

September

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5
	ECD room closed for cleaning				
7 Closed for Labour Day	8 Play N' Learn Preschool (D) 9:30-10:45 a.m. Drop-In Discovery (D) 1:30-4 p.m. FCSS Late Night 8:30 a.m.-6 p.m.	9 Tummy Time Crew (D) 1:30-3 p.m.	10 Walk for Life (D) 6-7 a.m. Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Infant Massage (D) 9:30-11 a.m.	11 Move and Mingle (D) 9:30-11 a.m.	12
14 Toddlers in Tow (D) 9:30-10:45 a.m.	15 Play N' Learn Preschool (D) 9:30-10:45 a.m. CHP Trained Helpers Lunch (R) 12-1 p.m. Drop-In Discovery (D) 1:30-4 p.m. FCSS Late Night 8:30 a.m.-6 p.m.	16 LLLC- Cochrane Breastfeeding Support Group (D) 10:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	17 Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Infant Massage (R) 9:30-11 a.m.	18 Move and Mingle (D) 9:30-11 a.m.	19 Gone Fishin': Daddy and Me (R) 9:30-10:45 a.m. Canvas Creations (R) 1-2:15 p.m.
21 Toddlers in Tow (D) 9:30-10:45 a.m. Thriving in Your Golden Years - Aging in Place Rural Edition - Bragg Creek (R) 1-2:30 p.m.	22 Play N' Learn Preschool (D) 9:30-10:45 a.m. Drop-In Discovery (D) 1:30-4 p.m. FCSS Late Night 8:30 a.m.-6 p.m.	23 Tummy Time Crew (D) 1:30-3 p.m.	24 Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Infant Massage (R) 9:30-11 a.m. Fear-Less (R) 7-8:30 p.m.	25 Move and Mingle (D) 9:30-11 a.m.	26
28 Toddlers in Tow (D) 9:30-10:45 a.m. Thriving in Your Golden Years - Aging in Place Rural Edition - Bragg Creek (R) 1-2:30 p.m.	29 Play N' Learn Preschool* (D) 9:30-10:45 a.m. Drop-In Discovery (D) 1:30-4 p.m. FCSS Late Night 8:30 a.m.-6 p.m.	30 Closed for National Day for Truth and Reconciliation			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.

Play N' Learn Preschool (D)

(3-6yrs/Parented)
Tue, Sep 8, 15, 22 & 29*
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.

*To honour the National Day for Truth and Reconciliation, we will have special guest, Walter Wirch, join us to lead us in an interactive drumming circle.

Drop-In Discovery (D)

(Birth-6yrs/Parented)
Tue, Sep 8, 15, 22 & 29
1:30-4 p.m.

No schedule. No circle time. Just play & discovery! In this unfacilitated program, enjoy an open room of developmental toys, connect with other caregivers, and let your child lead the adventure.

Tummy Time Crew (D)

(Prenatal-Walking/Parented)
Wed, Sep 9, 16 & 23
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.

Bragg Creek Rumble and Roar (D)

(Birth-6yrs/Parented)
Thu, Sep 10, 17 & 24
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.

Move and Mingle (D)

(Birth-6yrs/Parented)
Fri, Sep 11, 18 & 25
9:30-11 a.m.

Location: Wills Community Hall, 405 First Street E.

Bring the wiggles – we've got the space. In partnership with Wills Community Hall, children can move, create and discover through active play while caregivers connect and build meaningful relationships.

Toddlers in Tow (D)

(Walking-36mos/Parented)
Mon, Sep 14, 21, & 28
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.

Gone Fishin': Daddy and Me (R)

(2-11yrs/Parented)
Sat, Sep 19
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.

Canvas Creations (R)

(7-11yrs/Parented)
Sat, Sep 19
1-2:15 p.m.

Unleash your imagination in this fun-filled painting session for ages 7-11! Experiment with colours to create your own masterpiece. With minimal instruction and plenty of creative freedom, every artwork will be as unique as its artist.

Parent Education Programs

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

LLIC - Cochrane Breastfeeding Support Group (D)

(For parents with children birth- 6yrs)
Wed, Sep 16
10:30-11:30 a.m.

This group is for pregnant, breastfeeding 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, Sep 10, 17 & 24; Oct 1 & 8
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.

Fear-Less (R)

(For parents of children 6-14 yrs)
Thu, Sep 24; Oct 1, 8, 15, 22 & 29
7-8:30 p.m.

When worries get loud, let's build a bigger tool box. This 6-week program helps caregivers of children age 6-14 learn practical strategies to understand anxiety, respond with confidence and help their child thrive.

Adult Programs

Thriving in Your Golden Years – Aging in Place Program Rural Edition – Bragg Creek (R)

(For 50+ Adults)

Mon, Sep 21, 28; Oct 5, 19, 26 & Nov 2
1-2:30 p.m.

Location: Bragg Creek Snowbirds Seniors Fellowship, 19 Balsam Ave

Join us for this 6-week series designed to help participants plan to age in their home or community. Register through the Cochrane Public Library: 403-932-4353 or online at www.cochranepubliclibrary.ca/events

Events

Backpack Program

(Eligible children in grades K-12)
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 more information or to see if you're eligible, visit www.cochrane.ca/backtoschool or call 403-851-2265.

Grad Glow Up – Collection

Thu, Jul 2 – Fri, 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.

Grad Glow Up – Registration

Mon, Sept 14 – Fri, Nov 20
Register:

www.cochrane.ca/gradglowup

Event Date: Sat, Nov 28

Event Location: Cochrane

Ranchehouse, 101 Ranchehouse Road

This annual event helps to reduce costs and support sustainability, providing all graduates in Cochrane and West Rocky View County with access to free formal attire.

Walk for Life

(All ages)

Thu, Sep 10

6-7 a.m.

Location: Riverfront Park, 701 Griffin Road W.

Join us as we walk from darkness into light to remember loved ones we've lost to suicide and to raise awareness for suicide prevention.

CHP Trained Helpers Lunch (R)

Ages: 12+ (parented for under 18)

Dates: Tue, Sep 15

12-1 p.m.

Location: The Station – Room 103, 360 Railway Street W.

Trained Community Helpers are invited to a free lunch to connect with fellow helpers and to refresh important skills.

Follow us on social media



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CochraneFCSSandFRN



OCTOBER

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)			1 Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Fear-Less (R) In progress 7-8:30 p.m.	2 Move and Mingle (D) 9:30-11 a.m. @ Wills Community Hall	3
5 Toddlers in Tow (D) 9:30-10:45 a.m.	6 Play N' Learn Preschool (D) 9:30-10:45 a.m. Drop-In Discovery (D) 1:30-4 p.m. FCSS Late Night 8:30 a.m.-6p.m.	7 LLLC- Cochrane Breastfeeding Support Group (D) 10:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	8 Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Fear-Less (R) In progress 7-8:30 p.m.	9 Move and Mingle (D) 9:30-11 a.m. @Wills Community Hall	10
12 Closed for Thanksgiving	13 Play N' Learn Preschool (D) 9:30-10:45 a.m. Drop-In Discovery (D) 1:30-4 p.m. FCSS Late Night 8:30 a.m.-6p.m.	14 Tummy Time Crew (D) 1:30-3 p.m.	15 Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Story Seeker Squad (R) 4:15-5:30 p.m. Fear-Less (R) In progress 7-8:30 p.m.	16 Move and Mingle (D) 9:30-11 a.m. @Wills Community Hall	17
19 Toddlers in Tow (D) 9:30-10:45 a.m.	20 Play N' Learn Preschool (D) 9:30-10:45 a.m. Drop-In Discovery (D) 1:30-4 p.m. FCSS Late Night 8:30 a.m.-6p.m.	21 LLLC- Cochrane Breastfeeding Support Group (D) 10:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. Mom's Night: Plant Bingo (R) 6-8 p.m.	22 Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. ASQ Birthday Party: Infants (R) 1:30-3 p.m. Fear-Less (R) In progress 7-8:30 p.m.	23 Move and Mingle (D) 9:30-11 a.m. @Wills Community Hall Power of Attorney Workshop (R) 2-3 p.m. @Seniors on the Bow	24 Jacket Racket (D) 10 a.m. - 12 p.m.
26 Toddlers in Tow (D) 9:30-10:45 a.m.	27 Play N' Learn Preschool (D) 9:30-10:45 a.m. Drop-In Discovery (D) 1:30-4 p.m. FCSS Late Night 8:30 a.m.-6p.m.	28 Tummy Time Crew (D) 1:30-3 p.m.	29 Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. ASQ Birthday Party: Preschooler (R) 1:30-3 p.m. Fear-Less (R) In progress 7-8:30 p.m.	30 Move and Mingle (D) 9:30-11 a.m. @ Wills Community Hall Thriving in Your Golden Years (R) 2:30-4:30 p.m. @ Seniors on the Bow	31

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Register: cochrane.ca/programguide



Program Descriptions

Child Development Programs

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

Bragg Creek Rumble and Roar (D)

(Birth–6yrs/Parented)
Thu, Oct 1, 8, 15, 22, & 29
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.

Move and Mingle (D)

(Birth–6yrs/Parented)
Fri, Oct 2, 9, 16, 23 & 30
9:30–11 a.m.

Location: Wills Community Hall, 405 First Street E.
Bring the wiggles – we’ve got the space. In partnership with Wills Community Hall, children can move, create and discover through active play while caregivers connect and build meaningful relationships.

Toddlers in Tow (D)

(Walking–36mos/Parented)
Mon, Oct 5, 19 & 26
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.

Play N’ Learn Preschool (D)

(3–6yrs/Parented)
Tue, Oct 6, 13, 20 & 27
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.

Drop-in Discovery (D)

(Birth–6yrs/parented)
Tue, Oct 6, 13, 20 & 27
1:30–4:00 p.m.

No schedule. No circle time. Just play and discovery! In this unfacilitated program, enjoy an open room of developmental toys, connect with other caregivers and let your child lead the adventure.

Tummy Time Crew (D)

(Prenatal–Walking/Parented)
Wed, Oct 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.

Story Seeker Squad (R)

(8–12yrs/Un-Parented)
Thu, Oct 15
4:15–5:30 p.m.

Location: The Station – North and South Boardrooms (360 Railway Street W.)
Come explore different genres of books in our “Book-Tasting” event! Discover a community of readers and books that will light you up. Notes: Unparented event. Pick-up from the East doors at The Station. Participants need a library card with them. Registered through the library at
<https://www.cochranepubliclibrary.ca/events>

ASQ Birthday Party: Infants (R)

(For parents with babies 1 to 12 mos old)
Thu, Oct 22
1:30–3 p.m.

Do you have an infant who is 1–12 months old? Join us for a birthday party where your child’s development will be celebrated! Everyone who completes an Ages and Stages Questionnaire will receive a gift bag for their child.

ASQ Birthday Party: Preschoolers (R)

(For parents with preschoolers 45–72 mos old)
Thu, Oct 29
1:30–3 p.m.

Join us for a birthday party where your child’s development will be celebrated! Complete activities with your child as part of the Ages and Stages Questionnaire (ASQ). For preschoolers 45–72 months old. Everyone who completes an ASQ will receive a gift bag for their child.

Caregiver Capacity Programs

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

Fear-Less (R) In progress

(For parents of children 6–14yrs)
Oct 1, 8, 15, 22 & 29
7–8:30 p.m.

When worries get loud, let’s build a bigger tool box. This 6-week program helps caregivers of children age 6–14 learn practical strategies to understand anxiety, respond with confidence and help their child thrive.

LLLC–Breastfeeding Support Group (D)

(For parents with children birth– 6yrs)
Wed, Oct 7 & 21
10:30–11:30 a.m.

This group is for pregnant, breastfeeding 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.

Moms’ Night: Plant Bingo (R)

(For moms with children birth–18yrs)
Wed, Oct 21
6–8 p.m.

Join us for a fun-filled Moms Night Out featuring Plant Bingo! Enjoy an evening of laughter, prizes and plant-themed fun with friends. Refreshments and snacks will be provided. Come relax, play and connect!

All Ages Programs

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

Thriving in Your Golden Years Aging in Place Program (R)

(For adults 50yrs+)
Fri, Oct 30; Nov 6, 13, 20, 27 & Dec 4
2:30–4 p.m.

Location: Seniors on the Bow, 800 Griffin Rd E, Second Floor SLS Centre.
Join us for this 6-week series designed to help participants plan to age in their home or community. Register through the Cochrane Public Library: 403–932–4353 or online at www.cochranepubliclibrary.ca/events

Power of Attorney Workshop (R)

(For adults 50yrs+)
Fri, Oct 23
2–3 p.m.

Location: Seniors on the Bow, 800 Griffin Road E, Second Floor SLS Centre.

The Power of Attorney workshop gives community members practical knowledge to protect their choices, retain their dignity and understand their rights in Alberta.

In this one-hour session, you’ll learn how planning for the future protects your life and your choices, including how to choose the right people to handle your finances and make your healthcare decisions if you ever need support. You’ll also learn about your right to remain the ultimate decision-maker, including how and when you can update or cancel your documents.

Whether you’re planning ahead for yourself or supporting an older loved one, this session will give you the tools, confidence, and peace of mind to stay in control of your own life decisions. To register, please call 639–471–1403 or email: lucia@aeaac.ca

Events

Grad Glow Up – Collection

Wed, Jul 2 – Fri, 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.

Grad Glow Up – Registration

Mon, Sept 14 – Nov 20, 2026

Register: www.cochrane.ca/gradglowup or call 403–851–2250

Event Date: Sat, Nov 28

Event Location: Cochrane Ranchehouse, 101 Ranchehouse Road

This annual event helps to reduce costs and support sustainability for aspiring graduates in Cochrane and West Rocky View County, with access to free formal attire donated from the community.

Jacket Racket – Collection

Oct 7–21

Help keep Cochranites warm this winter.

Donations of clean gently used winter wear and Halloween costumes will be accepted Oct 7 to 21:

- BGC Cochrane, Fifth Ave
- Bow Valley Credit Union
- Cochrane Alliance Church
- Family and Community Support Services (FCSS)
- Family Resource Network (FRN)
- Safeway Cochrane
- SLS Centre
- The Station
- Bragg Creek Community Centre
- Bearspaw Community Association

Jacket Racket – Event

Sat, Oct 24

10 a.m.–12 p.m.

Location: Cochrane Alliance Church, 902 Glenbow Drive

This community event provides free, gently used winter apparel to individuals and families. By reducing financial barriers, promoting sustainability and building community through generous community donations, Jacket Racket helps ensure everyone stays warm this winter.

Follow us on social media



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