



CONTACT US

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 www.cochrane.ca/plc

*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
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7 Toddlers in Tow 9-10:15am Preschool Playtime 1:30-3pm	8 Baby Steps 9:30-11am Bearspaw Wiggle & Giggle 11am-12pm Postpartum Depression & Anxiety Support Group 1:30-3pm	9 Grandparents Group 9:30-10:45am Li'l Explorers 1:30-3pm	10 Preschool Playtime 9-10:15am Cochrane Prenatal Health Group 1:30-3:30pm *Stepping Stones Triple P: Supporting families with special needs 6:30-8:30pm  *Parents of Anxious Kids 7-8:30pm	11 Cochrane Breastfeeding Circle 9:30-11:30am (Certified and lactation consultant and childhood educator will be in attendance) Toddlers in Tow 1:30-2:45pm	12 Hangin' with Dad 9:30-11am
14 Toddlers in Tow 9-10:15am Preschool Playtime 1:30-3pm	15 Baby Steps 9:30-11am Bearspaw Wiggle & Giggle 11am-12pm	16 Grandparents Group 9:30-10:45am Beaupre Country Connections 10-11:30am Li'l Explorers 1:30-3pm	17 Preschool Playtime 9-10:15am Bragg Creek Rumble & Roar 9:30-11am *Stepping Stones Triple P: Supporting families with special needs 6:30-8:30pm  Family Night OUT 5:30-7pm 	18 Baby Steps 9:30-11:30am Toddlers in Tow 1:30-2:45pm	19 Hangin' with Dad 9:30-11am
21 Toddlers in Tow 9-10:15am Preschool Playtime 1:30-3pm	22 Baby Steps 9:30-11am Bearspaw Wiggle & Giggle 11am-12pm Postpartum Depression & Anxiety Support Group 1:30-3pm *FOCUS for Attention 7-8:30pm	23 Grandparents Group 9:30-10:45am Li'l Explorers 1:30-3pm	24 <p style="text-align: center;">PLC CLOSED FOR STAFF TRAINING</p> *Stepping Stones Triple P: Supporting families with special needs 6:30-8:30pm 	25 Cochrane Breastfeeding Circle 9:30-11:30am (Certified and lactation consultant and childhood educator will be in attendance) Toddlers in Tow 1:30-2:45pm	26 Hangin' with Dad 9:30-11am
28 Toddlers in Tow 9-10:15am Preschool Playtime 1:30-3pm	29 Baby Steps 9:30-11am Bearspaw Wiggle & Giggle 11am-12pm	30 Grandparents Group 9:30-10:45am Li'l Explorers 1:30-3pm	31 Preschool Playtime 9-10:15am Cochrane Prenatal Health Group 1:30-3:30pm *Stepping Stones Triple P: Supporting families with special needs 6:30-8:30pm 		

CHILD DEVELOPMENT PROGRAMS

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

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) & Thursday (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 Jan 11, 25(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.

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!

Family Night OUT (ages birth-6/parented) - Thurs Jan 17 (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 Jan 16 (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 Jan 17 (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 Jan 8 & 22 (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.

FOCUS for Attention - Tue Jan 22 (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 - Thu Jan 10 (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 - 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; 403-228-8221

Stepping Stones Triple P: Supporting Families with Special Needs - Thu (1:30-3:30pm)



Mealtime tantrums? Battles at bedtime? Meltdowns? When you're the parent or caregiver of a child with a disability, this one can be more challenging. This five week group give you tips and ideas to manage the big and small problems of family life. It helps encourage behaviour you like, cope with stress, and teach your children new skills. This group is appropriate for parents with children ages 2-12 years old.

Parent Link Centre; 403-851-2250

Keep your eyes open for our upcoming Parent Link Centre E-Newsletter !



To be added to the distribution list, email parentlink@cochrane.ca