



CONTACT US

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*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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Hangin' With Dad 9:30-11am
3 Toddlers in Tow 9-10:15am Yoga Rhythm (FULL) 11:15am-12:00pm Preschool Playtime 1:30-3pm	4 Preschool Playtime 9:30-11am Bearspaw Wiggle & Giggle 11am-12pm Postpartum Depression & Anxiety Support Group 1:30-3pm *Mindful Parenting (FULL) 7-8:30pm	5 Grandparents Group NEW! 9:30-11am Beaupre Country Connections 10-11:30am Li'l Explorers 1:30-3pm	6 Toddlers in Tow 9-10:15am Newcomer Connections 10:45am-12pm Family Night OUT 5:30-7pm *Raising Emotionally Resilient Children 7-9pm *Parents of Anxious Kids 7-8:30pm	7 Breastfeeding Circle 9:30-11:30am <i>(A childbirth educator, birth doula, postpartum doula, and lactation educator will be in attendance)</i> Play, Learn & Grow 1:30-3pm	8 Hangin' With Dad 9:30-11am
10 Toddlers in Tow 9-10:15am Yoga Rhythm (FULL) 11:15am-12pm Preschool Playtime 1:30-3pm	11 Preschool Playtime 9:30-11am Bearspaw Wiggle & Giggle 11am-12pm	12 Grandparents Group NEW! 9:30-11am *Family Yoga (FULL) 10-11am Li'l Explorers 1:30-3pm	13 Toddlers in Tow 9-10:15am *Cochrane Prenatal Health Group 1:30-3:30pm Bragg Creek Rumble & Roar 9:30-11am *Baby Box Pop-Up Event 4:30-7pm *Mom's Night Out 6-8 pm	14 Baby Steps 9:30-11:30am Play, Learn & Grow 1:30-3pm	15 Hangin' With Dad 9:30-11am *Santa Photos 11:30-2pm Sign Up at the PLC front desk!
17 Toddlers in Tow 9-10:15am Preschool Playtime 1:30-3pm	18 Preschool Playtime 9:30-11am Bearspaw Wiggle & Giggle 11am-12pm Postpartum Depression & Anxiety Support Group 1:30-3pm *FOCUS for Attention 7-8:30pm	19 Grandparents Group NEW! 9:30-11am Beaupre Country Connections 10-11:30am *PLC CLOSED* 11:30am-1:30pm Li'l Explorers 1:30-3pm	20 Toddlers in Tow 9-10:15am Family Night OUT 5:30-7pm 	<p>PLC is CLOSED for the holidays.</p> <p>We will re-open on Monday, January 7, 2019</p>	



CHILD DEVELOPMENT PROGRAMS

Toddlers in Tow (walking-36 months/parented) - Mon & Thurs (9-10:15am)

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) & Tuesday (9:30-11am)

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.

Grandparents Group (ages birth-6/parented) - Wed (9:30-11am) NEW!

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!

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.

Newcomer Connections (age birth-6/parented) Thurs (10:45-12pm)

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) - Thurs Dec 6 & 20 (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.



Breastfeeding Circle - Fri Dec 7 & 21 (9:30-11:30am)

Join moms and moms-to-be at this weekly peer support group. Have questions for an expert? A childbirth educator, birth doula, postpartum doula, and lactation educator will be in attendance at the group on indicated dates.

Baby Steps (ages prenatal-walking/parented) - Fri Dec 14 (9:30-11:30am)

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

Play, Learn & Grow (ages birth-6/parented) - Fri (1:30-3pm)

Fun for the whole family! Enjoy the opportunity to explore a wide variety of open-ended materials, engage in fun activities, as well as an interactive circle time, all of which will build on your child's emerging skills and interests as they grow.

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) - Tues until Dec 11 (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 Dec 5 & 19 (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) - Thurs Dec 6 & 20 (9:30-11am)

RURAL!

Parent Link Centre staff will be at Rumble and Roar twice a month 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-Tuesday Dec. 4 & 18 (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.

Mom's Night Out- Thurs Dec 13 (6-8pm)

Join other moms for a well-deserved night out! This group is all about you and is a great opportunity to connect with other parents while participating in activities that promote self-care! Adults only!

Parent Link Centre, *Must Register; 403-851-2250

FOCUS for Attention- Tues Dec 18 (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; 403-851-2250

Parents of Anxious Kids- Thurs Dec 6 (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; 403-851-2250

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

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; 403-228-8221

Raising Emotionally Resilient Children- Thurs Dec 6 (7-9pm)



A recent study shows that one of every four young children in Cochrane and area struggle with identifying, expressing and managing their emotions appropriately. This two-part seminar provides parents with strategies to help their children recognize, accept and express feelings, develop coping skills, encourage a positive outlook and adopt healthy self-esteem. This seminar is appropriate for parents with children ages 2 to 10 years old.

Parent Link Centre, *Must Register; 403-851-2250



Don't forget to pick-up your Baby Box at our

Pop-Up Event on Dec 13, 4:30-7pm!