

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)

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, 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 

 fcss
Cochrane Family and Community Support Services

 FRN
FAMILY RESOURCE NETWORK
COCHRANE & AREA

July

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)		Closed for Canada Day	1 Tummy Time Crew (D) 1:30-3 p.m.	2 3	4
Toddlers in Tow (D) 9:30-10:45 a.m.	6 Outdoor Adventures: Bragg Creek (D) 10-11:30 a.m.	7 Wee-All (D) 1:30-2:45 p.m.	8 Outdoor Adventures: Fireside Pump Track (D) 10-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	9 10	11
Toddlers in Tow (D) 9:30-10:45 a.m. Circle of Security (R) 1:30-3 p.m.	13 Outdoor Adventures: Centennial Park (D) 10-11:30 a.m.	14 Wee-All (D) 1:30-2:45 p.m.	15 Outdoor Adventures: Riviera Park (D) 10-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. Circle of Security (R) 1:30-3 p.m.	16 17	18
Toddlers in Tow (D) 9:30-10:45 a.m. Circle of Security (R) 1:30-3 p.m.	20 Outdoor Adventures: Sunset Pond Park (D) 10-11:30 a.m.	21 Wee-All (D) 1:30-2:45 p.m.	22 Outdoor Adventures: Heartland Park (D) 10-11:30 a.m. Circle of Security (R) 1:30-3 p.m. Tummy Time Crew (D) 1:30-3 p.m.	23 24 Young Adults Gone Fishin' (R) 7-9 p.m.	25
Toddlers in Tow (D) 9:30-10:45 a.m. The Bookish Mamas (R) 5-6 p.m.	27 Outdoor Adventures: Matt Krol Park (D) 10-11:30 a.m.	28 Wee-All (D) 1:30-2:45 p.m.	29 Outdoor Adventures: Greystone Park (D) 10-11:30 a.m. Tummy Time (D) 1:30-3 p.m.	30 31	

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Program Descriptions

Child Development Programs

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

Tummy Time Crew (D)
(Prenatal-Walking/Parented)
Thu, Jul 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.

Toddlers in Tow (D)
(Walking-36mos/Parented)
Mon, Jul 6, 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.

Outdoor Adventures (D)
(Birth-6yrs/Parented)
10-11:30 a.m.

Tue, Jul 7, 23 White Avenue, Bragg Creek
Thu, Jul 9, 59 Emberside Green
Tue, Jul 14, 333 Mountain Street
Thu Jul 16, 110 Riviera Way
Tue, Jul 21, 5 Sunvalley Road
Thu, Jul 23, 139 Clydesdale Way
Tue, Jul 28, 160 Riverview Circle
Thu, Jul 30, 123 Park Street
Join the FRN, Cochrane Public Library and RVS Mental Health Capacity Building for a playful adventure that will spark imagination, build motor skills and kick start early literacy. Please note we will move indoors to the FRN for inclement weather or 7+ smoke index.

Wee-All (D)
(Birth-6yrs/Parented)
Wed, Jul 8, 15, 22 & 29
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.

Parent Education Programs

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

Circle of Security (R)
(For parents of children birth-6yrs)
Mon & Thu Jul 13, 16, 20, 23;
Aug, 6, 17 & 20
1:30-3 p.m.

Join our accelerated program to decode your child's behavioral cues and foster a secure, resilient relationship. Based on decades of research, this course helps caregivers support their child's emotional needs. Snacks and childminding are provided.
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, Jul 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, "Most of All You" by Mia Sheridan.

Adult Programs

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

Young Adults Gone Fishin' (R)
Facilitator: Douw
(For youth 18-35yrs)
Fri, Jul 24
7-9 p.m.

Location: Mitford Pond
Whether you're a seasoned pro, or never fished in your life, this is for you. In partnership with YAP Social, come enjoy good company, hot dogs and a good time!
Register:
douw.vorster@cochrane.ca

Events



Grad Glow Up - Collection

Thu, Jul 2 - Thu, Nov 20
Locations:
Family Community Support Services:
209 Second Avenue W.
The Clothesline:
122 Fourth Avenue W.
Helping Hands:
244C River Avenue
We are collecting gently used formal attire of all sizes so every graduate can shine on their big day. Accepting floor length gowns, suits, jackets, dress shirts and pants, purchased within the last five years.

Backpack Program

Mon, Aug 17 - Fri, Sept 18
Location: Family Resource Network, 127 First Avenue W.
In partnership with Staples, the Kiwanis Club of Cochrane, and the Cochrane Food Bank, the Family Resource Network (FRN) provides backpacks filled with grade-appropriate school supplies to eligible students in grades K-12, helping to ease the financial stress of the back-to-school season.
To find out if you're eligible, visit cochrane.ca/backtoschool or call 403-851-2265.

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