November

2026



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

fcss@cochrane.ca • 403-851-2250 | frn@cochrane.ca • 403-851-2265

Register: cochrane.ca/programguide

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FRN FAMILY RESOURCE NETWORK COCHRANE & AREA

Program Descriptions

Child Development 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 opportunityfor 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-6ys/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 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.

Adult 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, decoupaging 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, decoupaging 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



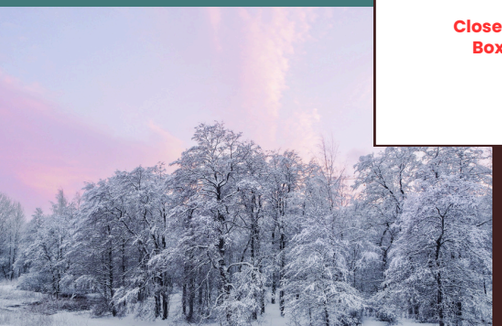
December

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 **Play N' Learn Preschool (D)** 9:30-10:45 a.m. **Drop-In Discovery (D)** 1:30-4 p.m. **Tuning into Kids Tip Talk (R)** 5:30-7:30 p.m. **FCSS Late Night** 8:30 a.m- 6 p.m.	**2** **LLLC- Breastfeeding Support Group (D)** 10:30-11:30 a.m. **Tummy Time Crew (D)** 1:30-3 p.m.	**3** **Bragg Creek Rumble and Roar (D)** 9:30-11:30 a.m. **Infant Massage (R)** Full 9:30-11 a.m. **Neighbours Afternoon Out - Beaupre (D)** 2-3:30 p.m.	**4** **Move and Mingle (D)** 9:30-11 a.m. @Wills Community Hall	**5**
7 **Toddlers in Tow (D)** 9:30-10:45 a.m. **Daddy and Me: Light Me Up! (R)** 5:30-7 p.m.	**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** **Bragg Creek Rumble and Roar (D)** 9:30-11:30 a.m. **Infant Massage (R)** Full 9:30-11 a.m. **Fear-Less Seminar (R)** 1:30-3:30 p.m.	**11** **Move and Mingle (D)** 9:30-11 a.m. @Wills Community Hall **FRN/FCSS Closed** 12-4:30 p.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. **Drop-In Discovery (D)** 1:30-4 p.m. **FCSS Late Night** 8:30 a.m.-6 p.m.	**16** **LLLC- Breastfeeding Support Group (D)** 10:30-11:30 a.m. **Tummy Time Crew (D)** 1:30-3 p.m.	**17** **Bragg Creek Rumble and Roar*(D)** 9:30-11:30 a.m. **Story Seeker Squad - Book Olympics Edition (R)** 4:15-5:30 p.m. **Intergenerational Christmas Baking (R)** 6-8:30 p.m.	**18** **Move and Mingle (D)** 9:30-11 a.m. @Wills Community Hall	**19**
21	**22** **FCSS Late Night** 8:30 a.m.-6 p.m.	**23**	**24** **Closed for Christmas Eve**	**25** **Closed for Christmas**	**26**
28 **Closed in lieu of Boxing Day**	**29** **FCSS Late Night** 8:30 a.m.-6 p.m.	**30** **Tummy Time Crew (D)** 1:30-3 p.m.	**31**		**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)

ECD room closed for cleaning

ECD room closed for cleaning



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Register: cochrane.ca/programguide

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FRN Family Resource Network Cochrane & Area

Program Descriptions

Child Development Programs

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

Play N' Learn Preschool (D)
(3-6yrs/Parented)
Tue, Dec 1, 8 & 15
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, Dec 1, 8 & 15
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.

Toddlers in Tow (D)
(Walking-36mos/Parented)
Mon, Dec 7 & 14
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.

Tummy Time Crew (D)
(Prenatal-Walking/Parented)
Wed, Dec 2, 9 & 16
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, Dec 3, 10 & 17*
9:30-11:30 a.m.
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.
*Santa's Holiday Adventure: Celebrate the season with a fun-filled holiday party! Enjoy festive activities, treats and a special visit from the big guy in red. Bring your holiday spirit and make cheerful memories together.

Move and Mingle (D)
(Birth-6yrs/Parented)
Fri, Dec 4, 11, & 18
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.

Daddy and Me: Light Me Up! (R)
(Birth-6yrs/Parented)
Mon, Dec 7
5:30–7 p.m.
Dads! Bring the kids for activities, songs and stories acknowledging the shorter days in December and how we love to brighten the season with lamps, candles and strings of lights. A light supper will be served.

Story Seeker Squad – Book Olympics Edition (R)
(8-12yrs/Un-parented)
Thu, Dec 17
4:15-5:30 p.m.
Location: The Station – North and South Boardrooms 360 Railway Street W.
Drop off or stay and play with your kids at The Station. Take part in epic Book Olympics, competing in various book-themed contests and games. Snacks provided. Pick-up from the West Doors. Register through the library at cochranepubliclibrary.ca/events

Caregiver Capacity Programs

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

Tuning into Kids Tip Talk (R)
(For parents with children 3-11yrs)
Tue, Dec 1
5:30-7:30 p.m.
Big feelings, little people! Join us for this Tip Talk to discover how to become your child's emotional coach, support them through big (and small) emotions and build stronger connections that last a lifetime. Light refreshments and snacks provided.

Breastfeeding Support Group (D)
(For parents with children birth-6yrs)
Wed, Dec 2 & 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) Full
(For parents with babies' birth-crawling)
Thu, Dec 3 & 10
9:30-11 a.m.
Learn gentle infant massage techniques that soothe babies, promote bonding and support healthy growth in a calmin hands-on class designed for nurturing touch and relaxation.

Fear-Less Seminar (R)
(For parents with children 6-14yrs)
Thu, Dec 10
1:30-3:30 p.m.
You may feel you have tried everything and may be anxious yourself. If your child's anxiety affects daily life, Fear-Less Triple P can help them worry less, build confidence and give you practical parenting strategies.

Intergenerational Moms' Night Out: Christmas Baking (R)
(For moms and 50+ yrs)
Thu, Dec 17
6-8:30 p.m.
Location: Seniors on the Bow, 800 Griffin Road E., Second floor, SLS Centre, Arena Entrance
Moms and older adults will come together for a fun night of baking holiday cookies to take home. No prior experience is needed, and snacks will be provided.

Adult Programs

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

Neighbours Afternoon Out - Beaupre (D)
(For all ages)
Thu, Dec 3
2-3:30 p.m.
Location: Beaupre Community Hall, 263035 Beaupre Creek Rd, Rocky View County
Good company, a few card games and a chance to get to know your neighbours! Join Cochrane FCSS and Beaupre Community Hall for a relaxed afternoon of light refreshments, games, and conversation. Whether you're new to the area or simply looking to connect, come as you are, pull up a chair, and enjoy some neighbourly connection!

Intergenerational Christmas Baking (R)
(For moms and 50+ yrs)
Thu, Dec 17
6-8:30 p.m.
Location: Seniors on the Bow, 800 Griffin Road E., Second floor, SLS Centre, Arena Entrance
Moms and older adults will come together for a fun night of baking holiday cookies to take home. No prior experience is needed, and snacks will be provided.

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