

### **Empower-MINT Ice Cream**

**MacKay's, 220 First St W**

**Monday, May 6 - Sunday, May 12**

Empower-MINT ice cream at MacKay's Ice Cream. Proceeds are going to the Cochrane and Area Victim Services (This week only). Cochrane & Area RCMP & Victim Services will be in attendance at MacKay's on May 7 at 1:00pm.

### **Seniors Afternoon Movie**

**Seniors on the Bow, 800 Griffin Rd E (Arena entrance)**

**Monday, May 6 | 1:00pm | FREE, Drop-in**

Come and join a free movie afternoon at SOTB. The movie will be "Big Fish" and it is a story of a son and a father who reconnect after the father falls ill. Feel free to stay after the movie for a panel discussion with local community members and professionals who have experience with the themes explored during the movie.

### **Super Dads Super Kids**

**Family Resource Network, 127 First Ave W**

**Monday, May 6 | 1:30 - 2:45pm | FREE, Drop-in**

An interactive play-based program for male caregivers and their children. Dads will get to enjoy some quality time with their children and connect with other dads.

### **Family & Community Connection Night: Tie Dye-versity**

**Stepping Stones to Mental Health, Cochrane Historic Ranche Park, Highway 1A (Just east of Highway 22)**

**Monday, May 6 | 6:00- 7:30pm | FREE, Drop-in**

Create your own tie dye piece through reflection about the unique qualities of your own identity. Share these qualities with others and get to know other people's unique qualities too. All materials will be provided. There will also be other Cochrane and Area community agencies present, so come check out the different community supports available to you!

### **Moms' Night Out: Self-Care Spa Night**

**Family Resource Network, Cochrane RancheHouse, 101 RancheHouse Rd**

**Monday, May 6 | 6:00 - 8:00pm | Register @ [cochrane.ca/programguide](https://www.cochrane.ca/programguide)**

During Mental Health Week, come de-stress and enjoy a night-out with facials, foot scrubs, nail painting, snacks & fun. Get ready to be pampered and leave feeling refreshed. Moms only please!

### **The Anxiety Epidemic: Kids and Worries Virtual Workshop**

**Dr. Jody Carrington**

**Monday, May 6 | 6:30 - 8:00pm | Register @ <https://www.eventbrite.ca/e/858379445027?aff=oddtcreator>, use code MHAW2024 for 10% off of ticket price**

We use the word "anxiety" these days to describe so many behavioural presentations in kids and it seems that everyone has it. Turns out, anxiety is normal and necessary for all of us. When our experiences, our neurochemistry, or (often) a mixing of both can sometimes lead kids to getting stuck in an anxious state when there's no real danger present. In this workshop we will talk all about why kids these days seem to be more anxious than ever before, when we should get concerned about it, and just what us big people can do to help navigate the often very big emotions that surround anxiety.

### **Group Bike Ride for Mental Health**

**FCSS, SLS Centre Parking Lot (Riverside entrance), 800 Griffin Road E**

**Monday, May 6 | 6:00 - 7:00pm | FREE, Drop-in**

Join us for a scenic bike ride as we pedal together in support of mental health awareness. Enjoy the fresh air and beautiful riverside while raising awareness for an important cause. Let's break the stigma surrounding mental health and promote well-being through exercise and community support. The ride will be on a paved pathway. Please bring your own bike and a CSA certified bike helmet. For more info: Cody at [cody.alba@cochrane.ca](mailto:cody.alba@cochrane.ca). All are welcome to join!

### **Colouring for Calm**

**The Messy Moose Studio, 123 2 Ave W #3**

**Tuesday, May 7 - Friday, May 11 | 9:30am-12:30pm, 1:30pm-4:30pm | Drop-in \$21**

Unleash Your Creativity and Find Serenity at our 'Colouring for Calm' Event! Join us for a soothing experience as you immerse yourself in the therapeutic art of coloring. Take a break from the hustle and bustle of daily life and treat yourself to a moment of mindfulness. All coloring materials will be provided, so simply bring yourself and an open mind. Come and experience the therapeutic benefits of coloring with us for both children and adults alike!

### **Play N' Learn Preschool: All About Emotions**

**Family Resource Network, 127 First Ave W**

**Tuesday, May 7 | 9:30 - 10:45am | FREE, Drop-in**

Engage in some social-emotional activities that will help your preschooler learn about feelings, develop empathy and perspective taking.

### **Community Lunch and Mental Health Q&A**

**St. Andrew's United Church, 128 First Street**

**Tuesday, May 7 | 12:00 - 2:00pm | FREE, Drop-in**

We're hosting our regular community lunch followed by a mental health question and answer session presented by Right Hand Support and FCSS.

### **Caregiver Self-Care: Succulent Gardens**

**MHCB, Stepping Stones to Mental Health, Cochrane Public Library, 405 Railway St W**

**Tuesday, May 7 | 6:00pm - 7:30pm | FREE, Register @**

**[www.cochranepubliclibrary.ca/caregiverselfcare](http://www.cochranepubliclibrary.ca/caregiverselfcare)**

This session will provide information on burnout, managing stress, and includes making your own succulent garden. We will discuss the importance of self-care; taking care of your emotional, mental, and physical health. Potting our plants will act as a metaphor for the commitment we make to take care of ourselves. When we care for ourselves, we are able to better care for others. Snacks and drinks will be provided.

### **Rural Moms' Night Out: Paint Night**

**Family Resource Network, Bragg Creek Community Association, 23 White Ave, Bragg Creek**

**Tuesday, May 7 | 6:00 - 8:00pm | FREE, Register @ [cochrane.ca/programguide](http://cochrane.ca/programguide)**

During Mental Health week enjoy a night of well-being, creativity, and stress release as you paint your masterpiece. Enjoy refreshments and connect with other moms in your community. Rural moms only please.

### **Masculinity Off the Mat**

**Alchemy Yoga, 346 Railway St W**

**Tuesday, May 7 | 6 - 7:30pm | FREE, Register @ [alchemyyogacochrane.com](http://alchemyyogacochrane.com)**

For mental health week in Cochrane, we're hosting an off the mat session to discuss various topics related to healthy masculinity. Topics will include a journey through the chakras, boundaries, empathy, and masculinity in relationship. This session is intended to be informal, collaborative and agile. Donations are gratefully accepted. All donations will support Cochrane Family & Community Support Services.

### **Community Helpers Lunch N' Learn**

**FCSS/AHS, The Station, 360 Railway St W**

**Wednesday, May 8 | 12:00pm | FREE, Drop-in**

This 1-hour Lunch N' Learn will be an orientation to the Community Helpers Program and provide some tangible skills you can walk away with to help you feel more confident supporting youth. Community Helpers Program is designed to empower youth, and those who support youth, to help even better than they already do. Refreshments will be provided, and you are also welcome to bring a lunch if you would like.

## **Cochrane Home Treasures: Community Movie Night**

**Cochrane Movie House, 218-5 Avenue W**

**Wednesday, May 8 | Evening showtimes | FREE**

Home Treasures operates on the belief that everyone deserves the nice & necessary. That is why on May 8th Home Treasures is sponsoring a free community movie night at the Cochrane Movie House. Tickets will be available for pick-up at the Movie House starting at 2:30pm on April 30. There is a limit of 5 tickets per person and only while tickets last.

## **Harmonize Your Life: Exploring Four Pillars of Wellness**

**Still Lake Listening, Cochrane Public Library, 405 Railway St**

**Wednesday, May 8 | 6:15pm - 7:15pm | FREE, Register @ [www.cochranepubliclibrary.ca/harmonize](http://www.cochranepubliclibrary.ca/harmonize)**

For this year's Mental Health Week, join Still Lake Listening for a grounding and empowering conversation facilitated to support you in finding harmony -- body, mind, heart, and spirit. Sandra and Michelle will guide you in conversation that explores how we can daily nurture each of the four pillars of wellness: mental-emotional well-being, social well-being, physical well-being, and spiritual well-being.

## **Open House & BBQ**

**Wayfinders Wellness Society**

**Thursday, May 9 | 11:00am - 2:00pm | FREE, Register @ <https://www.wayfinderswellness.ca/events>**

Join us for an open house, tour, and barbecue at our ranch! We offer a unique, safe, supportive space for first responders, military, veterans, and their families who are navigating PTSD (Post Traumatic Stress Disorder) and OSI (Occupational Stress Injury) along the road of returning to mental health and wellness living with injury. WWS is a nonprofit society led by peers with lived experience helping peers and is not therapy led as our team understands that there is a time and place for healing with clinicians, as well as an equally important time and place for peer led support without judgement in a community that understands the struggles faced living with PTSD/OSI injury.

For more information, please contact our administration by email @ [info@wayfinderswellness.ca](mailto:info@wayfinderswellness.ca) or by text or call 403-975-3871.

## **Mindfulness Soapstone Carving for Home Education Students**

**Cochrane Public Library, 405 Railway St**

**Thursday, May 9 | 1:00pm | FREE, Register @ [www.cochranepubliclibrary.ca/mhwsoapstone](http://www.cochranepubliclibrary.ca/mhwsoapstone)**

Embark on a journey with Michael Emery of Unique Soapstone Experiences as he leads students into the serene world of soapstone carving. This workshop marries creativity with meditation, inviting participants to dive deep into an ancient art form that nurtures self-expression through the tactile joy of shaping and sculpting stone. Registration opens Monday, April 15. Limited space available. All materials supplied.

## **Mindful Parenting**

**Family Resource Network, 127 First Ave W**

**Thursday, May 9 | 6:00 - 7:30pm | FREE, Register @ [cochrane.ca/programguide](http://cochrane.ca/programguide)**

Parenting can be both a joy and a challenge. In this class, you will learn about ways to cope with stress and anxiety and make room for more joy. Snacks and refreshments will be provided.

## **AHS D-Stress Workshop**

**209 Second Ave W**

**Thursday, May 9 | 6:30 - 8:30pm | FREE, Register @ [D-Stress Workshop \(perfectmind.com\)](http://D-StressWorkshop(perfectmind.com))**

This interactive workshop includes a basic discussion of stress and how we can recognize when it becomes a problem for our health. Participants will come away with a personal stress reduction action plan, which may include stress management techniques introduced in the workshop.

## **Adolescent Brain Development and Navigating the Parent-Teen Relationship**

**MHCB, Stepping Stones to Mental Health, Bow Valley High School, 2000 River Heights Dr.**

**Thursday, May 9 | 7:30 - 8:30pm | FREE, Register by email: [bvhschoolcouncil@gmail.com](mailto:bvhschoolcouncil@gmail.com) with session title & # of attendees**

Open to ANY caregivers or people in a role of supporting youth

- Teen brains: what is going on there?
- Developmental milestones. Yep, just like when they were a baby! -Renegotiating relationships. Expectations, conflict, boundaries- oh my!
- Building resilience. Helping them bounce back!
- Snacks and drinks will be provided.

## **Yoga & Connection**

**Family Resource Network, 127 First Ave W**

**Friday, May 10 | 1:30-2:45pm | FREE, Register @ [cochrane.ca/programguide](http://cochrane.ca/programguide)**

Enjoy a yoga class with your baby for a mindful and safe way to get back into movement, while your little ones join in. We will end the class off with some open discussion on parenting topics. For parents and babies, newborn to crawling.

## **Slow Flow & Bowls**

**Alchemy Yoga, 346 Railway St W**

**Friday, May 10 | 6:00 - 7:30pm | FREE, Register @ [alchemyyogacochrane.com](http://alchemyyogacochrane.com)**

This is a special offering for men only during mental health week.

Slow vinyasa flow to crystal bowl meditation. In this class, students will experience a gentle vinyasa flow to remove excess energy from the body before settling into a comfortable meditation enjoying the power of sound healing with quartz crystal bowls. The tones produced by crystal bowls are heard by the ear and the vibrations are felt by the body affecting the energy centers (chakras) for healing, balancing & meditation.

This is a non-heated class. Donations are welcome and all donations will be given to Cochrane Family & Community Support Services.

## **We Are Cochrane - Speaker Series**

**Found Bookstore, 208 First St W**

**Friday, May 10 | 7:00pm | Register @ <https://www.eventbrite.com/e/we-are-cochrane-tickets-873410643747?aff=oddtcreator>**

We Are Cochrane is a deeply intimate evening where 3 Cochrane locals share their personal stories. It is an opportunity to get real and raw with the people that make up this incredible town. Each speaker shares their heartfelt accounts of hardship and triumph, grief and joy, difficult learning curves and deep insights and how they have been impacted by mental health. When we open ourselves up to be vulnerable in sharing our stories, we bravely show how connected we are in our shared experiences and pave the way for others to be more vulnerable.

## **Drumming Circle**

**FCSS, 1, 209 Second Ave W**

**Friday, May 10 | 6:00 - 7:30pm | FREE, Drop-in**

Join Chantal Chagnon (<https://www.cree8.ca>) Cree/Métis Singer, Drummer, Artist, Storyteller, Actor and Educator as she explores the teachings behind Traditional Drumming, Songs and Storytelling. You will drum, sing and hear the stories behind songs from several Nations, including Cree, Ojibwe/Anishinaabe, Blackfoot and Cherokee. All ages welcome.

**Spirit Winds Ranch has graciously offered gift certificates to a number of partner agencies participating in Mental Health Awareness Weeks.**

## **Dying for Conversation**

**Cochrane Public Library, 405 Railway St**

**Saturday, May 11 | 10:15 - 11:15am | FREE - drop-in**

Join End of Life Doula Julie Handrahan for coffee and casual conversations around end of life. End of life is one of the least talked about subjects, but should it be? We need to feel comfortable having conversations on death and dying so we can ensure we get the care we need, and our final wishes are known and carried through until the end. Address the white elephant and seize the opportunity to discuss one's end of life wishes while they are relatively healthy.

## **Mental Health Out Loud Cochrane Art Display**

**Route 22 Artist Collective Gallery, 312 Fifth Ave #18**

**Saturday, May 11 | 1:00 - 3:00pm | FREE - drop-in**

Members of the public are welcome to attend the Mental Health Out Loud art display closing held at Route 22 from 1-3pm.

- guest speaker on the important connection between mental health & art
- hear from local RVS student artists who showcased their work on what inspired them
- snacks & drinks will be provided

Mental Health Out Loud is an annual art contest put on by MHCB, Stepping Stones to Mental Health during Mental Health Awareness Week to help support positive conversations and reducing the stigma around mental health.

## **Compassionate Minds: Connect, Converse & Share Your Story**

**CCIS/CISC/RVIS, Cochrane Public Library, 405 Railway St**

**Saturday, May 11 | 2:00 - 4:00pm**

Come join us for some fun ways to connect, converse, and share your story.

## **PLANTing the Foundation to Mental Health**

**Maliya Wellness, 120 - 5th Ave W**

**Saturday, May 11 | 3:00 - 5:00pm | Register @ [https://maliya.janeapp.com/locations/workshops-events/book#/staff\\_member/119](https://maliya.janeapp.com/locations/workshops-events/book#/staff_member/119), or call 403-981-9868 or email at [hello@maliya.ca](mailto:hello@maliya.ca).**

Unearth the secrets of mental well-being with our interactive plant activity! Kids will cultivate awareness of their unique needs, receiving a crafty keepsake and lifelong skills. Meanwhile, parents can sip and snack in the lounge, cultivating their own relaxation.

Facilitated by: Amy Coupland, Provisional Psychologist and Bonnie Kelly, Provisional Psychologist

Age group: 7-11 years

Max capacity: 14 children

## **Teen Night (13-18yrs)**

**SLS Centretre (SLSC): 800 Griff**

**Saturday, May 11 | 6:30-8:30pm**

Come and hang out with friends, listen to music, play basketball and volleyball in the gymnasium.

## **Strengthening Bonds & Connection: A Creative Mindfulness Workshop**

**Route 22 Artist Collective Gallery, 312 Fifth Ave #18**

**Sunday, May 12 | 1:30 - 3:30pm | <https://www.eventbrite.ca/e/strengthening-bonds-connection-a-creative-mindfulness-workshop-tickets-873037437477>**

A somatic art therapy experience designed to help you connect and communicate with your loved ones.

## **Wellspring Alberta: Children's & Parents Online Program**

### **Ongoing**

At Wellspring, you will find a range of free programs designed to provide connection and belonging; ease pain, fatigue, and distress; build strength and mobility; and support financial and workplace challenges. If you or a loved one is living with cancer, Wellspring is here to help. Wellspring Alberta programs are available online, in your local community, over the phone and in-person – meeting you where you are or where you feel most comfortable.

[wellspring.ca/alberta/programs](https://wellspring.ca/alberta/programs)