

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)			Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Infant Massage (R) 9:30-11 a.m. Fear-Less (R) In progress 7-8:30 p.m.	Move and Mingle (D) 9:30-11 a.m. @ Wills Community Hall	
Toddlers in Tow (D) 9:30-10:45 a.m.	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.	LLLC- Cochrane Breastfeeding Support Group (D) 10:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Infant Massage (R) Full 9:30-11 a.m. Fear-Less (R) In progress 7-8:30 p.m.	Move and Mingle (D) 9:30-11 a.m. @Wills Community Hall	
	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.	Tummy Time Crew (D) 1:30-3 p.m.	Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Story Seekers Squad (R) 4:15-5:30 p.m. Infant Massage (R) Full 9:30-11 a.m. Fear-Less (R) In progress 7-8:30 p.m.	Move and Mingle (D) 9:30-11 a.m. @Wills Community Hall	
Closed for Thanksgiving					
Toddlers in Tow (D) 9:30-10:45 a.m.	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.	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.	Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Infant Massage (R) Full 9:30-11a.m. ASQ Birthday Party: Infants (R) 1:30-3 p.m. Fear-Less (R) In progress 7-8:30 p.m.	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	Jacket Racket (D) 10 a.m. - 12 p.m.
Toddlers in Tow (D) 9:30-10:45 a.m.	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.	Tummy Time Crew (D) 1:30-3 p.m.	Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Infant Massage (R) Full 9:30-11 a.m. ASQ Birthday Party: Preschooler (R) 1:30-3 p.m. Fear-Less (R) In progress 7-8:30 p.m.	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	

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.

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 Seekers 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.

Infant Massage (R) Full

(For parents with babies’ birth–crawling)
Oct 1, 8, 15, 22 & 29; Nov 5
9:30–11 a.m.

Parents 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) 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.

LLC–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



CochraneFCSS&FRN

CochraneFCSSandFRN



Register: cochrane.ca/programguide

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November

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Toddlers in Tow (D) 2 9:30-10:45 a.m.	Play N' Learn Preschool (D) 3 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.	LLLC - Cochrane Breastfeeding Support Group (D) 4 10:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Bragg Creek Rumble and Roar (D)* 5 9:30-11:30 a.m. Infant Massage (R) 9:30-11 a.m. ASQ Birthday Party Toddler (R) 1:30-3 p.m.	Move and Mingle (D) 6 9:30-11 a.m. @Wills Community Hall Thriving in Your Golden Years (R) Full 2:30-4 p.m.	7
Toddlers in Tow (D) 9 9:30-10:45 a.m.	Play N' Learn Preschool (D) 10 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.	11 Closed for Remembrance Day	Bragg Creek Rumble and Roar (D) ** 12 9:30-11:30 a.m. Infant Massage (R) 9:30-11 a.m.	Move and Mingle (D) 13 9:30-11 a.m. @Wills Community Hall Thriving in Your Golden Years (R) Full 2:30-4 p.m.	14
Toddlers in Tow (D) 16 9:30-10:45 a.m.	Play N' Learn Preschool (D) 17 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. Neighbour's Night Out Bragg Creek: Holiday Signs (R) 6-8 p.m.	LLLC - Cochrane Breastfeeding Support Group (D) 18 10:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Bragg Creek Rumble and Roar (D) 19 9:30-11:30 a.m. Infant Massage (R) 9:30-11 a.m. Story Seekers Squad: Book Art Edition (R) 4:15-5:30 p.m. Men Unplugged (R) 6-9 p.m. @Cochrane RancheHouse	Move and Mingle (D) 20 9:30-11 a.m. @Wills Community Hall Thriving in Your Golden Years (R) Full 2:30-4 p.m.	Daddy and Me: Make a Gift Edition (R) 21 9:30-10:45 a.m. Sensory Saturday (R) 1-2:15 p.m. Community Helpers Training (R) 9-4 p.m.
Toddlers in Tow (D) 23 9:30-10:45 a.m.	Play N' Learn Preschool (D) 24 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. Neighbour's Night Out Beaupre: Holiday Signs (R) 6-8 p.m.	Tummy Time Crew (D) 25 1:30-3 p.m.	Bragg Creek Rumble and Roar (D) 26 9:30-11:30 a.m. Infant Massage (R) 9:30-11 a.m.	Move and Mingle (D) 27 9:30-11 a.m. @Wills Community Hall Thriving in Your Golden Years (R) Full 2:30-4 p.m.	Grad Glow - Up (R) 28 9 a.m.-3 p.m. @Cochrane RancheHouse
Toddlers in Tow (D) 30 9:30-10:45 a.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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Register: cochrane.ca/programguide



Program Descriptions

Child Development and Wellbeing Programs

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

Toddlers in Tow (D)
(Walking-36mos/Parented)
Mon, Nov 2, 9, 16, 23 & 30
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, Nov 3, 10, 17 & 24
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, Nov 3, 10, 17 & 24
1:30-4 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, Nov 4, 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.

Bragg Creek Rumble & Roar (D)
(Birth-6yrs/Parented)
Thu, Nov 5*, 12**, 19 & 26
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.
*Milestone Moments offers a welcoming developmental check-in that provides a snapshot of your child's development, celebrating strengths and identifying areas where support may be helpful. Complete an ASQ to receive a gift for your child.
**Toy Swap - Bring gently used clean children's clothes, toys and gear to swap with other families! Take what you need, give what you can; leftovers are donated to support community. No baby equipment older than 4 years.

ASQ Birthday Party Toddler (R)
(For parents and toddler 13-36 months)
Thu, Nov 5
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 toddlers 13-36 months old. Everyone who completes an ASQ will receive a gift bag for their child.

Move and Mingle (D)
(Birth-6yrs/Parented)
Fri, Nov 6, 13, 20 & 27
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, explore and discover through active play while caregivers connect and build meaningful relationships.

Story Seekers Squad: Book Art Edition (R)
(8-12yrs/Un-Parented)
Thu, Nov 19
4:15-5:30 p.m.
Location: The Station - North and South Boardrooms (360 Railway Street W.)
Learn about book covers and what "draws" you to them, then become a book artist and design your own themed bookmark(s)!
Notes: Un-parented event. Pick-up from the East doors at The Station. Registered through the library at cochranepubliclibrary.ca/events

Sensory Saturdays (R)
(7-11yrs/Parented)
Thu, Nov 21
1-2:15 p.m.
Come build calming sensory tools to help your child pause and reset. Create a squishy stress ball, a soothing rain stick and a serenity jar to take home and incorporate into your routines.

Daddy and Me: Make a Gift Edition (R)
(For parents with children birth-6yrs)
Nov 21
9:30-10:45 a.m.
Dads! Bring the kids to create a gift for someone special. After creating, enjoy time for free-play in our low-pressure, kid-friendly space.

Caregiver Capacity Building Programs

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

LLLC - Breastfeeding Support Group (D)
(For parents with children birth-6yrs)
Wed, Nov 4 & 18
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 children birth-6yrs)
Thu, Nov 5, 12, 19 & 26; Dec 2 & 9
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.

All Ages Programs

Thriving in Your Golden Years (R) Full
(For adults ages 50+)
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

Community Helpers Training (R)
(For ages 12 yrs and older, youth must be accompanied by guardian.)
Nov 21
9-4 p.m.
Location: The Station, 360 Railway St W, Cochrane, AB T4C 2E2
Trained Community Helpers are invited to further develop their toolkits with training provided by Centre for Sexuality and Calgary Communities Against Sexual Abuse.

Neighbours Night Out Bragg Creek: Holiday Signs (R)
Tue, Nov 17
6-8 p.m.
Location: Bragg Creek Community Centre, 23 White Avenue, Bragg Creek
Celebrate the season with your neighbours! Enjoy an evening of connection, creativity and festive fun while painting, decoupage and stenciling small wooden holiday signs. Light refreshments and snacks provided.
For rural residents.

Neighbours Night Out Beaupre: Holiday Signs (R)
Tue, Nov 24
6-8 p.m.
Location: Beaupre Community Hall, 263035 Beaupre Creek Rd, Rocky View County
Celebrate the season with your neighbours! Enjoy an evening of connection, creativity and festive fun while painting, decoupage and stenciling small wooden holiday signs. Light refreshments and snacks provided.
For rural residents.

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
cochrane.ca/gradglowup or call 403-851-2250
Registration Closes: Fri, Nov 20
Event Date: Sat, Nov 28
10 a.m-12 p.m.
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.

Men Unplugged (R)
(For men ages 18+)
Event Date: Nov 19
6-9 p.m.
Event Location: Cochrane Ranchehouse, 101 Ranchehouse Road
On International Men's Day celebrate the 2nd Annual Men Unplugged Event. The theme for this year is "Going Beyond the Silence - Removing the Mask". The event is in partnership with My Reach Alberta and Cochrane & Area Men's Shed.
Register:
<https://www.eventbrite.com/e/men-unplugged-2026-tickets-2002349645692>

