

# June



FAMILY RESOURCE NETWORK  
COCHRANE & AREA

**Contact Info:**

Ph: 403-851-2265  
E: FRN@cochrane.ca

F: facebook.com/CochraneFRN/  
Register: cochrane.ca/Programguide

Before leaving for a program, please check our Facebook page for program updates.

**Hours:**

Mon to Fri  
8:30am-12pm, 1pm-4:30pm  
\*Open until 7pm - 1st Tue of the month excluding Jul and Aug.

**Location:**

127 First Ave W, Cochrane, AB

**Program Legend:**

FRN Drop-in Programs (D)  
FRN Registered Program (R)  
FRN Virtual Programs (V)  
FRN Rural Programs  
External Community Programs



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Spring Reminder:</b> Socks are mandatory in the Child Development &amp; Wellness Room.</p>					<p><b>1</b> Bears paw Disability Market @ Bears paw Lifestyles Centre 10am-3pm</p>
<p><b>3</b> Toddlers in Tow (D) 9:30-10:45am Super Dads Super Kids (D) 1:30-2:45pm</p>	<p><b>4</b> Play N' Learn Preschool (D) 9:30-10:45am Wee-All (D) 1:30-2:45pm</p>	<p><b>5</b> Movers and Groovers (D) 10:30am-12pm Mindful Parenting (R) 1:30-3pm</p>	<p><b>6</b> Bragg Creek Rumble &amp; Roar (D) 9:30-11:30am Infant Massage (R) FULL 9:30-11am Baby Steps (D) 1-2:30pm</p>	<p><b>7</b> Games Afternoon @ Cochrane Public Library 4-5:30pm</p>	<p><b>8</b> Let's Go Lego @ Cochrane Public Library 11am-12pm</p>
<p>Seniors Week- June 2-8 ←</p>					<p>Seniors Week- June 2-8 →</p>
<p><b>10</b> Toddlers in Tow (D) 9:30-10:45am Super Dads Super Kids (D) 1:30-2:45pm</p>	<p><b>11</b> Play N' Learn Preschool (D) 9:30-10:45am Wee-All (D) 1:30-2:45pm</p>	<p><b>12</b> AHS Prenatal Health Group (D) 10-11:30am Grandparents Group (D) 1:30-2:45pm Coping with Anger (R) 1:30-3pm Little Autism Asperger Friendship Society (LAAFS) (R) 6:30-8:30pm</p>	<p><b>13</b> Bragg Creek Rumble &amp; Roar: (D) Pancake Wrap up 9:30-11:30am Infant Massage (R) FULL 9:30-11am FASD- Caregiver Support (R) 10am-12pm Baby Steps (D) 1-2:30pm Nurturing Parenting: Developing Empathy (R) 1:30-3pm</p>	<p><b>14</b> Family Flicks @ Cochrane Public Library 10:30am-12pm Yoga &amp; Connection (R) 1:30-2:45pm</p>	<p><b>15</b> Block Party Kick Off (D) @ Historic Cochrane Rancho Park 1-4pm</p>
<p><b>17</b> Toddlers in Tow (D) 9:30-10:45am Super Dads Super Kids (D) 1:30-2:45pm AHS Mealtime Struggles (R) 6-7:30pm</p>	<p><b>18</b> Play N' Learn Preschool (D) * Great Neighbour week 9:30-10:45am Wee-All * (D) 1:30-2:45pm</p>	<p><b>19</b> Movers and Groovers (D) Pancake Wrap Up 10:30am-12pm Ages &amp; Stages (R) 1:30-2:45pm</p>	<p><b>20</b> Infant Massage (R) FULL 9:30-11am Baby Steps (D) Bring a neighbour day 1-2:30pm</p>	<p><b>21</b> Give a Little Love @ The Station 4-7pm</p>	<p><b>22</b> Summer Kick Off @ SLS Centre 6:30-11pm</p>
<p>Neighbourhood Week-May 15-22 ←</p>					<p>Neighbourhood Week-May 15-22 →</p>
<p><b>24</b> Toddlers in Tow (D) 9:30-10:45am Super Dads Super Kids (D) 1:30-2:45pm</p>	<p><b>25</b> Play N' Learn Preschool (D) 9:30-10:45am Wee-All (D) 1:30-2:45pm</p>	<p><b>26</b> AHS Prenatal Health Group (D) 10-11:30am Grandparents Group (D) 1:30-2:45pm</p>	<p><b>27</b> Baby Steps (D) 1-2:30pm</p>	<p><b>28</b> Learn to Grow (D) 10am-12pm Learn to Grow (R) 1-2pm</p>	<p><b>29</b> Let's Go Lego @ Cochrane Public Library 11am-12pm</p>

**CHILD DEVELOPMENT & WELLBEING PROGRAM DESCRIPTIONS**  
**(DROP IN / REGISTERED PROGRAMS )**

**Toddlers in Tow, (Walking-36 mos./Parented), Mon, June 3, 10, 17 & 24, 9:30-10:45am (D)**

At this high-energy group, parents and toddlers enjoy simple crafts, sensory tables and all kinds of toys! At the end of each session, families wind down with rhymes and singing.

**Play N' Learn Preschool, (3-6 yrs/Parented), Tue, June 4, 11, 18\* & 25, 9:30-10:45am (D)**

Come play and explore the interactive activities to promote your child's cognitive, social/emotional and physical development. A great opportunity for your preschoolers to develop preschool and kindergarten readiness skills.

\* Celebrate Great Neighbour Week by stopping by the FRN to colour a picture and have it displayed in our windows for the week.

**Wee-All, (0-6 yrs/Parented), Tue, June 4, 11, 18\* & 25, 1:30-2:45pm (D)**

A fun-filled group with play, crafts, stories and songs.

\*Discover the importance of community as we celebrate Great Neighbour Week. Through play, crafts, stories and songs we will celebrate our diverse community.

**Movers and Groovers, (0-6 yrs/Parented), Wed, June 5 & 19\*, 10:30am-12pm (D)**

Location: Beaupre Community Hall, 263035 Beaupre Creek RD, AB.

An exciting and energetic gross motor program designed to inspire children to move, groove and develop essential motor skills in a playful and engaging rural setting.

\*Connect out in the countryside for a Pancake Breakfast to celebrate our rural communities and wrap this program up for summer during Great Neighbour Week.

**Grandparents Group, (0-6 yrs/Parented), Wed, June 12 & 26, 1:30-2:45pm (D)**

If you are a grandparent with grandchildren ages 0-6 yrs, this program is for you! Come play, visit, share information and connect with other grandparents in your community.

**Bragg Creek Rumble & Roar, (0-6 yrs/Parented), Thu, June 6 & 13\*, 9:30am-11:30am (D)**

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. \* Join us for a pancake breakfast to wrap up this program until the fall.

**Baby Steps, (Prenatal-Walking/Parented), Thu, June 6, 13, 20 \* & 27, 1-2:30pm (D)**

Connect with other parents while babies explore new activities, songs and interact with other babies!

\*Invite a neighbour to this week's baby group for some coffee, conversation and connection.

**Block Party Kick Off Event @ Historic Cochrane Rancho Park, Sat, Jun 15, 1-4pm (D)**

Join us for some fun to kick off Great Neighbors Week and check out our community Block Party Trailer!

Block Party Kick Off Event is a free family-friendly event featuring food trucks, hot dogs, face painting, music, lawn games, community partners, entertainment and more!

**Learn to Grow, (0-12yrs/Parented), Fri, Jun 28, 10am-12pm (D)**

Drop in and visit Cultivate Cochrane at the FRN. Have fun learning about growing healthy foods and explore the educational green house, the Passive Solar Roller.

**Learn to Grow, (3-12yrs/Parented), Fri, Jun 28, 1-2pm (R)**

Visit Cultivate Cochrane at the FRN. Have fun learning about growing healthy foods and explore the educational green house, the Passive Solar Roller.

**Little Autism Asperger Friendship Society (LAAFS), Wed, June 12, 5:30-7:30pm (R)**

Is hosting a fun social/recreational program for their little members ages 4-9 yrs. Parents/caregivers must become a member of AAFS for their child to attend LAAFS sessions by visiting [www.aafscalgary.com](http://www.aafscalgary.com). For more information, please call 403-246-7383.

**CAREGIVER CAPACITY PROGRAM DESCRIPTIONS**  
**(REGISTRATION / DROP IN PROGRAMS)**

**Super Dads Super Kids, (0-6 yrs/Parented), Mon, Jun 3, 10, 17 & 24, 1:30-2:45pm (D)**

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.

**AHS Mealttime Struggles, Thu, June 17, 6-7:30pm (R)**

Do you have questions about feeding your child ages 1 to 5 yrs? Join an AHS registered dietitian to learn about creating a positive mealttime environment, introducing new foods and how to cope with mealttime struggles.

**Mindful Parenting, Tue, June 5, 1:30-3:30pm (R)**

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

**AHS Prenatal Health Group, Wed, Jun 12 & 26, 10-11:30am (D)**

Join an AHS Childbirth Educator and Registered Dietician while connecting with other parents. Topics include pregnancy, nutrition, labour, birth, infant feeding/sleep/care and transition to parenthood. For pregnant (and their partners) or parenting up to 6 mos..

**Coping with Anger, Wed, June 12, 1:30-3pm (R)**

Learn to manage anger through various coping techniques, challenge unhelpful thoughts and develop a coping plan for high-risk situations.

**Infant Massage, Thu, Jun 6, 13 & 20, 9:30-11am (R) FULL**

This five-week class on infant massage will help you learn about the benefits of integrating baby massage into your routine and connect with other parents. For parents with children 0-12 mos.

**Ages & Stages, Wed, Jun 19, 1:30-2:45pm (R)**

Curious about your child's age-related progress? Let your child connect with other children while you meet with a Family Support Worker to complete an ASQ screening and to ask any questions you may have about your child's development.

**Nurturing Parenting: Developing Empathy, Thu, Jun 13 1:30-3pm (R)**

Learn how to foster and nurture a relationship between you and your child and learn strategies to deal with the daily challenges. This program is designed for parents with children 0-6 yrs. If you require childminding, please call 403-851-2265, to book, while space lasts.

**Yoga & Connection, Fri, June 14, 1:30-2:45pm (R)**

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 discussions on parenting topics. For parents and babies, newborn to crawling.

**FASD- Caregiver Support, Thu Jun 13, 10am-12pm (R)**

Are you a caregiver for someone with Fetal Alcohol Spectrum Disorder? Connect with Carlie to discuss supports, resources and assessments. Register via email or phone at 403-830-0087 or [carlie.nicol@fothillsfas.com](mailto:carlie.nicol@fothillsfas.com).



# July

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Closed for Canada Day</b></p> <p>1</p>	<p><b>Outdoor Adventures: Fireside School (D)</b> 10-11:30 a.m. <b>Wee-All (D)</b> 1:30-2:45 p.m.</p> <p>2</p>	<p>3</p>	<p><b>Outdoor Adventures: Ecole Norte-Dame Valles (D)</b> 10-11:30 a.m. <b>Baby Steps (D)</b> 1-2:30 p.m.</p> <p>4</p>	<p><b>Yoga and Connection (R)</b> 1:30-2:45 p.m.</p> <p>5</p>	<p>6</p>
<p><b>Toddlers in Tow (D)</b> 9:30-10:45 a.m.</p> <p>8</p>	<p><b>Outdoor Adventures: Heartland Appaloosa Playground (D)</b> 10-11:30 a.m. <b>Wee-All (D)</b> 1:30-2:45 p.m.</p> <p>9</p>	<p><b>Cochrane Prenatal Health Group (D)</b> 10-11:30 a.m.</p> <p>10</p>	<p><b>Outdoor Adventures: Bow Ridge Playground (D)</b> 10-11:30 a.m. <b>Baby Steps (D)</b> 1-2:30 p.m.</p> <p>11</p>	<p><b>Yoga and Connection (R)</b> 1:30-2:45 p.m.</p> <p>12</p>	<p>13</p>
<p><b>Toddlers in Tow (D)</b> 9:30-10:45 a.m.</p> <p>15</p>	<p><b>Outdoor Adventures: Sunset Pond (D)</b> 10-11:30 a.m. <b>Wee-All (D)</b> 1:30-2:45 p.m.</p> <p>16</p>	<p>17</p>	<p><b>Outdoor Adventures: Riviera Park Playground (D)</b> 10-11:30 a.m. <b>Baby Steps (D)</b> 1-2:30 p.m.</p> <p>18</p>	<p><b>Yoga and Connection (R)</b> 1:30-2:45 p.m.</p> <p>19</p>	<p>20</p>
<p><b>Toddlers in Tow (D)</b> 9:30-10:45 a.m. <b>Triple P Tip Talk: Learning to Use the Toilet (R)</b> 1:30-3 p.m.</p> <p>22</p>	<p><b>Outdoor Adventures: William Camden Park (D)</b> 10-11:30 a.m. <b>Wee-All (D)</b> 1:30-2:45 p.m.</p> <p>23</p>	<p><b>Cochrane Prenatal Health Group (D)</b> 10-11:30 a.m. <b>Triple P Seminar: Raising Resilient Children (R)</b> 1:30-3 p.m.</p> <p>24</p>	<p><b>Outdoor Adventures: Fireside Circle Playground (D)</b> 10-11:30 a.m. <b>Baby Steps (D)</b> 1-2:30 p.m.</p> <p>25</p>	<p>26</p>	<p>27</p>
<p><b>Toddlers in Tow (D)</b> 9:30-10:45 a.m. <b>Triple P Tip Talk: Rudeness and Disrespect (R)</b> 1:30-3 p.m.</p> <p>29</p>	<p><b>Outdoor Adventures: Heartland Park Horseshoe Cres (D)</b> 10-11:30 a.m. <b>Wee-All (D)</b> 1:30-2:45 p.m. <b>Moms' Night Out: Knitting @ Historic Cochrane Ranche (R)</b> 5-7 p.m.</p> <p>30</p>	<p><b>Ages and Stages (R)</b> 1:30-3 p.m.</p> <p>31</p>			<p><b>Program Legend</b> FRN Drop-in Programs (D) FRN Registered Program (R) FRN Virtual Programs (V) FRN Rural Programs External Community Programs</p>

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F: facebook.com/CochraneFCSS | F: facebook.com/CochraneFRN/

Register: cochrane.ca/Programguide



# Program Descriptions

## Child Development and Wellbeing Programs



**Toddlers in Tow (D)**  
(Walking-36 mos./Parented)  
Mon, Jul 8, 15, 22 & 29  
9:30-10:45 a.m.

At this high-energy group, parents and toddlers enjoy simple crafts, sensory tables and toys! At the end of each session, families wind down with rhymes and singing.

**Wee-All (D)**  
(0-6 yrs/Parented)  
Tue, Jul 2, 9, 16, 23 & 30  
1:30-2:45 p.m.

A fun-filled group with play, crafts, stories and songs!

**Baby Steps (D)**  
(Prenatal-Walking/Parented)  
Thu, Jul 4, 11, 18 & 25  
1--2:30 p.m.

Connect with other parents while babies explore new activities, songs and interact with other babies!

## Outdoor Adventures



**Outdoor Adventures (D)**  
(Designed for families with children 0-6 yrs, but open to families with children of all ages/Parented)  
10-11:30 a.m.

Join the Family Resource Network and the Cochrane Public Library at the parks in Cochrane for a fun-filled morning! You and your child will enjoy activities while connecting to the many resources we have to offer! In the event of inclement weather or if the smoke index reaches 7 or higher, program will be moved to the FRN at 127 First Avenue W.

Tue, Jul 2, Fireside School  
Thu, Jul 4, Ecole Notre-Dames Des Valles  
Tue, Jul 9, Heartland Appaloosa Playground  
Thu, Jul 11, Bow Ridge Playground  
Tue, Jul 16, Sunset Pond  
Thu, Jul 18, Riviera park Playground  
Tue, Jul 23, William Camden Park  
Thu, Jul 25, Fireside Circle Playground  
Tue, Jul 30, Heartland Park Horseshoe Cres

## Caregiver Capacity Building Programs



**Triple P Tip Talk: Learning to Use the Toilet (R)**  
(For Parents with children 1-5yrs)  
Mon, Jul 22  
1:30-3 p.m.

Join an accredited Triple P practitioner for practical information and strategies on how to start toilet training with your toddler. If you require childminding, please call 403-851-2265 to book, while space lasts.

**Triple P Tip Talk: Rudeness and Disrespect (R)**  
(For parents with teenagers)  
Mon, Jul 29  
1:30-3 p.m.  
Join an accredited Triple P practitioner for practical information and strategies on how to manage rude and disrespectful behaviour and develop positive relationships with your teenager. If you require childminding, please call 403-851-2265 to book, while space lasts.

**Moms' Night Out: Knitting (R)**  
@ **Historic** Cochrane Ranche Park  
Tue, July 30  
5-7 p.m.  
Join us and try a new hobby or pick up an old skill. All supplies included. Moms only please.

**Cochrane Prenatal Health Group (D)**  
(For Pregnant moms and their partners)  
Wed, Jul 10 & 24  
10-11:30 a.m.

Join an AHS Childbirth Educator and Registered Dietitian while connecting with other parents. Topics include pregnancy, nutrition, labour, birth, infant feeding/sleeping/care and transitions to parenthood. For pregnant (and their partners) or parenting up to 6 mos.

**Triple P Seminar: Raising Resilient Children (R)**  
(For parents with children 2-10 yrs)  
Wed, Jul 24  
1:30-3 p.m.

This seminar provides parents with strategies to help their children recognize, accept and express feelings, develop coping skills, encourage a positive outlook and adopt a healthy self-esteem.

**Yoga and Connection (R)**  
(For parents with babies 0 to crawling)  
Fri, Jul 5, 12 & 19  
1:30- 2:45 p.m.

Enjoy a yoga class with your baby for a mindful and safe way to get back into movement, while your little one joins in. We will end the class off with some open discussion on parenting topics.

**Ages and Stages (R)**  
(For parents with children 0-6yrs)  
Wed, Jul 31  
1:30-3 p.m.

Curious about your child's age-related progress? Let your child connect with other children while you meet with a Family Support Worker to complete an ASQ screening and to ask any questions you may have about your child's development.