

**WE BUILD STRONG FAMILIES,
INDIVIDUALS AND COMMUNITIES**

**COCHRANE FAMILY
& COMMUNITY
SUPPORT SERVICES**

annual report

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**COCHRANE & AREA
FAMILY RESOURCE
NETWORK**



MANAGER'S MESSAGE

As we reflect on the past year, I am honoured to present our annual report for 2023. This report encapsulates the effort and commitment of our team at Family and Community Support Services (FCSS) and the Family Resource Network (FRN) to serve the needs of our community.

Throughout the year, we have witnessed the profound impact of our programs and services. Whether it's empowering families, supporting seniors or collaborating with community partners to increase social cohesion, our work is driven by a commitment to meeting the needs of the community with compassion and integrity.

Looking ahead, we are positioned to build upon our success and embrace new opportunities for growth and collaboration. By engaging with community, fostering partnerships and leveraging resources effectively, we will continue to find innovative solutions to address the complex social issues facing our community.

I would like to extend my gratitude to our team, volunteers, partner organizations, community members and funders for their support and dedication. Together, we have made a tangible difference in the lives of countless individuals and families.

Kim Krawec

Manager, Cochrane FCSS



**WE ARE WORKING
ON MEETING THE
SOCIAL NEEDS OF
THE COMMUNITY.
HERE'S HOW:**

1

**Identifying and addressing
priority issues through
collaborative partnerships**

2

**Increasing the profile of social
issues and awareness of programs
and services**

3

**Increasing capacity of
community organizations to
support their sustainability**

4

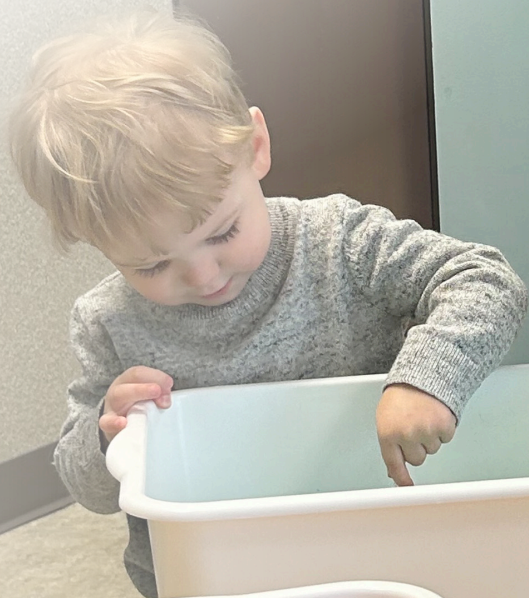
**Responding to social needs with
a focus on poverty reduction and
promoting mental health through
social connection**

5

**Increasing the resilience of
individuals, families and community
through preventative programming**




children/ youth



97%

of people reported
that they know more
about how to access
the community
resources they need.



FCSS and the FRN work collaboratively with community partners to increase the resilience of children, youth and families. Preventative programs play a critical role in reducing vulnerability and building resilience.

5,975

CHILDHOOD DEVELOPMENT
AND WELL-BEING PROGRAMS

participants

4,957 COCHRANE

1,021 RURAL

Childhood Development and Well-being Programs	<p>These programs provide children with a strong early foundation. Utilizing play, they cultivate resilience, nurture positive relationships and enhance well-being, all while fostering the development of physical, cognitive and social-emotional skills.</p> <p>See page 5</p> <p><i>"We love your classes and plan our day around them because they bring us incredible joy."</i></p> <p><i>"You have become a second home for me and my family."</i></p>
Developmental Screening	<p>A screening tool that pinpoints developmental progress in children between the ages of one month to 5 ½ years.</p> <p>57 questionnaires completed</p>
Back to School Program	<p>Ensures students K-12 have the necessary school supplies for success.</p> <p>168 backpacks Supported 67 families 47% increase from 2022</p>
Kiwanis Toy Project	<p>A Christmas inspired event for children, ages 1-18, whose families are facing financial barriers.</p> <p>200 children/youth 33% increase from 2022</p>



Community Helpers Program	<p>Community Helpers receive training to support the mental health of their peers, enhancing the overall community's mental well-being. Additional training includes Applied Suicide Intervention Skills (ASIST), Naloxone administration, Community Helpers Connections and Suicide Awareness Lunch and Learn sessions.</p> <p>163 community helpers trained</p>
Counselling Program	<p>Family counselling offered to support families with children / youth.</p> <p>42 hours of counselling service</p> <p><i>"My kids love Dylan. Thank you for this service. It has totally helped my family."</i></p>
Back to School Event	<p>In 2023, the Back to School event expanded into a half-day fair providing students and their parents with resources for a successful school year.</p> <p>722 participants</p> <p><i>"Such a fun event and a great way for my kids to end summer holidays."</i></p>



adults / families

95%
of people reported
that they feel a sense
of belonging to their
community





A range of strength-based, trauma informed programs and services are offered to build protective factors, increase knowledge and capacity to access resources, ensuring that residents have access to the support they require.

RESOURCE WORKERS
supported
3,838
clients

"I appreciated when I came in I was treated like a person. I wasn't made to feel poor or a failure. I was scared to come in, and left wondering why I didn't reach out sooner."

38%

increase in
the number of
client contacts
from 2022

Caregiver Capacity Building Programs	<p>Focus on strengthening parent knowledge and coping skills, through a variety of parent education sessions, home visitation service, peer support and social connection opportunities.</p> <p>908 participants</p> <p><i>"The FRN helped my family during the most difficult time of our life. I am massively grateful for the programs. Thank you so much for all you do for me and my babies."</i></p>
Rural Community Support Program	<p>Provides essential assistance to rural residents by facilitating connections to critical resources, including food, housing, financial coaching and supportive counselling, as well as offering valuable information and referral services.</p> <p>122 residents supported</p>
Lending Library	<p>This program provides access to a wide-ranging resource library, encompassing parenting books, resource boxes and a rich selection of children's literature.</p> <p>160 items accessed</p>
Cochrane Cares Mental Health Website	<p>Launched during 2023 Mental Health Week, this site provides local information, resources and strategies to promote mental health.</p> <p>cochranecares.ca</p>
Mental Health Week	<p>We hosted our most successful Mental Health Awareness Week in 2023! The week offered a variety of programs ranging from drumming circles, art classes, free recreation at SLS to a self led meditative walk. All events were designed to promote mental wellness and share resources.</p> <p>211 participants</p>
Block Party Trailer	<p>Block parties bring neighbourhoods together and help build community bonds. The Block Party Trailer provides everything needed to host a successful block party.</p> <p>14 Block Parties held in 10 different neighbourhoods</p>
Ukrainian New Year Celebration	<p>To celebrate the arrival of Ukrainian evacuees, we hosted a Ukrainian New Year Celebration with traditional food and entertainment.</p> <p>150 participants</p>


poverty reduction programs

Providing a system of support to help residents achieve their social and economic potential.

Community Volunteer Income Tax Program	<p>This program decreases poverty and increases economic self-sufficiency.</p> <p>4 volunteers filed 651 tax returns.</p> <p>The program supported:</p> <ul style="list-style-type: none"> → 113 children → 346 seniors → 44 Assured Income for the Severely Handicapped (AISH) → 253 low-income residents
Cochrane Connect Card	<p>Provides low-income residents with access to multiple programs and services at a reduced rate.</p> <p>335 Connect Cards issued</p> <p>22 partners recognize the Connect Card</p> <p>55% increase from 2022</p> <p><i>"No judgment and incredibly kind and supportive staff. This town is so lucky to have each of them that I have come into contact with."</i></p>
Food Security	<p>Ensures no one in the community experiences hunger through a strategic partnership with The Cochrane Food Bank and Helping Hands Society.</p> <p>1,989 food hampers distributed</p> <p>555 families accessed food hampers</p> <p>22% increase in hampers distributed from 2022</p> <p>32 individuals accessed Meals for Your Freezer</p> <p>1,137 meals/soups sold</p> <p>416 emergency meals distributed</p>
Instrumental Needs Program	<p>Provides emergency funds for rent, utilities and basic needs.</p> <p>18 individuals supported</p>
Jacket Racket	<p>A free annual event which aims to alleviate the costs associated with seasonal apparel by providing a selection of gently used winter wear for all ages.</p> <p>306 adults and 245 children supported</p> <p>72% increase from 2022</p>

seniors





In the past 5 years Cochrane's senior population has increased by 172.4%, proving to be the fastest growing age population for our community. FCSS is focused on identifying and addressing priority issues senior residents are facing, through collaborative partnerships and capacity building initiatives.

SENIORS WEEK

1,065
participated

32% INCREASE FROM 2022

SENIORS PROPERTY TAX REBATE PROGRAM

188
supported

20% INCREASE FROM 2022

World Elder Abuse Awareness Day	This media event, held at the Cochrane Community Health Centre, raised awareness of elder abuse and the community resources that are available.
Seniors' Week	<p>Thanks to the hard work of community partners, 2023 Seniors' Week was the largest week yet! The week launched with a Grand Opening Ceremony of the Seniors on the Bow Labyrinth and included over 30 programs and events being offered throughout the week.</p> <p>See page 13</p> <p><i>"For one 94 year old resident, it was the first time in about 50 years that she'd been to a movie in a theatre and she was really thrilled. It was a perfect movie choice." - Big Hill Lodge</i></p>
Emergency Preparedness for Seniors	<p>Emergency preparedness week supported seniors to develop an emergency preparedness plan with emphasis on emotional wellness, personal strengths and social networks.</p> <p>8 participants</p>
Aging in Place	<p>This program offered a wealth of resources and valuable information to assist seniors in navigating the various transitions that come with aging, enabling them to remain in their home or community as they age.</p> <p>32 participants</p> <p><i>"Thank you! I discovered information and resources that were available that I simply DID NOT know about."</i></p>
Boost your Marvelous Brain	<p>A session focused on increasing awareness around preventative factors and dementia.</p> <p>53 participants</p>




COMPASS for the Caregivers	<p>This multi-session workshop, designed by Caregivers Alberta, supported caregivers and helps individuals balance their own wellness with the needs and demands of caring for a loved one. FCSS provides resources to the community and referrals to those in need of service.</p> <p>11 caregivers supported</p> <p><i>"It was helpful knowing people are going through even tougher situations, receiving tools to be able to make it through everything that is thrown at me."</i></p> <p><i>"Learning ways to relieve my stress and hearing the stories of others was so beneficial!"</i></p>
Dementia Series Workshops	<p>A series of workshops to support caregivers and build resiliency.</p> <p>33 participants</p>
Fraud and Scam Prevention	<p>This session was about recognizing fraud and scams, how seniors can protect themselves and who to reach out to for help.</p> <p>56 participants</p>
Seniors Property Tax Rebate Program	<p>Assists eligible low-income seniors in Cochrane who own their property with a \$500 rebate on their property taxes.</p> <p>See page 13</p>
Senior Benefit and Support Program	<p>Assists seniors with applications to apply for federal, provincial and municipal benefits.</p> <p>122 seniors supported</p> <p>259% increase from 2022</p>



community collaboration and committees



A group of people, mostly older adults, are standing on a paved path, looking towards a residential area on a hill. The people are dressed in casual summer attire. In the foreground, a woman with blonde hair tied back, wearing a pink long-sleeved shirt and black pants, stands with her hands clasped behind her back. To her right, a man in a purple t-shirt is partially visible. Other people are scattered along the path, some looking towards the camera and others looking away. The background shows a hill with several houses, some of which are multi-story. The sky is clear and blue.

Cochrane FCSS provides leadership and support to develop and sustain collaborative tables that are working to effectively identify and address the complex, root causes of social issues in Cochrane and West Rocky View County. We provide mentorship, leadership training and workshops to support and build capacity in local non-profit organizations.

INTERAGENCY

78
organizations
participated

Child and Youth Forum	<p>This forum improves awareness of services and collaborative efforts to support confident and resilient children, youth and families.</p> <p>Monthly meetings with a membership of 96 professionals</p>
Child & Youth Case Collaboration Table	<p>This group of professionals work collectively to address the complex needs of children, youth and their caregivers, in Cochrane and area.</p> <p>Bi-monthly meetings 15 cases brought to the table in 2023</p>
Interagency	<p>Monthly Interagency meetings foster organizational collaboration and unite social organizations to craft community-driven solutions for social issues.</p> <p>See page 17</p>
Partners Sharing Space	<p>FCSS provides office space for community partners, ensuring residents have seamless access to multiple social services.</p> <p>7 partners share FCSS space</p>
Community Space	<p>Free meeting room space is provided to local community groups and partners to utilize.</p> <p>26 groups utilized meeting rooms</p>
Grant Writing Support	<p>FCSS provides local organizations with assistance in grant writing and letters of support.</p> <p>10 groups supported</p>
Bragg Creek and Redwood Meadows Wellness Network	<p>This local collaborative network fosters connection and supports activities in the rural area to promote community well-being.</p> <p>Monthly meetings with a membership of 44 professionals and residents</p>



Food Connection Committee	<p>This committee is working to create an accessible, affordable and sustainable food system in Cochrane and neighbouring areas.</p> <p>4 new members</p> <p>Development of a food brochure and land acknowledgement statement</p> <p>Formalized Cochrane Farmers Market food recovery process</p>
United Way of Calgary and Area Partnership	<p>A formal partnership with the United Way of Calgary and Area helps to address the social needs of the community by funding local non-profit organizations.</p>
FCSS Advisory Board	<p>The FCSS Advisory Board has six community volunteers appointed by Town Council and one Council representative. The Board reviews and assesses the FCSS and United Way Partnership Grant Applications and makes recommendations for funding allocations to Cochrane Town Council.</p> <p>\$94,500 provided in grants</p> <p>Board Members:</p> <p>Councillor Alex Reed, Councillor Patrick Wilson, Diana Lowe, Gord Sarkissian, Kaitlin Chamberlain, Lisa Foster, Margaret Stevens, Theresa Bolton</p>
Mental Health Committee	<p>The Mental Health Committee was formed to develop a local community response to promote positive mental health. Initiatives include the creation of the new cochranecares.ca mental health website, that was launched during mental health week, 2023.</p>
Board Governance	<p>FCSS provides non-profit organizations with education, guidance, and support with grant writing, data collection, policies, procedures and safety.</p>



seniors

FCSS is involved in several community development initiatives and collaborations to improve the well-being of older adults.

Seniors Advisory Committee (SAC)	<p>FCSS leads the Seniors Advisory Committee which is focused on information sharing, advocacy and health promotion. SAC serves as a main connection for other senior committees and working groups.</p> <p>34 members</p>
Provincial Age-friendly Community of Practice (AFCOP)	<p>AFCOP shares experiences, research and outcomes to identify and develop best practices to strengthen the individual and collective commitment to age-friendly practices and principles.</p>
Dementia and Other Therapies and Services (DOTS) Committee	<p>FCSS leads the DOTS Committee which supports older adults and caregivers. Accomplishments for 2023 include updating the "Cochrane and Area Older Adult Resource Booklet", attending a mock exercise with Search and Rescue around a missing older adult with dementia and continuing work to support older adults with dementia and their caregivers, removing shame and building resiliency through emergency preparation.</p> <p>5 programs</p>
Men's Shed Committee	<p>The Men's Shed Committee supports the health and well-being of men in the community.</p> <p>20 men contributed 170+ volunteer hours</p>
Cochrane Older Adult Case Collaboration Table (COACCT)	<p>COACCT is a group of professionals who work collectively to address the complex needs of seniors ages 65 and older in Cochrane and West Rocky View County.</p> <p>Monthly meetings with a membership of 18 professionals</p>



Age-Friendly	The Age-Friendly Initiative, with financial support from the Calgary Foundation, aims to create an age-friendly community where there are no barriers to access services, programs, businesses and facilities. The project is being completed in two phases: community engagement and the development of a formal strategy. 2023 was focused on gathering community feedback.
Collaboration and Intercultural Support for Seniors	This program supports the Filipino community to build networks, access funding and collaborate on programming to strengthen intercultural relationships.
Grant, Sponsorship, Donations and Financial Support	These initiatives support multiple senior serving organizations with seeking grants and applying for funding. \$9500+ donated for Seniors' Week
Seniors on the Bow (SOTB) Partnership	FCSS works closely with Seniors on the Bow to strengthen the resources and supports for older adults. In 2023, FCSS supported SOTB with program delivery, establishing community connections, funding applications, education and guidance, board governance and community engagement. Partnered for 4 awareness weeks/days, and 5 workshops



PARTNERS/COLLABORATORS

AHS Geriatric Mental Health	Cochrane RCMP
Alberta 55 Plus	Cochrane Search & Rescue Association
Alberta Emergency Management Agency	Cochrane Society for Housing Options
Alberta Health Services	Cochrane Staples
Alberta's Men's Shed Association	Cochrane Wolves Football Club
Alchemy Yoga Cochrane	COMPASS for the Caregiver
Alzheimer Society of Calgary	Cultivate Cochrane
Anything Grows	Dementia Network Calgary
ATB Financial	Dry Cleaning by Dave
Bar Jo Ranch	Emergency Social Services Network of Alberta
Bethany Cochrane	Filipino-Canadian Association of Cochrane and Area
BGC Cochrane and Area	Global Pet Foods
Big Hill Haven	Helping Hands Society of Cochrane & Area
Big Hill Towing	Junior Achievement Southern Alberta
Bow Valley Credit Union	Kaitlin's House Cleaning & Dog Training Services
Calgary Catholic Immigration Society	La Leche League Cochrane
Calgary Communities Against Sexual Abuse	Life Craft Therapy
Calgary Emergency Management Agency	McDonalds Cochrane
Calgary Older Adult Network	My Mobile Hygienist
Calgary Foothills Primary Care Network	Prospect - Rocky View & Wheatland Employment Services
Canada Revenue Agency	Rocky View Immigrant Services
Caregivers Alberta	Rocky View Schools
Carya Calgary	Save On Foods
Children's Cottage Society	Search and Rescue Alberta
Cobbs Bakery Cochrane	Seniors for Kids Society
Cochrane Food Bank	Seniors on the Bow
Cochrane Alliance Church	Shredz Shop
Cochrane and Area Victim Services	SLS Centre
Cochrane Garage	Snap Dance Studio
Cochrane Home Treasures	Stockmen's Memorial Foundation
Cochrane Immigrant Services Committee	Stoney Health Services
Cochrane Integrated Arts Society	The Clothesline
Cochrane Lanes	Transitions Well
Cochrane Minor Basketball	Tri Hub Swimwear and Multisport
Cochrane Minor Hockey	University of Waterloo
Cochrane Movie House	Variety - The Children's Charity of Alberta Association
Cochrane Public Library	
Cochrane Rangers Soccer	

FUNDERS



cochrane





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