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COCHRANE

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

BEARSPAW

Bears paw Lifestyle Centre
 253220 Bears paw Rd

BEAUPRE

Beaupre Community Hall
 263035 Beaupre Creek Rd

BRAGG CREEK

Bragg Creek
 Community Centre
 23 White Ave

*Programs with an asterisk require registration.

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>1</p> <p>Toddlers in Tow 9-10:15am</p> <p>Preschool Playtime 1:30-3pm</p> | <p>2</p> <p>Baby Steps 9:30-11am</p> <p>Bears paw Wiggle & Giggle 11am-12pm</p> <p>Yoga Rhythm 11:15am-12pm</p> <p>Postpartum Depression & Anxiety Support Group 1:30-3pm</p> | <p>3</p> <p>Grandparents Group 9:30-10:45am</p> <p>Beaupre County Connections 10-11:30am</p> <p>Li'l Explorers 1:30-3pm</p> | <p>4</p> <p>Preschool Playtime 9-10:15am</p> <p>Bragg Creek Rumble & Roar 9:30-11am</p> <p>Newcomer Connections 10:45am-12pm</p> <p>Family Night OUT 5:30-7pm</p> <p>*Parents of Anxious Kids 7-8:30pm</p> | <p>5</p> <p>Baby Steps 9:30-11am</p> <p>Toddlers in Tow 1:30-2:45pm</p> | <p>6</p> <p>Hangin' with Dad 9:30-11am</p> |
| <p>8</p> <p>Toddlers in Tow 9-10:15am</p> <p>Preschool Playtime 1:30-3pm</p> <p>Usborne Book Sale Apr 8-12</p>  | <p>9</p> <p>Baby Steps 9:30-11am</p> <p>Bears paw Wiggle & Giggle 11am-12pm</p> <p>Yoga Rhythm 11:15am-12pm</p> | <p>10</p> <p>Grandparents Group 9:30-10:45am</p> <p>Li'l Explorers 1:30-3pm</p> | <p>11</p> <p>Preschool Playtime 9-10:15am</p> <p>Newcomer Connections 10:45am-12pm</p> <p>*Cochrane Prenatal Health Group 1:30-3:30pm</p> <p>Baby Box Pop-Up Event (Now offered with a sleep sack) 4:30-7:00pm</p> | <p>12</p> <p>Toddlers in Tow 1:30-2:45pm</p> <p>Cochrane Breastfeeding Circle 9:30-11:30am (a certified lactation consultant and childbirth educator will be in attendance)</p> | <p>13</p> <p>Hangin' with Dad 9:30-11am</p> <p>Last Day For The Book Sale!</p>  |
| <p>15</p> <p>Toddlers in Tow 9-10:15am</p> <p>Preschool Playtime 1:30-3pm</p> | <p>16</p> <p>Baby Steps 9:30-11am</p> <p>Bears paw Wiggle & Giggle 11am-12pm</p> <p>Yoga Rhythm 11:15am-12pm</p> <p>Postpartum Depression & Anxiety Support Group 1:30-3pm</p> <p>*FOCUS for Attention 7-8:30pm</p> | <p>17</p> <p>Grandparents Group 9:30-10:45am</p> <p>Beaupre County Connections 10-11:30am</p> <p>Li'l Explorers 1:30-3pm</p> | <p>18</p> <p>Preschool Playtime 9-10:15am</p> <p>Bragg Creek Rumble & Roar 9:30-11am</p> <p>Newcomer Connections 10:45am-12pm</p> <p>Family Night OUT 5:30-7pm</p>  | <p>19</p> <p>CLOSED FOR EASTER</p> | <p>20</p> <p>CLOSED</p>  |
| <p>22</p>  | <p>CLOSED FOR CLEANING</p> | | | | <p>27</p>  |
| <p>29</p> <p>CLOSED FOR STAFF TRAINING</p> | <p>30</p> <p>Baby Steps 9:30-11am</p> <p>Bears paw Wiggle & Giggle 11am-12pm</p> <p>Yoga Rhythm 11:15am-12pm</p> | <p>Online Registration for Spring Programs is now open!</p> <p>Use the new online registration system: www.cochrane.ca/eservices</p> <p>Create an account and browse available programs!</p> | | | |

CHILD DEVELOPMENT PROGRAMS

Baby Steps (ages prenatal-walking/parented) - Fri Apr 5 & 19 (9:30-11am)

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

Lil' Explorers (ages birth-6/parented) - Wed (1:30-3pm)

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) - Mon (9-10:15am) & Fri (1:30-2:45pm)

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 learning stations in the Parent Link Centre. Preschool Playtime is a great opportunity for your preschooler to develop new skills, make friends, and experiment with fun activities.

Breastfeeding Circle - Fri Apr 12 (9:30-11:30am)

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 Apr 4 & 18 (5:30-7pm)

Come out and enjoy a monthly play group as we celebrate family diversity. Connect with LGBTQ+ families & allies in a safe and supportive space. Build an inclusive network and share resources, while children engage in developmentally enriching play.

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 Apr 3 & 17 (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.

Bragg Creek Rumble & Roar (ages birth-6/parented) - Thu Apr 4 & 18 (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! Bragg Creek and Morley families only. \$5 fee/family.

PARENT EDUCATION WORKSHOPS - REGISTRATION REQUIRED (UNLESS OTHERWISE SPECIFIED)

Postpartum Depression & Anxiety Support Group - Tue Apr 2 & 16 (1:30-3pm)

Post-partum depression and anxiety affects everyone differently. Join us at this group that runs twice a month to meet with trained professionals, receive support and have your questions answered. Group support helps everyone heal together. Offered in partnership with Cochrane Mental Health and Addictions.

Parent Link Centre, no registration required.

Kids Have Stress Too! - Thu Apr 25 (7-9pm)

An introduction to key aspects of early childhood and brain development, and the crucial role parents and professionals play in buffering the impact of stress on kids. Learn strategies to help young children become aware of and manage stress in fun and engaging ways.

HomeStead Building, *Must Register Online

Parents of Anxious Kids - Thu Apr 4 (7-8:30pm)

Difficulty sleeping, stubbornness, obsessive thoughts, stomach aches, headaches, excessive shyness - these are some signs that your child may be experiencing anxiety. This 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 Apr 16 (7-8:30pm)

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 with one another. Info: Lorraine Spector at focusparent@shaw.ca

HomeStead Building, *Must Register Online

Cochrane Prenatal Health Group - second and fourth Thursday of every month(1:30-3:30pm)

Register for this new, free, prenatal health and early parenting group facilitated by Alberta Health Services. This group offers peer support and information about healthy nutrition, pregnancy and birth and accessing local community resources to help you through pregnancy and beyond.

Parent Link Centre, *Must Register; 403-851-6149

Would you like to receive our monthly e-newsletter?

Email parentlink@cochrane.ca to be added to our distribution list.



Don't forget to pick-up your Baby Sleep Sack
at our Pop-Up Event on April 11, 4:30-7pm!