



April

2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Play N' Learn Preschool (D) 1 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. FCSS/FRN Late Night 8:30 a.m.-7 p.m.	LLLC-Cochrane Breastfeeding Support Group (D) 2 10-11 a.m. Parenting an Anxious Child: Fearless Triple P (R,V) 6:30-8:30 p.m.	Toddler ASQ Birthday (R) 3 9-10:30 a.m. Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. Circle of Security (R) 1:30-3 p.m.	Mindful Minis (D) 4 9:30-10:45 a.m. Yoga and Connection (R) 1:30-2:45 p.m.	5
Toddlers in Tow (D) 7 9:30-10:45 a.m. Music and Rhyme Wiggle Time (D) 1:30-2:45 p.m. Building Your Parenting Toolbox (R) 1:30-3 p.m. Circle of Security in the Classroom (R) 6-7:30 p.m.	Play N' Learn Preschool (D) 8 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	Grandparents Group (D) 9 10:15 -11:30 a.m. Lunch and Learn: Brain Development (R,V) 12:05-12:55 p.m. Cochrane Bumps and Babies (D) 1:30-3 p.m. Parenting an Anxious Child: Fearless Triple P (R,V) 6:30-8:30 p.m.	Bragg Creek Rumble & Roar (D) 10 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. Circle of Security (R) 1:30-3 p.m.	Mindful Minis (D) 11 9:30-10:45 a.m. Yoga and Connection (R) 1:30-2:45 p.m.	Hop & Hunt: Daddy & Me Easter Adventure (D) 12 9:30-10:45 a.m. Advance Care Planning and the Green Sleeve @ Cochrane Public Library (R) 10:15-1:15 p.m. Bunny Tails & Easter Trails (D) 1-2:15 p.m.
Toddlers in Tow (D) 14 *AHS Dietitian attending 9:30-10:45 a.m. Music and Rhyme Wiggle Time (D) 1:30-2:45 p.m. Fine Motor Skills Workshop (R) 1:30-3 p.m. Circle of Security in the Classroom (R) 6-7:30 p.m.	Play N' Learn Preschool (D) 15 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	LLLC-Cochrane Breastfeeding Support Group (D) 16 10-11 a.m. Movers and Groovers (D) 10:30 a.m.-12 p.m. Preschool ASQ Birthday (R) 1:30-2:45 p.m. Parenting an Anxious Child: Fearless Triple P (R,V) 6:30-8:30 p.m.	Bragg Creek Rumble & Roar (D) 17 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m. Circle of Security (R) 1:30-3 p.m.	18 Closed for Good Friday	19
21 Closed for Easter	22	23	24	25	26
← ECD room closed for cleaning →					
Toddlers in Tow (D) 28 9:30-10:45 a.m. Music and Rhyme Wiggle Time (D) 1:30-2:45 p.m. Triple P Discussion Group: Developing Bedtime Routines (R) 1:30-3:30 p.m. Circle of Security in the Classroom (COSC) (R) 6-7:30 p.m.	Play N' Learn Preschool (D) 29 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	30			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)

Program Descriptions

Child Development and Wellbeing Programs

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

Play N’ Learn Preschool (D)

(3-6yrs/Parented)
Tue, Apr 1, 8, 15 & 29
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.

Wee-All (D)

(Birth-6yrs/Parented)
Tue, Apr 1, 8, 15 & 29
1:30-2:45 p.m.
A fun-filled group with play, crafts, stories and songs!

Bragg Creek Rumble & Roar (D)

(Birth-6yrs/Parented)
Thu, Apr 3, 10 & 17
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.

Tummy Time Crew (D)

(Prenatal-Walking/Parented)
Thu, Apr 3, 10 & 17
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.

Mindful Minis (D)

(3-6 yrs/Parented)
Fri, Apr 4 & 11
9:30-10:45 a.m.
Explore mindfulness practices that help children be aware of and manage their emotions through stories, music and games.

Music and Rhyme Wiggle Time (D)

(Ages 3-6yrs/Parented)
Mon, Apr 7, 14 & 28
1:30-2:45 p.m.
Sing, move, play instruments and listen to stories that will immerse you and your child in music and wonder. Experience the many benefits of music in early childhood.

Toddlers in Tow (D)

(Walking-36mos/Parented)
Mon, Apr 7, *14 & 28
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 of each session, families wind down with rhymes and songs.
*Dietitian will attend on April 14.

Grandparents Group (D)

(Birth-6yrs/Grandparented)
Wed, Apr 9
10:15-11:30 a.m.
Come play, visit, share information and connect with other grandparents in your community!

Hop & Hunt: Daddy & Me Easter Adventure (D)

(Birth-6yrs/Parented)
Sat, Apr 12
9:30-10:45 a.m.
This fun-filled event is the perfect opportunity for dads and their kids to create special memories while enjoying an exciting Ester egg hunt and festive activities.

Bunny Tails & Easter Trails (D)

(Birth-6yrs/Parented)
Sat, Apr 12
1-2:15 p.m.
Hop into fun this Easter with exciting activities for kids and families to enjoy together. From an Easter egg hunt to creative bunny-themed crafts and games, there’s something for everyone at this egg-cellent event.

Movers and Groovers (D)

(Birth-6yrs/Parented)
Wed, Apr 16
10:30 a.m.-12 p.m.
Location: Beaupre Community Hall, 263035 Beaupre Creek Road, Rocky View County
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.

Caregiver Capacity Building Programs

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

LLLC-Cochrane Breastfeeding Support Group (D)

(Pregnant moms and their partners or parenting up to 6mos)
Wed, Apr 2 & 16
10-11 a.m.
This group is for parents and family members who are interested in or currently breastfeeding and/or pumping. This will be a space to ask questions, support other mothers, be supported yourself and to learn about the wonders of breastfeeding.

Parenting an Anxious Child: Fearless Triple P (R,V)

(Parents with children 6-14yrs)
Wed, Apr 2, 9 & 16
6:30-8:30 p.m.
A 6-week program where parents learn strategies to manage and respond to their child’s anxiety, replace ineffective parenting strategies, understand how anxiety works and coach their children in anxiety management strategies.

Toddler ASQ Birthday (R)

(Walking-36mos)
Thu, Apr 3
9-10:30 a.m.
A morning of fun and testing developmental limits for your toddler using an Ages and Stages questionnaire. All toddlers that join will receive a special surprise!

Circle of Security (R)

(Parents with children birth-6yrs)
Thu, Apr 3, 10 & 17; May 1, 8, 15, 22 & 29
1:30-3 p.m.
The Circle of Security Parenting program helps parents create strong bonds with their kids by tuning into their emotions, offering support and building a safe, fun environment for kids to grow, explore and thrive.

Yoga and Connection (R)

(Parents with children birth to crawling)
Fri, Apr 4 & 11
1:30-2:45 p.m.
Enjoy a yoga class for a mindful and safe way to get back into movement while your little one joins in. We will end the class with some open discussion on parenting topics.

Building Your Parenting Toolbox (R)

(Parents with children birth-12yrs)
Mon, Apr 7
1:30-3 p.m.
This hands-on workshop is designed to help you understand and explore various parenting styles so you can build a personalized toolkit that works for your unique family dynamic. If you require childminding, please call 403-851-2265, while space lasts.

Circle of Security in the Classroom (R)

(For Early Childhood Educators)
Mon, Apr 7, 14, 28; May 5, 12, 26; Jun 2 & 9
6-7:30 p.m.
Enhance your ability to form secure relationships and offer critical organizing principles from attachment theory. Improve teacher confidence and competence in relationship building. Eligible for 12 hours’ release time funding after completion of all sessions.

Lunch and Learn:

Brain Development (R,V)
(Parents with children prenatal-6yrs)
Thu, Apr 9
12:05-12:55 p.m.
Over this lunch hour, learn how your child’s brain develops, how it can affect their development and how you can support critical windows of development.

Cochrane Bumps and Babies Group (D)

(Pregnant moms, their partners or parenting up to 6mos)
Wed, Apr 9
1:30-3 p.m.
Join an AHS Childbirth Educator and Registered Dietitian to connect with other parents on topics such as pregnancy, nutrition, labour, birth, infant feeding and care and transition to early parenthood. Supervised toddlers welcome. Refreshments provided.

Fine Motor Skills Workshop (R)

(Parents with children birth-6yrs)
Mon, Apr 14
1:30-3 p.m.
This session will equip you with practical knowledge, hands-on activities, and strategies to foster your child’s fine motor skills in a fun and supportive way. Each parent will receive a fine motor kit for their child. If you require childminding, please call 403-851-2265, while space lasts.

Triple P Discussion Group: Developing Bedtime Routines (R)

(Parents with children birth-12yrs)
Mon, Apr 28
1:30-3:30 p.m.
Learn positive parenting strategies to help you develop a good bedtime routine, teach your child to fall asleep in their own bed and stay in their bed until morning. If you require childminding, please call 403-851-2265, while space lasts.

Preschool ASQ Birthday (R)

(Ages 36-60mos)
Wed, Apr 16
1:30-2:45 p.m.
Bring your preschooler for an afternoon of delight and discovery! Parents can complete an Ages and Stages Questionnaire to support their child’s developmental milestones. All parents who complete an ASQ will receive a gift for their child.

FCSS/FRN Late Night:

Our hours are extended until 7 p.m. on the first Tuesday of every month. Schedule an evening appointment with a Resource Worker, purchase a bus pass or drop in to discover the wide range of resources and services we offer.

Adult Programs

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

Advanced Care Planning and the Green Sleeve (R)

(All ages)
Sat, Apr 12
10:15 a.m.-1:15 p.m.
Location: Cochrane Public Library, 405 Railway Street W.
The Green Sleeve can ensure healthcare wishes are clearly communicated and respected. Understand how to facilitate these crucial conversations and plan for the future with confidence. In partnership with Cochrane Public Library and Cochrane & Area Hospice Society.
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2025



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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)			Infant Massage (R) 1 9-10:30 a.m. Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Mindful Minis (D) 2 9:30-10:45 a.m. Yoga and Connection (R) 1:30-2:45 p.m.	3
Toddlers in Tow (D) 5 9:30-10:45 a.m. Lunch & Learn: Fear-Less Seminar (R) 12-2 p.m. Music and Rhyme Wiggle Time (D) 1:30-2:45 p.m.	Play N' Learn Preschool (D) 6 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Daddy & Me Date Night: Mother's Day Photo Session (R) 5:30-7:30 p.m. FCSS/FRN Late Night 8:30 a.m.-7 p.m.	LLLC-Cochrane Breastfeeding Support Group (D) 7 10-11 a.m. Movers and Groovers (D) 10:30 a.m.-12 p.m.	Infant Massage (R) 8 9-10:30 a.m. Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Mindful Minis (D) 9 9:30-10:45 a.m. Yoga and Connection (R) 1:30-2:45 p.m.	Gone Fishing: Daddy & Me @ Mitford Pond (R) 10 9:30-11 a.m. Shake, Sparkle and Shine! (D) 1-2:15 p.m.
Mental Health Awareness Week - May 5-11 - www.cochrane.ca/mentalhealth					
Toddlers in Tow (D) 12 9:30-10:45 a.m. Music and Rhyme Wiggle Time (D) 1:30-2:45 p.m. Triple P Tip Talk: Language & Communication (R) 1:30-3 p.m.	Play N' Learn Preschool (D) 13 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Rural Moms' Night Out: Pressed Flower Frame (R) 6-8 p.m.	Grandparents Group (D) 14 10:15-11:30 a.m. Cochrane Bumps and Babies (D) 1:30-3 p.m. Triple P Tip Talk: Getting into Sport and Promoting Sportsmanship (R) 1:30-3 p.m.	Infant Massage (R) 15 9-10:30 a.m. Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Mindful Minis (D) 16 9:30-10:45 a.m. Yoga and Connection (R) 1:30-2:45 p.m.	17
19 Closed for Victoria Day	Play N' Learn Preschool (D) 20 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	Movers and Groovers (D) 21 10:30 a.m.-12 p.m. LLLC-Cochrane Breastfeeding Support Group (D) 10-11 a.m. Triple P Tip Talk: Preparing Your Child for a New Baby (R) 1:30-3 p.m.	Infant Massage (R) 22 9-10:30 a.m. Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Mindful Minis (D) 23 9:30-10:45 a.m. Yoga and Connection (R) 1:30-2:45 p.m.	24
Toddlers in Tow (D) 26 9:30-10:45 a.m. Music and Rhyme Wiggle Time (D) 1:30-2:45 p.m. Peaceful Parenting: Boundaries without Battles (R) 1:30-3 p.m.	Play N' Learn Preschool (D) 27 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m.	Grandparents Group (D) 28 10:15-11:30 a.m. Cochrane Bumps and Babies (D) 1:30-3 p.m. Triple P Tip Talk: Developing Screentime Routines (R) 1:30-3 p.m.	Infant Massage (R) 29 9-10:30 a.m. Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Tummy Time Crew (D) 1:30-3 p.m.	Mindful Minis (D) 30 9:30-10:45 a.m. Yoga and Connection (R) 1:30-2:45 p.m.	31

Program Descriptions

Child Development and Wellbeing Programs

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

Bragg Creek Rumble & Roar (D)
(Birth-6yrs/Parented)
Thu, May 1, 8, 15, 22 & 29
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.

Tummy Time Crew (D)
(Prenatal-Walking/Parented)
Thu, May 1, 8, 15, 22 & 29
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.

Mindful Minis (D)
(3-6 yrs/Parented)
Fri, May 2, 9, 16, 23 & 30
9:30-10:45 a.m.
Explore mindfulness practices that help children be aware of and manage their emotions through stories, music and games.

Music and Rhyme Wiggle Time (D)
(Ages 3-6yrs/Parented)
Mon, May 5, 12 & 26
1:30-2:45 p.m.
Sing, move, play instruments and listen to stories that will immerse you and your child in music and wonder. Experience the many benefits of music in early childhood.

Toddlers in Tow (D)
(Walking-36mos/Parented)
Mon, May 5, 12 & 26
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, May 6, 13, 20 & 27
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.

Wee-All (D)
(Birth-6yrs/Parented)
Tue, May 6, 13, 20 & 27
1:30-2:45 p.m.
A fun-filled group with play, crafts, stories and songs!

Movers and Groovers (D)
(Birth-6yrs/Parented)
Wed, May 7 & 21
10:30 a.m.-12 p.m.
Location: Beaulpre Community Hall, 263035 Beaulpre Creek Road, Rocky View County
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.

Gone Fishing: Daddy and Me (R)
(2-6yrs/Parented)
Sat, May 10
9:30-11 a.m.
Location: Mitford Pond, 201 West Rock Road
A chance for dads and kids to strengthen their bond, reduce stress and boost well-being, one cast at a time. Dads and kids will be covered under a group fishing license, rods and lures will be provided.

Shake, Sparkle and Shine! (D)
(Birth-6yrs/Parented)
Sat, May 10
1-2:15 p.m.
Celebrate Mental Health Week by creating calming jars with your child! Promote relaxation, focus, and emotional wellbeing, with a soothing tool for managing big emotions in a fun and creative way.

Grandparents Group (D)
(Birth-6yrs/Grandparented)
Wed, May 14 & 28
10:15-11:30 a.m.
Come play, visit, share information and connect with other grandparents in your community!

Caregiver Capacity Building Programs

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

Infant Massage (R)
(Parents with children birth-crawling)
Thu, May 1, 8, 15, 22 & 29
9-10:30 a.m.
In this 5-week course, learn the benefits for you and baby when you integrate baby massage into your routine

Yoga and Connection (R)
(For parents with children birth to crawling)
Fri, May 2, 9, 16, 23 & 30
1:30-2:45 p.m.
Enjoy a yoga class for a mindful and safe way to get back into movement while your little one joins in. We will end the class with some open discussion on parenting topics.

Lunch and Learn: Fear-Less Seminar (R)
(Parents with children 6-14yrs)
Mon, May 5
12-2 p.m.

This seminar introduces parents to a wide range of strategies for managing children's anxiety. Lunch will be provided.

Daddy & Me Date Night: Mother's Day Photo Session (R)
(For dads with children birth-6yrs)
Tues, May 6
5:30-7:30 p.m.
Make this Mother's Day extra special by joining us for a father-child photo and craft event! Food and refreshments will be provided.

LLC-Cochrane Breastfeeding Support Group (D)
(Pregnant moms and their partners or parenting up to 6mos)
Wed, May 7 & 21
10-11 a.m.
This group is for parents and family members who are interested in or currently breastfeeding and/or pumping. This will be a space to ask questions, support other mothers, be supported yourself and to learn about the wonders of breastfeeding.

Triple P Tip Talk: Language & Communication (R)
(For parents with preschoolers)
Mon, May 12
1:30-3 p.m.
Learning to communicate helps children relate to others and express themselves in helpful ways. In this session, you will gain ideas to encourage your child's language and communication skills. If you require childminding, please call 403-851-2265 to book, while space lasts.

Rural Moms' Night Out: Pressed Flower Frames (R)
Location: Bragg Creek Community Centre, 23 White Avenue, Bragg Creek (For rural moms with children 0-18yr)
Tue, May 13
6-8 p.m.
Unwind and connect with fellow rural moms while creating a beautiful, pressed flower frame. Enjoy a relaxed evening of creativity, conversation and nature-inspired art. A light supper will be provided. Rural moms only please.

Cochrane Bumps and Babies Group (D)
(Pregnant moms, their partners or parenting up to 6mos)
Wed, May 14 & 28
1:30-3 p.m.
Join an AHS Childbirth Educator and Registered Dietitian to connect with other parents on topics such as pregnancy, nutrition, labour, birth, infant feeding and care and transition to early parenthood. Supervised toddlers welcome. Refreshments provided.

Triple P Tip Talk: Getting into Sport and Promoting Sportsmanship (R)
(Parents with children birth-18yrs)
Wed, May 14
1:30-3 p.m.
Participating in sports has numerous benefits, including enhanced physical health, improved mental well-being and the development of social and life skills. Explore how to foster a love of sports while teaching sportsmanship, teamwork and resilience.

Adult Programs

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

Events

Mental Health Awareness Week
(All ages)
May 5-11
Every Canadian has mental health, and it's important to talk about! This week offers more than 45 different events for people across the lifespan to participate in. Check out cochrane.ca/mentalhealth for more details.

