills! This session will explain electricity and natural gas bills and help seniors recognize and avoid common utility scams. Presented by the Government of Alberta.

Events

Seniors' Resource Fair

Sat, May 30

10 a.m. - 2 p.m.

Cochrane Alliance Church

For more information visit

www.cochrane.ca/seniorsweek

Seniors' Week June 1-7

Celebrating Cochrane and area seniors. Kick-off event on June 1.

For more information visit

www.cochrane.ca/seniorsweek

FCSS/FRN Late Night:

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

Follow us on social media

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Cochrane Family and Community Support Services

 FRN
FAMILY RESOURCE NETWORK
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