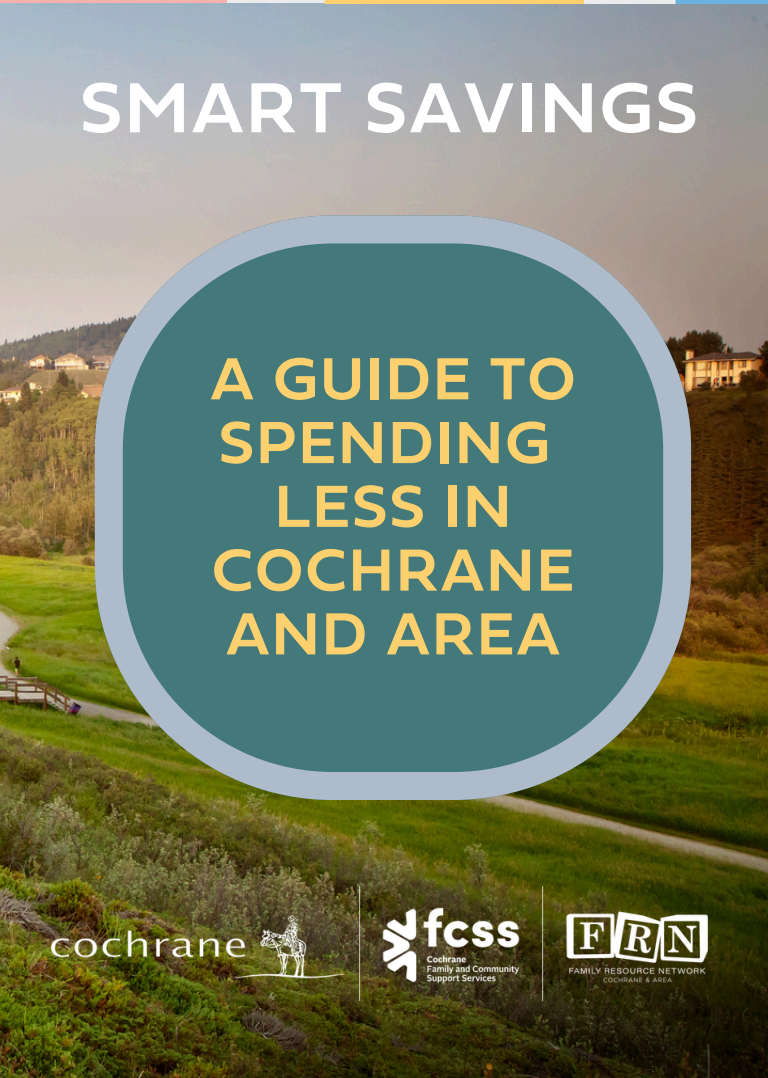
SMART SAVINGS

A GUIDE TO SPENDING LESS IN COCHRANE AND AREA



cochrane

fcss
Cochrane
Family and Community
Support Services

FRN
FAMILY RESOURCE NETWORK
COCHRANE & AREA

Cochrane Family and Community Support Services (FCSS) and Cochrane and Area Family Resource Network (FRN) created this guide to support you with saving money and stretching your dollar in Cochrane and West Rocky View County.

The services noted, not managed by the Town of Cochrane, may be useful for residents. The Town of Cochrane does not guarantee the maintenance, quality, accuracy or completeness of any information provided. The links are provided without warranty or condition of any kind.

If you provide low-cost options to Cochrane and/or West Rocky View County residents and would like to be included in this guide, please email us at fcss@cochrane.ca.

Updated - July 2026

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FCSS & FRN

Family and Community Support Services (FCSS)
403-851-2250 | cochrane.ca/fcssfrn
1, 209 Second Avenue W.

Support for individuals, families with children over the age of 18, older adults and rural residents. FCSS provides a range of services focused on enhancing, strengthening and stabilizing family and community life by working collaboratively with the community to identify and address social needs.

Family Resource Network (FRN)
403-851-2265 | cochrane.ca/fcssfrn
127 First Avenue W.

Support for families with children from birth-18 years that focus on strengthening parenting and caregiving knowledge and problem-solving skills. FRN provides a range of services focused on improving child and youth development, building resiliency and fostering wellbeing.

Each month, a variety of programs and events are organized by FCSS and FRN. To learn more, visit cochrane.ca/programguide.

FCSS & FRN

Cochrane Connect Card
Discounts and promotions at local businesses and organizations for eligible individuals and families. To learn more, visit cochrane.ca/connectcard.

Information and Support
Resource workers offer support and referrals, essential needs programs and system navigation. To learn more, book an appointment.

Families with children 0-18 years,
call FRN 403-851-2265.

Individuals, families with children over the age of 18, older adults and rural residents,
call FCSS 403-851-2250.

Career, Employment & Education

Alberta Student Aid
1-855-606-2096 | studentaid.alberta.ca

Loans, grants and bursaries for post-secondary students.

BGC Cochrane and Area
403-981-2020 | bgccochrane.ca
111 Fifth Avenue W.

Helps to establish and manage day homes and support for families to find the right day home placement.

Community Futures Alberta
403-389-8272 | albertacf.com

Free resources for small business owners and entrepreneurs.

Career, Employment & Education

Momentum Calgary
403-272-9323 | momentum.org

Career support, training and employment programs to help individuals facing barriers to employment gain the skills and confidence needed to sustain careers.

NPower
403-536-4011 | npowercanada.ca

Free tech-training programs and Information Technology certification.

Prospect Employment Services
403-709-0010 | prospectnow.ca

Free employment services that provide the tools needed to make a job search successful.

South Central Adult Learning Society
403-466-7963 | scals.ca

A variety of programs, workshops and one-to-one tutoring. Financial assistance may be available for basic literary core classes.

Career, Employment & Education

Websites for Job Seekers
Indeed.ca
alis.ca

Facebook Groups
Cochrane Side Jobs
Odd Jobs in Cochrane

Tip
Check with local organizations and schools for current scholarship, grant and bursary opportunities.

Community & Parenting Resources

BGC Cochrane and Area
403-981-2020 | bgccochrane.ca
111 Fifth Avenue W.

Supportive programs for youth and families, including quality before and after school care for children from grades K-6 and teen drop-in programs for ages 12-17 to engage and socialize.

Cochrane Public Library
403-932-4353 | cochranepubliclibrary.ca
405 Railway Street W.

Free library cards, programs for all ages, exam services and internet access.

Cochrane Pregnancy Care Centre
403-932-2900 | cochranepreg.com
208, 100 Grande Boulevard

Education, resources, referrals and compassionate care for individuals and families facing an unexpected pregnancy.

Community & Parenting Resources

Community Education Services
403-955-4730 | community.hmhc.ca

Free information and strategies for parents and caregivers to support the development and mental health of children and youth.

FRN
403-851-2265 | cochrane.ca/fcssfrn
127 First Avenue W.

- **Parent Education**

Free programs offered by trained facilitators. Programs are delivered in group, family or one-to-one sessions.

- **Child Development**

Free programs that provide families an opportunity for social connections and play.

- **Backpack Program**

An annual event starting in August that provides eligible grade K-12 students with important back-to-school supplies.

Facebook Groups
Cochrane Alberta Babysitters
Cochrane Childcare Central

Food

Cochrane Food Bank
feedingcochrane.ca

Food support for residents from Cochrane, and West Rocky View County. To access, book an appointment with a resource worker.

Families with children 0-18 years,
call FRN 403-851-2265.

Individuals, families with children over the age of 18, older adults and rural residents,
call FCSS 403-851-2250.

Cochrane Good Food Box
Facebook.com/groups/cochranegoodfoodbox
Bow Valley Baptist Church, 54 West Aarsby Road

Monthly box of fruit and vegetables at a lower price.

FCSS
403-851-2250 | cochrane.ca/foodprograms
1, 209 Second Avenue W.

- **Meals on Wheels for Your Freezer**

Pre-made individually frozen entrees.

Food

Heart to Home Meals
1-888-777-2219 | hearttohomemeals.ca

Budget-friendly options for seniors looking for nutritious and accessible food.

Helping Hands Free Food Sheds
587-580-9448 | helpinghandscochrane.ca
St. Andrews Church, 128 First Street E.
Bow Valley Baptist Church, 54 West Aarsby Road

Take what you need, leave what you can. Open and available 24/7 to anyone.

St. Andrew's United Church Community Lunch
403-932-2585 | cochraneunited.com
128 First Street E.

Free homemade soup Tuesdays from 12 - 1 p.m., September through May.

Ruben's Veggies
403-977-7574 | rubensveggies.ca
23 Heartland Boulevard

Cashierless fresh produce store open April-December.

Food

Odd Bunch Produce Boxes
oddbunch.ca

Produce boxes filled with fresh, cosmetically imperfect or surplus fruits and veggies at 30-50% less than the standard supermarket price.

Facebook Group
Cochrane Food Saver Alberta

Tips
Many stores price match. If you find a product for a lower price online or in a different store, ask if they will match it.

Download a variety of apps to browse weekly digital flyers from local retailers (e.g., Flipp) and access savings on food items approaching their best-before date (e.g., Flash Food, Too Good to Go, Food Hero).

Most businesses offer discounts on a weekly or monthly basis. Reach out to local businesses to inquire about discount days.

Check with financial institutions, businesses and service providers for promotions and reward programs that they offer.

Government, Financial & Legal Supports

Alberta Disability Assistance Program(ADAP) Assured Income for the Severely Handicapped (AISH)
1-866-334-6950
alberta.ca/disability-income-assistance

Financial and health benefits for eligible Albertans with a permanent health condition.

Alberta Income Supports
1-866-644-5135 | alberta.ca/income-support

Supports eligible Albertans to pay for basic and emergency expenses like food, clothing and shelter.

Alberta Seniors Benefit
1-877-644-9992 | alberta.ca/alberta-seniors-benefit

Financial assistance to help with monthly living expenses for eligible seniors.

Calgary Legal Guidance
403-234-9266 | clg.ab.ca

Free legal guidance for those who do not have access to paid services.

Government, Financial & Legal Supports

FCSS
403-851-2250 | cochrane.ca/financialresources
1, 209 Second Avenue W.

- **Community Volunteer Income Tax Program**

Provides free assistance for filing annual income tax returns for eligible individuals and families.

- **Seniors Property Tax Rebate**

Eligible seniors receive a rebate towards their property taxes.

- **Seniors Forms**

Assists seniors with government forms.

Legal Aid Alberta
1-866-845-3425 | legalaid.ab.ca

Legal assistance for eligible Albertans.

Federal Government Income Supports
benefitsfinder.services.gc.ca

Search benefits you might be eligible for such as Canadian Pension Plan, Disability Tax Credit, Guaranteed Income Supplement, Old Age Security, Child Tax Benefit and more.

Government, Financial & Legal Supports

Money Mentors
1-888-294-0076 | moneymentors.ca

Free, confidential advice on debt management.

Town of Cochrane
cochrane.ca/rebates

Several rebates available to encourage residents to save water.

Health

Alberta Aids to Daily Living
780-427-0731 | alberta.ca/alberta-aids-to-daily-living

Funding for basic medical equipment and supplies.

Alberta Adult & Child Health Benefit
1-877-469-5437 | alberta.ca/drug-coverage-health-benefits

Health benefits available for eligible Albertans.

Canadian Dental Care Plan
1-833-537-4342
canada.ca/en/services/benefits/dental/dental-care-plan.html

A federal program that helps eligible Canadians afford dental care.

Cochrane Emergency Training Services
403-506-3129 |
cochraneemergencytraining.com
218 Fifth Avenue W.

Free CPR workshops offered once a month.

Health

Tip
Ask your doctor and/or pharmacist for samples or affordable options for medications.

Some professional services (e.g., chiropractor, massage, psychology etc.) offer sliding scale rates or payment plans. Call in advance to ask if they offer these options.

Household

Rogers Connected for Success
1-888-793-2441 | rogers.com/connected-for-success

High-speed, low-cost internet, TV bundles and mobile plans for eligible individuals and families.

TELUS Connecting for Good
telus.com/en/social-impact/connecting-canada

Eligible individuals and families can access internet, mobile devices and digital literacy training.

Tip
The Utilities Consumer Advocate website helps navigate Alberta's utilities market. Use the Cost Comparison Tool to compare rates and retailer products. To learn more, visit ucahelps.alberta.ca

Houseware, Clothing & Sports Equipment

The Clothesline
403-932-5998 | cochraneactivettes.com/the-clothesline/
122 Fourth Avenue W

A local non-profit thrift store offering gently used clothing. All proceeds support the community.

Cochrane Home Treasures
403-851-9974 | cochranehometreasures.ca
2, 208 Fifth Avenue W.

A local non-profit thrift store that sells furniture and household items. All proceeds support the community.

Home Reno Heaven
403-851-1117 | homerenoheaven.ca
136 Charlesworth Avenue

Donated building materials, tools and home improvements supplies resold to the public at an affordable price. All proceeds support affordable housing initiatives through Cochrane Society for Housing Options (CSHO).

Houseware, Clothing & Sports Equipment

FCSS
403-851-2250 | cochrane.ca/financialresources
1, 209 Second Avenue W.

- **Jacket Racket**

An annual event in October that provides individuals and families of all ages with access to free, gently used winter apparel.

- **Grad Glow Up**

An annual event that provides high school graduates in Cochrane and West Rocky View County with access to free, formal attire.

My First Bicycle
myfirstbicycle.ca

Free bicycles for eligible youth between the ages of 8-16.

Back in Gear Program
bikecochrane.com/back-in-gear
Low cost, gently used bikes for all ages.

Calgary Flames Sport Bank
403-2020-0251 | flamessportsbank.ca
Free sports equipment for eligible families.

Houseware, Clothing & Sports Equipment

Websites
cochrane.kijiji.ca
varagesale.com/cochrane-alberta-trading-post
groupon.ca

Facebook Groups
Anything FREE Cochrane
Buy Nothing Cochrane, AB
Cochrane Shop And Swap
Cochrane Alberta Garage Sales
Cochrane Mommies Buy & Sell
Cochrane and area Buy & Sell
Cochrane Pass It On
EVERYTHING FREE-Cochrane

Houseware, Clothing & Sports Equipment

Tip
Check consignment clothing stores where you may find low-cost options.

Dollar stores offer low-cost toys, stationery, craft supplies and more.

Use the Marketplace tab on Facebook to search for used items. Some neighbourhoods have buy and sell Facebook groups where you may find lower cost and free items.

Reach out to local businesses to inquire about discount days. Most businesses in this guide offer discounts on a weekly or monthly basis.

Housing

Affordable Housing

Cochrane Society for Housing Options (CSHO)
403-851-2261 | csho.ca
209, 2 Avenue W.

Rental housing where tenants pay a discounted percentage of what is considered the average market rent for the area.

Subsidized Housing Options

Rocky View Foundation – Rent Assistance Benefit Program
403-945-9724 | rockyviewfoundation.org/rent-assistance-benefit-applications

Rent supplement for eligible applicants.

Big Hill Lodge
403-932-3355 | rockyviewfoundation.org/big-hill-lodge
98 Carolina Drive

Subsidized supportive living for seniors.

Housing

Bethany Care Centre
403-932-6422 | bethanyseniors.com
1000, 32 Quigley Drive

Long-term care and supportive living for seniors.

Evergreen Manor
403-945-9724 | rockyviewfoundation.org/evergreen-manor
300 Ross Avenue

Subsidized rent for eligible seniors on one bedroom apartments.

Campgrounds

Bow Rivers Edge Campground
403-932-4675 | bowriversedge.com
900 Griffin Road E.

Ghost Reservoir Campground
403-851-0766 | albertaparks.ca/parks/kananaskis/ghost-reservoir-pra/information-facilities/camping/ghost-reservoir

Housing

Ghost Station Camping and Storage
403-851-5209 | ghoststation.ca
54209 Bow Valley Trail, Rocky View County

Spring Hill RV Park
403-932-2010 | springhillrvpark.ca
41216 Big Hill Springs Road, Rocky View County

Website
rentfaster.ca
roomies.ca/cochrane-ab

Facebook Groups
Cochrane Home Rentals
Cochrane Rental Properties
Cochrane Real Estate & Rentals Classified

Tip
Unison at Kerby Centre offers several senior supports, including subsidized housing options and residential facilities. To learn more visit unisonalberta.com

Pets

Cochrane Humane Society
403-932-2072 | cochranehumane.com
62 Griffin Industrial Point

Support with accessing pet food. To access, call 403-851-2250 to book an appointment with a resource worker.

Parachutes for Pets
403-305-9677 | parachutesforpets.com

Help and resources for eligible pet owners.

Tails of Help
587-575-8415 | tailsofhelp.ca

Helps fund essential veterinary care for eligible pet owners.

Facebook Groups
Alberta Pet Assistance Foundation
Cochrane AB Pet Supply Buy/Sell

Recreation & Social Activities

Canoo App
Offers free admission for new Canadian citizens to various events and experiences within the first year of receiving their citizenship, and for new permanent residents within the first five years.

Cochrane Historical & Archival Preservation Society (CHAPS)
587-777-6926 | chapscochrane.com
20 Bow Valley Trail

Free admission to learn about the history and heritage of Cochrane and area through archival collections and educational programs. Open spring, summer and fall.

Cochrane Lanes
403-932-5280 | cochranelanes.com
11, 402 Railway Street W.

Between May and September, kids bowl free.

Cochrane Public Library
403-932-4353 | cochranepubliclibrary.ca
405 Railway Street W.

A free lending library for books, outdoor equipment, board games, puzzles, power tools, gardening tools, technology and more.

Recreation & Social Activities

Block Party Trailer
The community block party trailer is free and comes with everything you need to host a block party in your neighborhood. Available May through October.

cochrane.ca/community-culture/community-events/community-event-planning/host-block-party

FRN
403-851-2265 | cochrane.ca/fcssfrn
127 First Avenue W.

- **Telus Spark Science Centre**

sparkscience.ca/about/community-connection-program

Free access available for families and a free 1-year admission for grade 7 students available under the Purple Galaxy Pass.

Kananaskis Day Passes
alberta.ca/kananaskis-conservation-pass

Eligible individuals may qualify for an exemption and do not need to purchase a pass. Check website for details and free days.

Recreation & Social Activities

Canada Strong Pass
canada.ca/en/canadian-heritage/campaigns/canada-pass.html

Free admission to all national historic sites, national parks, and national marine conservation areas operated by Parks Canada. Discounted or free access for eligible age groups for historic sites and travel with VIA Rail. 25% discount on camping.

Seniors on the Bow Society (SOTB)
403-932-6002 | sotbcochrane.ca
800 Griffin Road E., Second Floor

Programs and resources for adults 50 and over in Cochrane and area.

Stockmen's Memorial Foundation
403-932-3782 | stockmen.ca
101 RancheHouse Road

Western art gallery, museum and unique non-lending library.

Calgary Attractions Pass
visitcalgary.com/calgary-attractions-pass

Free attractions pass with access to special offers and discounts at participating locations.

Recreation & Social Activities

The CLUB
403-981-2020 ext. 501 | bgccochrane.ca/the-club-teen-space
3, 204 Fifth Avenue W.

Free drop-in programs for youth ages 12-17, outreach support and resources for youth ages 12-22 and in school and community programs for youth ages 10-18.

Facebook Groups
Life in Cochrane, Alberta
Living in Cochrane, Alberta
Cochrane Road Cycling
Cochrane Cares Running Club

Tip
Cochrane has more than 80 km of trails, pathways and sidewalks connecting the community. Explore over three dozen parks and a variety of outdoor recreation facilities. To learn more visit cochrane.ca/parks-recreation.

Check the SLS Recreation Centre website, slscentre.com for specific dates of upcoming promotions and community events.

Sport Subsidies

Hockey Canada Foundation
assistfund.hockeycanadafoundation.ca

Registration fee subsidies for eligible applicants registered with a sanctioned Hockey Canada association.

Jumpstart
jumpstart.canadiantire.ca

Sport recreation subsidies for eligible children and youth ages 4-18.

KidSport
kidsportcanada.ca

Sport subsidies for eligible children and youth ages 18 and under.

The Calgary Flames Sports Bank
flamessportsbank.ca

Providing FREE gently used sports equipment to children from eligible families throughout Southern Alberta.

Transportation

Canadian Cancer Society
1-888-939-333 | cancer.ca

Transportation and short-term financial assistance for eligible individuals and families receiving cancer treatments.

COLT (Cochrane Transit, Fixed and on request)
403-851-5995 | ridecolt.ca

Cochrane's local fixed route service and on-request, transit service. On request must be booked in advance.

Helping Hands Society of Cochrane and Area
587-580-9448 | helpinghandscochrane.ca
244C River Avenue

Transportation for medical and essential appointments.

Rocky View Bus
403-948-2887 | rockyviewbus.ca

Accessible shared-ride transportation.

Swift Mînî Thnî Transit
403-881-3770 | minithnitransit.ca

Transit service between Mînî Thnî and Cochrane.

Transportation

Gas Buddy App
gasbuddy.com

Compare gas prices and find the cheapest gas station near you with this free to download app.

Fuelio App
fuel.io

Free to download and tracks fuel consumption, fuel prices, mileage, maintenance, and other vehicle costs. It includes cloud backup and full mileage tracking for multiple vehicles.

Tips
Download free gas station rewards apps and earn points on every fill up. Check for bonus point offers before filling up. Some points programs can be linked with partner credit cards for additional savings. Small discounts per litre can add up to significant savings over a year.

Notes



This booklet is available online at
www.cochrane.ca/financialresources