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COCHRANE

Parent Link Centre
 (127 First Ave W)
HomeStead Building
(209 Second Ave W)

BEARSPAW

Bearspaw Lifestyle Centre
 253220 Bearspaw Rd

BEAUPRE

Beaupre Community Hall
 263035 Beaupre Creek Rd

BRAGG CREEK

Bragg Creek
 Community Centre
 23 White Ave







*Programs with an asterisk require

Registration:

cochrane.ca/programguide
 We offer programs at various rural sites.
 Programs and sites are colour coded.

INDOOR PLAYGROUND HOURS

Monday-Friday
 9:00am-12:00pm & 1:30-3:30pm
Thursday
 4:30-7:00pm
Saturday
 9:30am-12:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please note: Parent Link Centre will close on March 21st as we transition to the new provincial model of Family Resource Networks. Family Resource Networks support families with children 0-18 years. They will be introduced on April 1, 2020 with programs and services to start soon after. We will keep everyone updated as more information is made available.</p>					1
2	3	4	5	6	7
Li'l Explorers 9-10:15am Preschool Playtime 1:30-3pm *Parents of Anxious Kids 7-8:30pm	Baby Steps 9:30-11am *Mom 2 Mom Support Group 1:30-3pm	Grandparents Group 9:30-10:45am Beaupre County Connections 10-11:30am Toddlers in Tow 1:30-2:45pm	Preschool Playtime 9-10:15am Newcomer Connections 10:45am-12pm	Toddlers in Tow 9:30-10:45am Baby Steps 1:30-3pm	Hangin' with Dad 9:30-11am 
9	10	11	12	13	14
Li'l Explorers 9-10:15am Cochrane Breastfeeding Circle 10:30am-12pm (a certified lactation consultant and childbirth educator will be in attendance) Preschool Playtime 1:30-3pm	Baby Steps 9:30-11am Bearspaw Wiggle & Giggle 11am-12pm	Grandparents Group 9:30-10:45am Toddlers in Tow 1:30-2:45pm	Preschool Playtime 9-10:15am Newcomer Connections 10:45am-12pm Family Night OUT 5:30-7pm 	Toddlers in Tow 9:30-10:45am Baby Steps 1:30-3pm	Hangin' with Dad 9:30-11am
16	17	18	19	20	21
Li'l Explorers 9-10:15am Preschool Playtime 1:30-3pm	Baby Steps 9:30-11am Bearspaw Wiggle & Giggle 11am-12pm *Mom 2 Mom Support Group 1:30-3pm 	Grandparents Group 9:30-10:45am Beaupre County Connections 10-11:30am Toddlers in Tow 1:30-2:45pm	Preschool Playtime 9-10:15am Bragg Creek Rumble & Roar 9:30-11am Newcomer Connections 10:45am-12pm *Managing Fighting and Aggression 1:30-3:30pm *Moms Night Out! 7-9pm 	Toddlers in Tow 9:30-10:45am Baby Steps 1:30-3pm	Hangin' with Dad 9:30-11am
23	24	25	26	27	28

**PARENT LINK CENTRE
 CLOSED FOR PROGRAM PLANNING**

CHILD DEVELOPMENT PROGRAMS

Baby Steps (ages prenatal-walking/parented) - Tue (9:30-11am) & Fri (1:30-3pm)

Join us and connect with parents while babies explore new activities, songs, and interact with other babies.

Lil' Explorers (ages birth-6/parented) - Mon (9-10:15am)



If you are a parent of a child with special needs then this program is for you! Join us to play, visit, share information, and connect with other families on the same journey. This is a safe and fun setting outside the home for your aide/OT/PT/ST/Psychologist, etc.

Toddlers in Tow (walking-36 months/parented) - Wed (1:30-2:45pm) & Fri (9:30-10:45am)

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

Preschool Playtime (ages 3-5/parented) - Mon (1:30-3pm) & Thu (9-10:15am)

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

Cochrane Breastfeeding Circle - Mon Mar 9 (10:30am-12pm)

Are you a breastfeeding mother or mother-to-be? Join a certified lactation and childbirth educator with over a decade of experience in maternal and child health to get accurate, up-to-date and personalized information and support.

Grandparents Group (ages birth-6/parented) - Wed (9:30-10:45am)

Are you a grandparent with grandchildren ages birth-6 years old? Then this program is for you! Join us to play, visit, share information and connect with other grandparents in your community!

Newcomer Connections (ages birth-6/parented) - Thu (10:45am-12pm)

Meet other newcomers and begin to build your community in Canada. Make new friends and embrace diversity in a welcoming environment. Enjoy play-based activities for children while parents receive information on settlement and family support services.

Family Night OUT (ages birth-6/parented) - Thu Mar 12 (5:30-7pm)



Our evening playgroup meets monthly to celebrate diversity in our community. We welcome all families including LGBTQ2S+ families, gender diverse children and allies. Connect in a safe and supportive space, while children engage in developmentally enriching play. Starting a family is a unique journey and we welcome those who are planning/ expecting too.

*Art, Music and Movement - Tue Mar 24 (9:30-11:30am) Frank Wills Memorial Hall, Downstairs (405 1 St E)

Participants in this session will create quality, personalized rhythm props. Creation will be used in a live-jam-session. A light snack will be provided and agility centres are available after the music and movement session. Bright and Beaming will provide rhythm and beat musical opportunities!

Hangin' With Dad (ages birth-6/parented) - Sat (9:30-11am)

Attention all dads; are you looking for a fun, free activity for you and your children Saturday morning? Join us for play, crafts, and a weekly circle time.

Bearspaw Wiggle & Giggle (ages birth-6/parented) - Tue (11am-12pm) **RURAL!**

Join us for active fun in the gym! A great way to burn off some energy and meet other parents and children! Bring indoor shoes for both parents and tots.

Beaupre Country Connections (ages birth-6/parented) - Wed Mar 4 & 18 (10-11:30am) **RURAL!**

Join us for a play-based program with a country twist! You'll enjoy riding toys, crafts, and an interactive circle time. Rural and Morley families only.

Bragg Creek Rumble & Roar (ages birth-6/parented) - Thu Mar 5 & 19 (9:30-11am) **RURAL!**

Parent Link Centre staff will be at Rumble and Roar with fun activities, developmental screenings and resources for you and your family! First and third Thursday of each month. Bragg Creek and area families only. \$5 fee/child.

PARENT EDUCATION WORKSHOPS

*Mom 2 Mom Support Group - Tue Mar 3 & 17 (1:30-3pm)

This bi-weekly group offers support for mothers who are experiencing stress, anxiety or Post-Partum Depression. It is also a great way to connect with other mothers who are facing similar challenges and to learn about and practice self-care. Offered in partnership with Cochrane Mental Health and Addictions. Childminding available.

Parent Link Centre, *Must Register Online.

Managing Fighting and Aggression - Thu Mar 19 (1:30-3:30pm)



While it is extremely rewarding and enjoyable to be a parent, it is not always easy. There are some common challenges all parents face as their children grow. This discussion group offers suggestions and ideas on positive parenting to help you deal with day-to-day challenges and promote your child's development. Childminding is available.

Parent Link Centre, *Must Register Online.

*Parents of Anxious Kids - Mon Mar 2 (7-8:30pm)

In today's world children are more under stress than ever before! Difficulty sleeping, stubbornness, obsessive thoughts, stomach aches, avoidant behaviours, headaches, excessive shyness, these are some signs that your child may be experiencing anxiety. This monthly group offers support, strategies, information and resources for parents/caregivers of children and youth who may be showing signs of anxiety. Info: Lorraine Spector at focusparent@shaw.ca

HomeStead Building, *Must Register Online.

*FOCUS for Attention - Tue Mar 24 (7-8:30pm)

There are many challenges and celebrations in a family where ADHD is present. All parents and caregivers of children and youth with ADHD are invited to this monthly support group. Join us for strategies, information, resources, guest speakers and the opportunity to network. Info: Lorraine Spector at focusparent@shaw.ca

HomeStead Building, *Must Register Online

*Cochrane Prenatal Health Group - Mar 26 (1:30-3:30pm)

Register for a this free, prenatal health group that offers peer support and information about healthy nutrition, pregnancy and birth, as well as accessing local community resources to help you through pregnancy and beyond. If you are pregnant or parenting an infant up to 6 months, attend for information, support and connection. The group is facilitated by Alberta Health Services; and is offered in partnership with the Parent Link Centre.

Homestead Building, *Must Register; 403-851-6149

Positive Parenting Tip:

"Always parent with unconditional love, teaching your child that, regardless of making mistakes along the way or possessing qualities that are different from yours, you will love him/her no matter what."

