

October

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Play N Learn Preschool (D) 9:30-10:45 a.m. Super Dads Super Kids (D) 1:30-2:45 p.m. Thriving in Your Golden Years- Aging in Place @ Cochrane Public Library (R) FULL 3:30-4:30 p.m. Prenatal Yoga (R) 5-6 p.m. Rural Moms' Night Out: Gem and Zen (R) 6-8 p.m.	Movers and Groovers (D) 10:30-12 p.m. LLLC- Cochrane Breastfeeding Support Group (D) 10-11 a.m.	Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Infant Massage (R) FULL 9:30-11 a.m. Baby Steps (D) 1:30-3 p.m.	Mindful Minis (D) 9:30-10:45 a.m. Yoga & Connection (R) 1:30-2:45 p.m.	
Toddlers in Tow (D) 9:30-10:45 a.m. Wee-All (D) 1:30-2:45 p.m. Circle of Security (R) FULL 1:30-3 p.m.	Play N Learn Preschool (D) 9:30-10:45 a.m. Super Dads Super Kids (D) 1:30-2:45 p.m. Thriving in Your Golden Years- Aging in Place FULL @ Cochrane Public Library (R) 3:30-4:30 p.m. FASD Caregiver Support (R) 10 a.m. - 12 p.m. New Time	Grandparents Group (D) 10:15-11:30 a.m. New Time Cochrane Prenatal Health Group (D) 1:30-3 p.m. New Time	Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Infant Massage (R) FULL 9:30-11 a.m. Baby Steps (D) 1:30-3 p.m.	Mindful Minis (D) 9:30-10:45 a.m. Yoga & Connection (R) 1:30-2:45 p.m.	
Closed for Thanksgiving	Play N Learn Preschool (D) 9:30-10:45 a.m. Thriving in Your Golden Years- Aging in Place FULL @ Cochrane Public Library (R) 3:30-4:30 p.m. Prenatal Yoga (R) 5-6 p.m.	Movers and Groovers (D) 10:30-12 p.m. LLLC- Cochrane Breastfeeding Support Group (D) 10-11 a.m.	Bragg Creek Rumble & Roar (D) 9:30-11:30 a.m. Infant Massage (R) FULL 9:30-11 a.m. Baby Steps (D) 1:30-3 p.m.	Mindful Minis (D) 9:30-10:45 a.m.	Jacket Racket (D) 10 a.m. - 12 p.m.
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Program Descriptions

Child Development and Wellbeing Programs

Toddlers in Tow (D)

(Walking-36 mos./Parented)
Mon, Oct 7, 21 & 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 singing.

Wee-All (D)

(0-6 yrs./Parented)
Mon, Oct 7, 21 & 28
1:30-2:45 p.m.

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

Play N Learn Preschool (D)

(3-6 yrs./Parented)
Tue, Oct 1, 8, 15 & 29
9:30-10:45 a.m.

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

Grandparents Group (D)

(0-6 yrs./Parented)
Wed, Oct 9 & 23
10:15-11:30 a.m.

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 our community!

Baby Steps (D)

(0 to walking/Parented)
Thu, Oct 3, 10, 17, 24 & 31
1:30-3pm

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

Movers and Groovers (D)

(0-6 yrs./Parented)
Wed, Oct 2 & 16
10:30 a.m. -12 p.m.

Location: Beupre Community Hall, 263035 Beupre 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.

Super Dads Super Kids (D)

(0-6 yrs./Parented)
Mon, Oct 1, 8, 22 & 29
1:30-2:45 p.m.

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.

Bragg Creek Rumble & Roar (D)

(0-6 yrs./Parented)
Thu, Oct 3, 10, 17, 24 & 31
9:30-11:30 a.m.

Location: Bragg Creek Community Centre, 23 White Avenue, Bragg Creek, AB

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.

Mindful Minis (D)

(3-6 yrs./Parented)
Fri, Oct 4, 11, 18 & 25
9:30-10:45 a.m.

Explore mindfulness practices that help children be aware of and manage their emotions through stories, music and games.

Caregiver Capacity Building Programs

All programs with (R) require registration. Register online at www.cochrane.ca/programguide or call 403-851-2265.

Circle of Security (R) FULL

(For parents with children 0-18 yrs.)
Mon, Oct 7, 21 & 28; Nov 4, 18 & 25
1:30-3 p.m.

Circle of Security is a relationship-based program, designed to enhance attachment security. In this program, learn how to read your child's emotional needs, understand their behaviour and increase your capacity to regulate stressful emotional states (your own and your child's). If you require childminding, please call 403-851-2265 to book, while space lasts.

Prenatal Yoga (R)

(For pregnant moms)
Tue, Oct 1 & 15
5-6 p.m.

Prenatal yoga helps foster connection between body, mind and baby. This class will be tailored for pregnant mothers throughout all trimesters to help with a smoother pregnancy journey and birth.

Rural Moms' Night Out: Gems and Zen (R)

(For rural moms with children 0-18 yrs.)
Tue, Oct 1
6-8 p.m.

Get ready for a delightful evening of relaxation and creativity. Create your own gemstone bracelets and soothing aromatherapy solutions. Connect with fellow moms, unwind and indulge in a night of self-care. Snacks and refreshments included. Rural moms only please.

LLC- Cochrane Breastfeeding Support Group (D)

Wed, Oct 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.

Cochrane Prenatal Health Group (D)

(For pregnant (and their partners) or parenting up to 6 mos.)
Wed, Oct 9 & 23
1:30-3 p.m.

Join an AHS Childbirth Educator and Registered Dietitian while connecting with other parents. Topics include pregnancy, nutrition, labour, birth, infant feeding/sleep/care and transition to parenthood.

Group Triple P (R,V)

For parents of children 0-12 yrs
Wed, Oct 23 & 30; Nov 6 & 13
6:30- 8:30 p.m.

Group Triple P is a 4-week program that gives you support to help you manage your child's behaviour and prevent the kinds of problems that make your family life stressful. Zoom link to be sent upon registration.

ASQ Birthday Party: Toddlers (R)

(For parents with children 12-36 mos.)
Thu, Oct 24
9:30-11 a.m.

Do you have a toddler 12-36 months old? Join us for a birthday party where your child's development will be celebrated! There will be fun activities and helpful information to support your child's development. Everyone who completes an Ages and Stages Questionnaire will receive a gift bag for their child.

Infant Massage (R) FULL

(For parents with children 0-12 mos.)
Thu, Oct 3, 10 & 17
9:30-11 a.m.

Join us for a five-week class on infant massage. Learn the benefits for you and baby when you integrate baby massage into your routine and connect with other parents.

Nurturing Parenting: Creating Secure Attachment (R)

(For parents with children 0-6 yrs)
Thu, Oct 24
1:30- 3 p.m.

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 years old. If you require childminding, please call 403-851-2265 to book, while space lasts.

Nurturing Parenting: Building Positive Self-Worth (R)

(For parents with children 0-6 yrs)
Thu, Oct 31
1:30- 3 p.m.

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 years old. If you require childminding, please call 403-851-2265 to book, while space lasts.

Yoga & Connection (R)

(For parents with babies 0- crawling)
Fri, Oct 4, 11 & 25
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 ones join in. We will end the class off with some open discussion on parenting topics.

Jacket Racket

@ Cochrane Alliance Church (D)

For individuals and Families
Saturday, Oct 19
10-12 p.m.

Join us for our annual winter clothing event to pick up free gently used winter wear.

FCSS Programs

Thriving in Your Golden Years- Aging in Place workshop (R) FULL

Tue, Oct 1, 8, 15 & 22
3:30-4:30 p.m.

A series of 6 workshops built around an aging-in-place checklist that is designed to help participants plan to stay in their home or community. In partnership with FCSS and Cochrane Public Library. Register by calling the Cochrane Public Library 403-932-4353 or visit cochranepubliclibrary.ca/events

External Community Programs

FASD - Caregiver Support (R)

Tue, Oct 8

10 a.m.-12 p.m.

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 403-830-0087 or carlie.nicole@foothillsfas.com.