



COCHRANE

Parent Link Centre 127 First Ave W
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INDOOR PLAYGROUND HOURS

Monday-Friday
9:00am-12:00pm & 1:30-3:30pm
Thursday
4:30-7:00pm
Saturday
9:30am-12:00pm

*Programs with an **asterisk** require Registration: cochrane.ca/programguide










We offer programs at various rural sites. Programs and sites are **colour coded**.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Register online for your Sleep Sack at our Baby-Box Pop-Up Event on Jun 13 4:30-7pm! 	<p>Check out cochrane.ca/programguide for dates and park locations of Outdoor Adventures!</p> 				1 Please note: PLC Closed today
3 Toddlers in Tow 9-10:15am Preschool Playtime 1:30-3pm	4 Baby Steps 9:30-11am Bears paw Wiggle & Giggle 11am-12pm Postpartum Depression and Anxiety Support Group 1:30-3pm	5 Grandparents Group 9:30-10:45am Beaupre County Connections 10-11:30am Li'l Explorers 1:30-3pm 	6 PLC Closed for Staff Training *Parents of Anxious Kids 7-8:30pm	7 PLC Closed for Staff Training	8 Hangin' with Dad 9:30-11am
10 Toddlers in Tow 9-10:15am Preschool Playtime 1:30-3pm	11 Baby Steps 9:30-11am Bears paw Wiggle & Giggle 11am-12pm	12 Grandparents Group 9:30-10:45am Li'l Explorers 1:30-3pm 	13 Preschool Playtime 9-10:15am *Cochrane Prenatal Health Group 1:30-3:30pm *Baby Sleep Sack Pop-Up Event 4:30-7pm	14 Baby Steps 9:30-11am Toddlers in Tow 1:30-2:45pm	15 Hangin' with Dad 9:30-11am
17 PLC Closed for Staff Training 	18 Baby Steps 9:30-11am Bears paw Wiggle & Giggle 11am-12pm Postpartum Depression and Anxiety Support Group 1:30-3pm *FOCUS for Attention 7-8:30pm	19 Grandparents Group 9:30-10:45am Beaupre County Connections 10-11:30am Li'l Explorers 1:30-3pm 	20 Preschool Playtime 9-10:15am Bragg Creek Rumble & Roar 9:30-11am Family Night OUT 5:30-7pm 	21 Cochrane Breastfeeding Circle 9:30-11:30am (a certified lactation consultant and childbirth educator will be in attendance) Toddlers in Tow 1:30-2:45pm	22 Hangin' with Dad 9:30-11am
24 Toddlers in Tow 9-10:15am Preschool Playtime 1:30-3pm	25 Baby Steps 9:30-11am	26 Grandparents Group 9:30-10:45am Li'l Explorers 1:30-3pm 	27 Preschool Playtime 9-10:15am *Cochrane Prenatal Health Group 1:30-3:30pm	28 Baby Steps 9:30-11am Toddlers in Tow 1:30-2:45pm	29 PLC Closed for Canada Day Long Weekend 

CHILD DEVELOPMENT PROGRAMS

Baby Steps (ages prenatal-walking/parented) - Tue (9:30-11am) & Fri Jun 14 & 28

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.

Cochrane Breastfeeding Circle - Fri Jun 21 (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!

Family Night OUT (ages birth-6/parented) - Thu Jun 20 (5:30-7pm)



Our evening playgroup meets twice a month to celebrate diversity in our community. We welcome all families including LGBTQ2S+, gender diverse children and allies. Connect in a safe and supportive space, while children engage in developmentally enriching play. Starting a family is a unique journey—we welcome those who are planning / expecting too.

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.

Bears paw 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 Jun 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) - Thu Jun 6 & 20 (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

Postpartum Depression & Anxiety Support Group - Tue Jun 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.

Parents of Anxious Kids - Thu Jun 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 Online

FOCUS for Attention - Tue Jun 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 Online

Cochrane Prenatal Health Group - Second and fourth Thu 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

Triple P In Home Support

Whether the concern is sleeping, eating, tantrums, disobedience or any other behaviour challenge, Triple P Positive Parenting Program can help!
Email: parentlink@cochrane.ca for more info!



Would you like to receive our monthly e-newsletter?

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

