

## COCHRANE FAMILY AND COMMUNITY SUPPORT SERVICES AND ROCKY VIEW COUNTY, WORKING TOGETHER TO STRENGTHEN FAMILY AND COMMUNITY LIFE

### **JUNE 2016 E-NEWSLETTER**

**The Town of Cochrane Summer Program and Activity Guide is here!  
Pick one up at Cochrane FCSS or view online:**

<https://www.cochrane.ca/634/Program-Activity-Guide>

### **FAMILY & COMMUNITY SUPPORT SERVICES (FCSS) PROGRAMS:**

- **50+ Recourse Discussion Expo:** Thursday, June 9, 1:30-4:00pm at Seniors On The Bow. At this free event you will visit displays and share your thoughts and wants for programs and services.

Family and Community Support Services provide preventative social programs to promote, encourage and facilitate the development of a strong community.

Like us on Facebook <https://www.facebook.com/CochraneProgramsActivitiesOpportunities>.



**TOWN OF COCHRANE**  
**SENIORS WEEK**  
**JUNE 6-12, 2016**

**Cochrane Bus Tour**  
**Saturday, June 11, 2016 | 1-2 pm**

Tour locations:

- HomeStead Apartment Building & Cochrane FCSS
- Cochrane Home Treasures
- Home Reno Heaven
- SLSFSC & Seniors on the Bow
- Cochrane Community Health Centre
- Nan Boothby Memorial Library
- Cochrane Ranche
- Cochrane RancheHouse
- The Clothesline

*Join us for a tour of Cochrane!  
Free | Register: 403-851-2250*




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Cochrane Society for Housing Options  
presents



**Join us for a BBQ in  
celebration of the  
HomeStead's 10th  
Birthday**

**Friday, June 17  
3-7pm**

**HomeStead Building**  
209 Second Ave W  
Cochrane

**Ceremony at 4pm**

- ★ Free event!
- ★ Family-friendly
- ★ Music and food
- ★ Bouncy castle and petting zoo



In partnership with

**CSHO**  
Cochrane Society for Housing Options  
opening doors for you

**FCSS**  
Cochrane Family & Community  
Support Services

**cochrane**  
HOW THE WEST IS NOW

**WESTERN ROCKY VIEW PARENT LINK CENTRE PROGRAMS:**

- **Parents of Anxious Kids:** Thursday, June 9, 7:00-8:30pm at the HomeStead building. This monthly group session offers support, strategies, information and resources for parents/caregivers of children and youth who may be showing signs of anxiety. To register call 403-851-2250.
- **Car Seat Safety:** Saturday, June 11. With 93% of all child seats installed incorrectly, can you be confident your child is safe? Get one to one car seat education from certified child restraint technician and feel confident in your ability to install and use your child's seat. Register and receive your appointment time by calling 403-980-SEAT (7328).
- **Focus For Attention:** Tuesday, June 14, 7:00-8:30pm at the HomeStead Apartment building. Join parents and caregivers of children and youth with ADHD. This monthly support group includes strategies, resources, guest speakers and the opportunity to network with one another. To register call 403-851-2250.

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- **Cochrane Prenatal Health Group:** Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday (May 12-Aug.11), 1:00-3:00pm. Are you pregnant and on a low income? Register for this free prenatal health group for support and information. To register call 403-228-8221.

To see the many programs for children birth to age 6, check out the Parent Link Centre's website [www.cochrane.ca/PLC](http://www.cochrane.ca/PLC) and Face book page [www.facebook.com/CochranePLC](http://www.facebook.com/CochranePLC).

### **IN COCHRANE**

- **Cochrane Farmers Market:** Saturdays, June 4-Oct.1 (9:30am-1:30pm) at the Historical Cochrane Rancho Site. For more information visit website: <http://www.cochrane-environment.org/farmers-market>
- **Canada Day Pancake Breakfast and Flag Raising:** July 1 (9:00-11:00am) at the Cochrane Legion.
- **Summerfest-Canada Day Event:** July1 (1:00-8:00pm) at Mitford park. Free entry. Bring the family for a full day of fun. <http://www.cochraneevents.ca/>

To see what else is happening this summer check out Cochrane's Program and Activity guide or visit these websites:

- **Cochrane and Area Boys and Girls Club:** <http://www.bgccochrane.ca/>
- **Cochrane Public Library (Nan Boothby):** <http://www.cochranepubliclibrary.ca>
- **Cochrane Tourism:** <http://www.cochrane-tourism.ca/>
- **Rocky View County:** <http://www.rockyview.ca/>
- **Seniors on the Bow:** <https://www.cochrane.ca/257/Seniors-on-the-Bow-Centre>
- **Town of Cochrane:** <http://www.cochrane.ca/>

### **IN OUR RURAL COMMUNITIES:**

#### **Rural Cochrane**

**Dartique Hall:** If you would like to host an event, Dartique hall offers a beautiful, rustic location nestled in the Foothills. For more information on local **activities, events and our facility** please call 403-932-6187 or visit our website. <http://www.dartiquehall.org>.

**Weedon Pioneer Hall:** Located at 42299 Weedon Trail (Corner of Highway 22 & Big Hill Springs Road).

- **Roundup:** Wednesday, July 27, 9:00am - 3:00pm. Agriculture Roundups are mobile waste facilities to collect specific agricultural materials for recycling. For more information visit website below. <http://www.rockyview.ca/CountyServices/GarbageRecycling/SpecialCollectionPrograms/AgricultureRoundups.aspx>

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**Bearspaw**

**Bearspaw Lifestyle Centre:** <http://www.bearspawlc.org>

- **Wiggle & Giggle (0-6 years of age):** Tuesdays, 11:00am-12:00pm. This parent led group offers opportunities to meet other parents, while children have fun, burning off energy. Please bring indoor shoes. Last Wiggle and Giggle is June 14<sup>th</sup> and then sessions close for the summer.

For more information on **memberships, sports, fitness for all ages, summer camps, and events**, please visit website or pick up the Bearspaw Beat newsletter.

- **Bearspaw Farmers' Market:** Sundays 10:00am – 2:00pm, at Bearspaw Lions Clubhouse (25240 Nagway Road, Beside Hwy 1A just west of Calgary city limits).  
[www.bearspawlions.com](http://www.bearspawlions.com)
- **Aggregate Resource Plan Open House:** Wednesday, June 15, 6:30pm at Rockpoint Church (255024 Lochend Road). A public engagement session to discuss the proposed Aggregate Resource Plan.  
<http://www.rockyview.ca/BuildingPlanning/PlansUnderReview/AggregateResourcePlan.aspx>

**Beaupre:**

**Beaupre Community Hall:** [www.beauprehall.com](http://www.beauprehall.com)

- **Country Connections Parented Play Group (ages: birth to 6):** Wednesdays, June 2 & 16 (10:00-11:30am). Please note; there are no sessions over the summers, but we'll be back in September. For more information please call 403-851-2265.
- **Art Show and Sale and Spring Tea:** June 11 & 12.

For more information on **events & activities**, please visit the above website.

403-932-5497 *Come Join us at Beaupre Hall* [www.beauprehall.com](http://www.beauprehall.com)

*Beaupre Artists Guild*




**Art Show & Sale**  
Free Admission  
On Sat. June 11th 10 am to 4 pm  
& Sun. June 12th 1 pm to 4 pm  
Art in many Mediums  
Paintings, Fibre Art, Metal Art, Woodcrafts, Gourds

**& Beaupre Spring Tea**  
Cost \$5 at the door  
On Sun. June 12th 1 pm to 4 pm  
High Tea  
in a relaxed country setting  
Surrounded by the Art of the Beaupre Artists Guild

  
wildcatartists.com

Wendy Adams  
Mary Lou Brooks  
Brenda Driscoll  
Jan Gauthier

Dale Kennard  
Pauline McGregor  
Laura Procnier  
Linda Thomas

**Inaugural Art Show & Sale**  
**Saturday June 25<sup>th</sup> 2016 • 10:30 to 4:30**  
St. Andrews United Church – 128 1st St. E, Cochrane

10% of Sales proceeds donated to the Cochrane Humane Society



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**Bragg Creek**

**Bragg Creek Community Centre:** [www.braggcreekca.com](http://www.braggcreekca.com)

- **Bragg Creek is building a playground - Volunteers Needed:** June 15-19<sup>th</sup> at the Bragg Creek Community Centre., For more information please contact Luanne at 403-949-4277, ext. 1 or email: [facilitydir@braggcreekca.com](mailto:facilitydir@braggcreekca.com)
- **Bragg Creek Days:** Saturday and Sunday, July 23-24. Don't miss the fun. See poster.

**Bragg Creek is building a  
New Playground!**

**Volunteers  
Needed**

**June  
15th - 19th**

The Bragg Creek Community Association will be building a new playground to replace the old one and needs your help!  
Volunteers are needed for installation June 15th - 19th  
No experience needed • SIGN UP at [www.volunteerspot.com](http://www.volunteerspot.com)

At The Bragg Creek Community Centre  
23 White Avenue  
Bragg Creek

Volunteers make our community beautiful!  
We ♥ Our Hamlet

Contact Luanne for details  
[facilitydir@braggcreekca.com](mailto:facilitydir@braggcreekca.com)  
(403) 949-4277 ext 1

  
**Bragg Creek**  
COMMUNITY ASSOCIATION

**Bragg Creek Days**  
**July  
23 & 24  
2016**

*An outstanding, outdoor event  
for the whole family!*

**Bragg Creek Community Centre**  
23 White Avenue  
403.949.4277 • [www.braggcreekca.com](http://www.braggcreekca.com)

**Saturday July 23rd**  
**\$5 admission**  
FREE for BCCA Members, 3 yrs & under, and 65 yrs & older  
Redwood Fire Dept. Pancake Breakfast • Parade  
Outdoor Market Square • Beer Gardens • 50/50  
Midway Games • Live Entertainment • Pony Rides  
Face Painting • Bouncy Houses • Bubble Ball  
Acrobatic Studio Games • Food!  
~Performers: Wakeup Starlight & Grant Kanigan~

**Sunday July 24th**  
**Ride For Sight Event**  
Pancake Breakfast • Poker Rally • Beer Gardens  
Outdoor Market Square • Show & Shine • 50/50  
Bike Games (for kids and adults!) • Bouncy Houses  
Live Entertainment • Face Painting  
**And sooo much more!**

  
**Bragg Creek**  
COMMUNITY ASSOCIATION

**For more Bragg Creek information, visit:**

- <http://visitbraggcreek.com>
- <http://www.braggcreek.ca>
- <http://braggcreekperformingarts.com/contacts>

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### Redwood Meadows

**Redwood House** [www.redwoodmeadows.ab.ca](http://www.redwoodmeadows.ab.ca)

- **Parent Tot Playgroup:** Tuesdays, 9:30-11:30am at Redwood House. Drop in fee \$2.00. Call Renate for more information 403-949-3563.
- **Rumble & Roar:** Thursdays at 9:30-11:00am. Cost: \$5.00/family. The Cochrane Parent Link staff will join this group June 2 & 16 with extra activities, resource information and FREE developmental screenings for your child.
- **Redwood House Community Café:** June 10, 10:30-12:00noon. Everyone is welcome to enjoy a cup of coffee or tea, homemade treats and great conversation. Cost: \$2.00.
- **Ride For Will:** Saturday, June 18, 2:00-8:00pm. 10km & 20km bike ride. All ages welcome. BBQ and silent auction begin at 5:00pm. For more information and to register visit website [www.willbouchard.com](http://www.willbouchard.com).
- **Canada Day Celebration:** July 1. Bike decorating at 9:30am, parade at 10:00am, stage show, 11:00am-3:00pm. Enjoy birthday cake, live music, games, bouncy castles, beer garden, vendors, and more. Fireworks at 11:00pm. Registration deadline for vendors is June 24<sup>th</sup>. For more information please call 403-949-3563.
- **Fire Cadet Camps:** July and August. Come train like a firefighter (youth 14-17). To learn more or to register, visit website: [WWW.RMESFIRE.ORG](http://WWW.RMESFIRE.ORG).

For more Redwood Meadows **sport, event and community** information check website above and **The Chatter newsletter:** <http://www.redwoodmeadows.ab.ca/wp-content/uploads/2016-06-June-for-web.pdf>

### Community Helpers Workshop

**When:** Monday, June 6<sup>th</sup> & Tuesday, June 7<sup>th</sup>  
9:00 am – 4:30 pm (both days)


**Where:** Redwood House in Redwood Meadows



Are you a great listener?  
Do your friends turn to you for help?  
Then you are a "natural helper"!

The Community Helpers Program offers FREE training, resources and support to those who serve as our community's natural helpers.

All Bragg Creek area & Redwood Meadows residents welcome to attend!



Register by emailing  
[Sharon.MacDonald@cochrane.ca](mailto:Sharon.MacDonald@cochrane.ca)  
or by calling 403-200-1290.



## FUNDRAISER! PaintNite

*Drink Creatively*



**At The Redwood House**

Friday June 10<sup>th</sup> • 7pm • \$45  
Toonie Bar & Snacks

Register by May 20th! [www.paintnite.com](http://www.paintnite.com)

Call or email the Bragg Creek Centre for more information  
(403) 949-4277 ext 2 • [progcoordinator@braggcreekca.com](mailto:progcoordinator@braggcreekca.com)



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**Springbank**

**The Springbank Park for All Seasons (SPFAS) [www.springbankpark.com](http://www.springbankpark.com)**

- **Aggregate Resource Plan Open House:** Thursday, June 9, 6:30pm at the Springbank Park for All Seasons (32224A Springbank Road). A public engagement session to discuss the proposed Aggregate Resource Plan (ARP).  
<http://www.rockyview.ca/BuildingPlanning/PlansUnderReview/AggregateResourcePlan.aspx>
- **Fall Fair:** Saturday, September 10th, 10:00am–4:00pm. We are counting down the days to this year's Fall Fair at Springbank Park For All Seasons! Vendor registrations are now being accepted on online. Once you register as a vendor you will receive updates regarding the exact details of the events at the Fall Fair. For more information contact Lisa at [Fallfair@springbankpark.com](mailto:Fallfair@springbankpark.com) or call 403-242-2223.



- **Ride Don't Hide:** Sunday June 26 at Springbank Park for All Seasons. A community bike ride hosted, nationally, by the Canadian Mental Health Association (CMHA), with the goal to raise awareness and help break the stigma surrounding mental health while raising essential funds to support mental health programs. The community event is a ride, not a race, with routes designed for riders of all ages and abilities. For more detail visit: <http://ridedonthide.com/ab/ride/calgary> .

**Springbank Heritage Club:** All individuals ages 50 and older are welcome to join the club. For more information contact Mr. Val Finch at 403-288-1288 or email: [Springbankhc@telus.net](mailto:Springbankhc@telus.net) .



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Click on brochure: [http://www.myspringbank.ca/images/media/shc\\_brochure\\_web.pdf](http://www.myspringbank.ca/images/media/shc_brochure_web.pdf).

**Springbank Lions Club:** <http://e-clubhouse.org/sites/springbankab/contact.php>.

For more **Springbank community information, cubs, meeting and events**, don't forget to check out: [www.myspringbank.ca](http://www.myspringbank.ca).

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**\$\$ Need Help with Money Management? \$\$**

Check out the FIRM program (Financial Information and Resource Management) – one to one support, at Cochrane FCSS. For more information call 403-851-2286 and check out these helpful websites: Momentum <http://www.momentum.org> & Money Mentors <https://moneymentors.ca>

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Please note: You will not receive a Community Support E-Newsletter in July or August. Watch for the next newsletter in September. Have a great summer.

Sincerely,

Wendy Farnsworth, Community Support Worker  
Email: [Wendy.farnsworth@cochrane.ca](mailto:Wendy.farnsworth@cochrane.ca)