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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

*Programs with an asterisk require
Registration: cochrane.ca/programguide
 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>Register online to pick-up your Baby Box Sleep Sack at our Pop-Up Event on May 9 4:30-7pm!</p>		<p>1 Grandparents Group 9:30-10:45am</p> <p>Beaupre County Connections 10-11:30am</p> <p>Li'l Explorers 1:30-3pm</p> <p>*We Thinkers (ages 4-6 /parented) 5:30-7pm</p>	<p>2 Preschool Playtime 9-10:15am</p> <p>Bragg Creek Rumble & Roar 9:30-11am</p> <p>Parent Link Centre Closed in the afternoon</p> <p>Family Night OUT 5:30-7pm </p>	<p>3 Baby Steps 9:30-11am</p> <p>Toddlers in Tow 1:30-2:45pm</p>	<p>4 Hangin' with Dad 9:30-11am</p>
<p>6 Toddlers in Tow 9-10:15am</p> <p>Preschool Playtime 1:30-3pm</p>	<p>7 Baby Steps 9:30-11am</p> <p>Bearspaw Wiggle & Giggle 11am-12pm</p> <p>Postpartum Depression and Anxiety Support Group 1:30-3PM</p>	<p>8 Grandparents Group 9:30-10:45am</p> <p>Li'l Explorers 1:30-3pm</p> <p>*We Thinkers (ages 4-6 /parented) 5:30-7pm</p>	<p>9 Preschool Playtime 9-10:15am</p> <p>*Cochrane Prenatal Health Group 1:30-3:30pm</p> <p>Baby Sleep Sack Pop-Up Event 4:30-7:00pm</p> <p>*Mom's Night Out Event 6-8pm</p> <p>*Parents of Anxious Kids 7-8:30pm</p>	<p>10 Cochrane Breastfeeding Circle 9:30-11:30am (a certified lactation consultant and childbirth educator will be in attendance)</p> <p>Toddlers in Tow 1:30-2:45pm</p>	<p>11 Hangin' with Dad 9:30-11am</p>
<p>13 Toddlers in Tow 9-10:15am</p> <p>Preschool Playtime 1:30-3pm</p>	<p>14 Parent Link Centre Closed in the morning</p> <p>Bearspaw Wiggle & Giggle 11am-12pm</p>	<p>15 Grandparents Group 9:30-10:45am</p> <p>Beaupre County Connections 10-11:30am</p> <p>Li'l Explorers 1:30-3pm</p> <p>*Infant Massage 4-5PM</p> <p>*We Thinkers (ages 4-6 /parented) 5:30-7pm</p>	<p>16 Preschool Playtime 9-10:15am</p> <p>Bragg Creek Rumble & Roar 9:30-11am</p> <p>Family Night OUT 5:30-7pm </p>	<p>17 Baby Steps 9:30-11am</p> <p>Toddlers in Tow 1:30-2:45pm</p>	<p>18 Parent Link Centre Closed for Victoria Day</p>
<p>20 Parent Link Centre Closed for May Long Weekend</p>	<p>21 Baby Steps 9:30-11am</p> <p>Bearspaw Wiggle & Giggle 11am-12pm</p> <p>Postpartum Depression and Anxiety Support Group 1:30-3PM</p>	<p>22 Grandparents Group 9:30-10:45am</p> <p>Li'l Explorers 1:30-3pm</p> <p>*Infant Massage 4-5PM</p> <p>*We Thinkers (ages 4-6 /parented) 5:30-7pm</p>	<p>23 Preschool Playtime 9-10:15am (Triple P talk on Separation Anxiety)</p> <p>Cochrane Prenatal Health Group 1:30-3:30pm</p> <p>*Kids Have Stress Too! 7-9PM</p>	<p>24 Cochrane Breastfeeding Circle 9:30-11:30am (a certified lactation consultant and childbirth educator will be in attendance)</p> <p>Toddlers in Tow 1:30-2:45pm</p>	<p>25 Hangin' with Dad 9:30-11am</p>
<p>27 Toddlers in Tow 9-10:15am (Triple P talk on Sharing)</p> <p>Preschool Playtime 1:30-3pm</p>	<p>28 Baby Steps 9:30-11am</p> <p>Bearspaw Wiggle & Giggle 11am-12pm</p> <p>*FOCUS for Attention 7-8:30pm</p>	<p>29 Grandparents Group 9:30-10:45am</p> <p>Li'l Explorers 1:30-3pm</p> <p>*Infant Massage 4-5PM</p> <p>*We Thinkers (ages 4-6 /parented) 5:30-7pm</p>	<p>30 Preschool Playtime 9-10:15am</p>	<p>31 Baby Steps 9:30-11am</p> <p>Toddlers in Tow 1:30-2:45pm</p>	

CHILD DEVELOPMENT PROGRAMS

We Thinkers (ages 4-6/parented) NEW PROGRAM! - Wed May 1-29 (5:30-7pm)

Join us for a five-week program focusing on helping children build fundamental social competencies. Children reintroduced to five core social thinking concepts through a combination of story-telling and group activities. Families also gain practical ideas to use at home. **Registration Required.**

Baby Steps (ages prenatal-walking/parented) - Tue (9:30-11am) & Fri May 3, 17 & 31

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 May 10 & 24 (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 May 2 & 16 (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 May 1 & 15 (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 May 2 & 16 (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 May 7 & 21 (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 May 9 (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

Kids Have Stress Too! - Thu May 23 (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.

Parent Link Centre, *Must Register Online

Infant Massage - Wed May 15-29 (4-5pm)

Over three sessions, you learn massage strokes and how they benefit your baby, physically, emotionally and psychologically. You also learn specific strokes to soothe a crying baby, ease constipation and gas pain and reduce colic. This interactive, fun and relaxing class is open to moms and dads with babies from four weeks old to not yet crawling. No prior skills required except loving hands and an open heart!

Parent Link Centre, *Must Register Online.

FOCUS for Attention - Tue May 28 (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



Would you like to receive our monthly e-newsletter?

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