






December 2020

Cochrane and Area Family Resource Network



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Child Development Programs</p> <p>Caregiver Capacity Programs *indicates registration required</p> <p>CHECK OUT https://cochranenow.com/events Events include Share Your Christmas, Markets and more!</p>	<p>1</p> <p>Eye Spy Game 2:00-2:30pm Meeting ID: 898 9437 3990</p> <p>Feeding Your Baby* 1:30-3:00pm</p>	<p>2</p> <p>Bookworms and Songbirds 10:00-10:30am Meeting ID: 87469747452</p> 	<p>3</p> <p>Preschool Playtime 10:30-11am Meeting ID: 816 6014 4684 Password: PPV3WW</p>	<p>4</p> <p>Triple P Talks: Fears 11:00-11:45am Meeting ID: 883 4756 7782</p>
<p>7</p> <p>GET FIRED UP! Town park fire pits are available on a first come, first-served basis. Don't forget the marshmallows!</p> 	<p>8</p> <p>Mealtime Struggles to Mealtime Success* 6:30pm-8:00pm</p>	<p>9</p> <p>Bookworms and Songbirds 10:00-10:30am Meeting ID: 87469747452</p>	<p>10</p> <p>Preschool Playtime* Register for Craft 10:30-11am Meeting ID: 81660144684 Password: PPV3WW</p> <p>Prenatal Class with AHS* 1:00-2:30pm</p>	<p>11</p> <p>Parent Coffee and Connect 10:00am-10:30am Meeting ID: 872 3227 8391</p>
<p>14</p> <p>Triple P Talks: Fighting and Aggression 1:30-2:00pm Link will be posted in comments</p>	<p>15</p> <p>Eye Spy Game 2:00-2:30pm Meeting ID: 898 9437 3990</p> 	<p>16</p> <p>Bookworms and Songbirds 10:00-10:30am Meeting ID: 87469747452</p>	<p>17</p> <p>Preschool Playtime 10:30-11am Meeting ID: 816 6014 4684 Password: PPV3WW</p> 	<p>18</p> <p>Triple P Talks: Self-Esteem 11:00-11:45am Meeting ID: 883 4756 7782</p>
<p>21</p> <p>FIND TREASURE WHILE GEOCACHING Use a Geocaching app and your phone's GPS to find containers, called "geocaches" at specific locations marked by coordinates all over the world.</p>	<p>22</p> <p>VISIT THE GRANDFATHER TREE This white spruce is estimated to be over 300 years old. His location in the Cochrane Ranche dates from before the Ranche was established! Please don't climb on him though! Maps available at the Cochrane Info Centre: 521 First Street West</p>	<p>23</p> <p>DECORATE YOUR HOUSE OR FRONT DOOR Deck your entire house or front door with Christmas decorations to spread some joy.</p>	<p>24</p> <p>GO SNOWSHOEING There are an astounding number of truly excellent snowshoeing trails in or near Cochrane. Bragg Creek offers superb snowshoeing on a network of trails. You can borrow snowshoes from the Cochrane Public Library!</p>	<p>25</p> <p>MERRY CHRISTMAS!</p> 

Program Details:

Triple P Talk Self Esteem: Join an accredited Triple P practitioner for practical information and strategies to help your child with self-esteem. Drop in!

Parent Coffee and Connect: Join other parents and caregivers for virtual conversation and connection. A family support worker will be present to guide conversation and answer any questions. Drop in!

Feeding Your Baby/Mealtime Struggles to Mealtime Success: Brought to you by AHS Nutrition Services. [Registration is through birthandbabies.com](https://www.birthandbabies.com), or by calling 403-955-1450. Registration closes the day before each class at 12 noon. All classes are currently being held virtually, through Zoom.

Prenatal Class with AHS: Join us for an online casual cafe, where you can meet with an Alberta Health Services childbirth educator and connect with other parents on the topics of pregnancy, nutrition, labour and birth, breastfeeding and feeding your baby, infant sleep, newborn care, transition to parenthood and early parenting. Link will be provided upon registration. Register at www.cochrane.ca/programguide

Preschool Playtime: Tune in on Thursdays for some Storytime fun followed by some songs to get your little ones moving and grooving! As well, every second Thursday we will be doing a craft to work on those fine motor skills, register for your craft at www.cochrane.ca/programguide

Bookworms and Songbirds: Join us Wednesday mornings for a virtual story time followed by a few fun interactive songs. This group is open to bookworms and songbirds of all ages! Book of the week will be posted on Facebook.

Eye Spy Game: Develop your child's problem solving and communication skills by joining us for a fun eye spy game. We will start with songs and dance and play eye spy! All ages are welcome to join!

Additional Support and Things to Do:

- Looking for parenting support? Call a family support worker to get the tools and resources you need! 403-851-2268 or Tessa.Davidson@cochrane.ca
- Fill out a developmental screening online <https://www.asqonline.com/family/11c6f3>
- Check out the Boys and Girls club in Cochrane for activities for Youth <https://www.facebook.com/bgcccochrane/>
- Children's Cottage is providing home visitation services for families with children ages 0-6 in Cochrane and Area. For more information and access to service call 403-851-2265 referral
- Check out Things you Can Do in Cochrane and Area <https://www.cochrane.ca/634/Program-Activity-Guide>
- Check out our Facebook page for upcoming activities for your child! www.facebook.com/cochraneFRN