

# June

2026

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

Register: [cochrane.ca/programguide](http://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, 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](http://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](http://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](http://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

 CochraneFCSS&FRN

 CochraneFCSSandFRN

cochrane 

 fcss  
Cochrane Family and Community Support Services

 FRN  
FAMILY RESOURCE NETWORK  
COCHRANE & AREA