

Mental Health Awareness Week

Cochrane is coming together to recognize Mental Health Week from May 5-11, 2025, with a dynamic lineup of free events, resources, and activities designed to promote mental well-being and strengthen community connections. Organized by Cochrane Family and Community Support Services (FCSS) in collaboration with local partners, this initiative is dedicated to breaking down stigma, encouraging open conversations, and equipping residents with tools to support their mental health.

Ongoing



Cost Associated



Tickets required



Registration required

2-6 p.m. (M-Th) 1-6 p.m. (F)

All week at varying times

All week

All week

(Contact BCCA for virtual access)

May 4, 1-4 p.m.

Drop-in at BGC

Free group classes at SLS Centre

Pathways to Mental Health

West Rocky View residents can enjoy a virtual screening of *Screenagers: Under the Influence*

Pay what you can day at Riverside Sports Therapy for Cochrane Connect Card holders

Monday, May 5

12-2 p.m. **Fear-Less: Anxiety Lunch & Learn – Family Resource Network: 127 1 Ave.**



This seminar introduces parents to a wide range of strategies for managing children's anxiety in a single session program. Lunch will be provided.

Register: cochrane.ca/programguide

1-4 p.m. **Healing Art with Rita Shannon – Seniors on the Bow: 800 Griffin Rd. E. (Second Floor, Arena Entrance)**



In partnership with FCSS and the Town of Cochrane, SOTB will be hosting a free painting class on Monday, May 5 with Rita Shannon. Come and join us to discover your inner artist and how beneficial art can be for your life and your mental health.

Register: at the SOTB Reception Desk. Registration is limited.

3-4 p.m. **Coffee and Chat: Compassionate Minds – Cochrane Public Library: 405 Railway St. W.**

A session dedicated to mental health for newcomers, discussing the importance of mental well-being and available resources.

5-6:30 p.m. **Gaming and Mental Health – Family and Community Support Services: 1, 209 2 Ave. W.**



This presentation is designed to empower youth and their caregivers to better understand the impacts of gaming on mental health and wellness. Douw Vorster will explore and define: the various techniques and strategies used by the gaming industry to influence youth, key habits and behaviour that can indicate an unhealthy relationship with gaming, the positive impacts gaming can have on relationship building, critical thinking skills. and tips and tricks to support a youth gamer as a parent or guardian. Parents and youth age 12+ are welcome to attend.

Register: cochrane.ca/programguide

6-7:30 p.m. **Caregiver Self-Care: Kintsugi-Inspired Art – Cochrane Public Library: 405 Railway St. W.**



This session will offer caregivers a creative and therapeutic approach to self-care through the ancient Japanese art of Kintsugi. This art form emphasizes the beauty of imperfection, where broken pottery is repaired with gold or precious metals, transforming the cracks into visible, valuable features. Similarly, caregivers will reflect on their own journeys, embracing the challenges and emotional "cracks" they have faced, while learning to celebrate and heal those moments through art. Snacks, drinks & tea will be provided. There will be a kids (ages 6-12yrs) expressive arts self-care activity running simultaneously to help support those with kids in attending this session.

Register: cochrane.ca/programguide

Mental Health Awareness Week

Tuesday, May 6

- 12-1 p.m. **Free Community Soup Lunch – St. Andrew's United Church: 128 1 St. E.**
St. Andrew's United Church is hosting their weekly free Tuesday Community Lunch. Anyone is welcome to swing by, grab a delicious soup lunch, and stick around for some great conversation and community!
- 12-3 p.m. **Healing Paws: Paws, Relax, Heal – Cochrane Humane Society: 62 Griffin Industrial Point.**
Come experience the power of paws! Join us for Healing Paws this Mental Health Week and enjoy the calming presence of our shelter animals. Pet, cuddle, and connect with our furry friends while supporting mental well-being.
- 2-6 p.m. **DIY Zen Garden – BGC: The CLUB: 3, 204 5 Ave.**
Youth age 12-17yrs. can stop by The CLUB to make their own Zen gardens. Supplies will be provided.
- 5:30-7:30 p.m. **Daddy & Me Date Night: Mothers Day Photoshoot – Family Resource Network: 127 1 Ave.**
R Make this Mother's Day extra special by joining us for a father-child photo event! This activity gives dads and kids the chance to take photos together – perfect for creating a heartfelt gift for mom. Food and refreshments will be provided.
Register: cochrane.ca/programguide
- 6-9 p.m. **Board Game Night – Family and Community Support Services: 1, 209 2 Ave. W.**
Join us for a night of board game fun! This opportunity is for anyone in the community to bring their favourite board game to share with others, or to try out some new games! Light refreshments will be available.

Wednesday, May 7

- 10 a.m.-12 p.m. **Story Weavers: Finding Hope Through the Magic of Childhood Stories**
R **Cochrane Public Library: 405 Railway St. W.**
Experience the hope and magic of childhood stories, and the restorative mischief and wonder they are inviting us into today. This circle is for anyone curious to engage in conversation and a little heart work around story, self, and the hope we can find when we borrow courage and colour from the narratives that shape us.
Register: calendly.com/still-lake-listening/story-weavers
- 12-3 p.m. **Healing Paws: Paws, Relax, Heal – Cochrane Humane Society: 62 Griffin Industrial Point.**
Come experience the power of paws! Join us for Healing Paws this Mental Health Week and enjoy the calming presence of our shelter animals. Pet, cuddle, and connect with our furry friends while supporting mental well-being.
- 2:30-4:30 p.m. **Open House and Tour – Spirit Winds Ranch: 54101 Township Rd 270, Rocky View**
R This event will be for community members who are interested to see how Equine Assisted Learning works. It will be a hands on experience with the horses and the programming at the ranch. Participants must dress warm as the arena is cool even during warm weather and wear closed toed shoes or boots.
Register: cochrane.ca/programguide
- 5:30-6:30 p.m. **From Shy to Shining: The Impact Your Fear of Public Speaking Has On Your Mental Health**
R **Address available upon registration**
Sleeping Giants Theatre and Characters Public Speaking are proud to bring you this workshop led by Jenny Austin Bassett. This workshop will give you the tools and techniques to turn your fear of public speaking around and start living the life you were meant to live. You'll learn how your fear of public speaking affects way more than just your ability to speak up in groups. You'll gain some tangible tools you can use right away and leave this workshop feeling optimistic, confident, and inspired to take action!
Register: <https://forms.gle/isoQTFvUWogFjXuQ8>

Mental Health Awareness Week

Wednesday, May 7 Cont.

6:15–7:15 p.m. **Supporting Our Heroes: Wayfinders Wellness Society**

Cochrane Public Library: 405 Railway St. W.

Wayfinders Wellness Society. Provides crucial, free peer-led support and programs for those who have served our communities and country: first responders, military personnel, veterans, and their families, who are living with PTSD injury. This is a unique and valuable resource located on a working cattle ranch on the edge of Cochrane. Join us to learn how Wayfinders Wellness Society empowers these individuals.

Evening Showings **Free Community Movie Night – Cochrane Movie House: 218, 5 Ave.**
Sponsored by Home Treasures

T Home Treasures operates on the belief that everyone deserves the nice & necessary. That is why on May 7 Home Treasures is sponsoring a free community movie night at the Cochrane Movie House. Tickets will be available for pick-up at the Movie House starting at 2:30 p.m. on April 29. There is a limit of 5 tickets per person and only while tickets last.

Thursday, May 8

9:15 a.m.–4 p.m. **The Context of Emerging Adults: A Co-Created Presentation**

R **Cochrane Community Health Centre: 60 Grande Blvd.**

A co-developed and delivered presentation with Emerging Adults with the goal that participants will leave with an increased ability to explore, validate, and engage emerging adults within a mental health context. Participants will leave with practical strategies and tools to demonstrate an understanding of the Emerging Adult lived experience in their practice.

Register: shelby.hoplandguidi@recoveryalberta.ca

9:30–11:30 a.m. **Bragg Creek Rumble and Roar – Bragg Creek Community Centre: 23 White Ave.**

In partnership with the Bragg Creek Community Centre, join us for an active play program in a large open gym while meeting other parents. Featuring ride-on toys, a bouncy castle and much more.

12–1 p.m. **Trained Community Helpers Lunch – The Station: 360 Railway St. W.**

R A free lunch for anyone that has completed the Community Helpers Program, or for those who are interested in taking the course to improve their skills and confidence for helping those around them.

Register: cochrane.ca/programguide

2–6 p.m. **Mindfulness Thursday – The CLUB: 3, 204 5 Ave.**

Yoga, mindfulness, and meditation during drop-in for youth age 12–17yrs. We have some yoga mats, feel free to bring your own if you prefer!

3–4 p.m. **ADHD: A Strengths Based Approach – Cochrane Public Library: 405 Railway St. W.**

Do you know someone who struggles to pay attention and finish tasks, is easily distracted, impulsive, forgetful, or struggles with time, and seems to have a hard time self-regulating? Then you are probably familiar with ADHD. In this workshop we will go over the 3 ADHD subtypes and what an ADHD diagnosis means for your loved one. We will share research on how taking a strengths based approach in response to ADHD can be incredibly helpful in supporting the wellbeing of children, teens and adults with ADHD.

5:30–6:30 p.m. **Group Bike Ride – SLS Centre: 800 Griffin Rd. E.**

R Come join us for a relaxing bike ride to support mental health awareness! Enjoy the fresh air and beautiful riverside while helping raise awareness for a great cause. It's a friendly ride on a paved path and everyone is welcome – whether you're new or experienced! Just bring your bike and a CSA certified helmet.

Register: groupprides@bikecochrane.com

Mental Health Awareness Week

Thursday, May 8 Cont.

- 6-7 p.m. Drumming Circle – Family and Community Support Services: 1, 209 2 Ave. W.**
Traditional Indigenous drumming has been a healing tool for Indigenous Cultures around the world. Chantal from Cree8 shares traditional songs, stories, knowledge and drumming. She shares her handcrafted drums to play together, cultivating community and connection. Heal your body, mind, heart and spirit with the deep connection of the Heartbeat of Mother Earth and have fun!
- 6-7:30 p.m. Mental Health Out Loud Cochrane & Area Student Display – Route 22: 208 1 St. W.**
Come check-out Cochrane and Area Rocky View Schools grade 5-12 students Mental Health Out Loud art display at Route 22. Mental Health Out Loud is an annual art contest put on by Rocky View Schools- MHCB, Mental Health Capacity Building Program during Mental Health Awareness Week to help support positive conversations and reduce mental health stigma.
- An Art Therapist will speak on the important connection between mental health & art and hear from local RVS student artists who showcased their work on what inspired them. Light snacks & drinks provided
 - Mental Health Out Loud is an annual art contest put on by MHCB, throughout Mental Health Awareness Week to help support positive conversations & reduce the stigma surrounding mental health
- 7-9 p.m. Rehab Your Nervous System – Riverside Sports Therapy: 2121, 239 Griffin Rd. E.**
R Learn how to use your body to change your nervous system state and break the stress cycle. This workshop provides a practical overview of our stress response and common symptoms you might not know are connected to stress levels! We'll teach simple and highly effective body-based techniques, cover the science behind the vagus nerve hype and demo an innovative approach to vagus nerve stimulation.
Register: infocochrane@riversidesportstherapy.com

Friday, May 9

- 10-11 a.m. Parent & Tot Sing-a-long – Frank Wills Hall: 405 1 St. E.**
A parent & tot sing-along at Frank Wills Memorial Hall designed to support the mental well-being of parents and their little ones. Toddlers can dance and move around in a safe enclosed space. Coffee, tea and cookies provided. Floor seating. Bring a yoga matt or blanket if you wish. Free on May 9, just show up!
Link for future sessions: <https://www.zeffy.com/ticketing/parent-and-tot-singalong>
- 10 a.m.-12 p.m. Virtual D-Stress Workshop – Online**
R This interactive workshop includes a basic discussion of stress and how we can recognize when it becomes a problem for our health. Participants will come away with a personal stress reduction action plan.
Register: https://albertahealthservices.zoom.us/webinar/register/WN__HL3bIBaSiCcLKW4qSBWRw
- 11 a.m.-12 p.m. Qigong for your Well-Being – Cochrane Public Library: 405 Railway St. W.**
R Join Donna Devlin for a special program designed to help you stay balanced, calm and energized during the busy season. Through gentle movements, focused breathing and mindful intention, Qigong offers a way to reconnect with your body, quiet your mind and find relaxation. Take this opportunity to slow down, renew your energy and simply breathe. Limit of 20 participants.
Registration: www.cochranepubliclibrary.ca
- 3-4:30 p.m. Let's 'Chalk' About Mental Health – Riverfront Park: corner of Hwy 22 and Griffin Rd. W.**
We invite the community to come together and transform Riverfront Park into a vibrant, colourful space that celebrates mental health awareness, self-care and support. The event will include music, dancing and plenty of space for conversation, connection and creativity. Success coaches will be present and participating for the duration of the activity if anyone is seeking further mental health information, services, and/or referrals for support.

Mental Health Awareness Week

Friday, May 9 Cont.

7-9 p.m. Uncovering Your Unique Story – Found Books: 206 1 St. W.

- T** Join Marni and Julia for an intimate and transformative workshop designed to help you discover and share the unique narrative of your life. In this session, you will be guided through a reflective journey, exploring the key moments that have shaped you—highlighting the twists, turns, ups, downs and the pivotal forks in the road. You will learn how to articulate your experiences, giving voice to your memories and insights. This event is designed for adults, but we welcome motivated teenagers. This event is not suitable for younger children. Electronic free zone during this workshop.
- \$** Bring: Journal and favourite writing utensil
Cost: Regular \$30, Student \$20
Register: <https://www.eventbrite.ca/e/uncovering-your-unique-story-a-workshop-tickets-1296312488549>

Saturday, May 10

9:30-10:45 a.m. Gone Fishing: Daddy and Me – Mitford Pond: 201 West Rock Rd.

- R** More than just fishing! A chance for dads to strengthen their bond, reduce stress and boost well-being, one cast at a time. Dads and kids will be covered under a special group fishing license, rods and lures will be provided.
Register: cochrane.ca/programguide

10 a.m.-12 p.m. Caregiver Strain: Raising Neurodivergent Children – Ascend Pediatrics: 126 2 Ave. W.

- R** This event will start with information on the increased parental strain associated with raising children who have increased sensory, social and behavioral challenges, followed by an open discussion and realistic strategies for coping.
Register: forms.gle/FMVECmTV8m9u4qqM8

10 a.m.-3 p.m. Youth Unplugged: Your Story Matters – Kings Gate Church: 53 Aarsby Rd.

- T** A one-day, hands-on workshop designed to empower youth to own their stories, ignite self-awareness and build resilience. Through an immersive sculpting experience, participants will embark on a transformative journey of self-discovery, using creativity as a powerful tool for healing and expression. This event offers a safe and inspiring space for young people to unplug from the noise, connect with their inner voice, and realize the strength within their stories.
Register: eventbrite.com/e/youth-unplugged-your-story-matters-tickets-1315864258419?aff=oddtcreator

11:30 a.m.-1:30 p.m. Open House Tour & Horse Meet and Greet – Address available upon registration

- R** WWS offers a unique, safe, supportive space for the purpose of empowering first responders, military, veterans and their families living with PTSD injury through peer led support. This event is open to: Military, Veterans, First Responders (Police, Fire, Paramedics, Corrections, Child At Risk Response Team, Fish & Wildlife, Sherriff's, RCMP, Search & Rescue, 911 Dispatch Operators, Peace Officers) and organization leaders interested in partnering with or sponsoring WWS. This is a time to focus on your wellbeing whether you are participating as an individual or as a family.
Register: info@wayfinderswellness.ca

1-2:15 p.m. Shake, Sparkle, Shine! – Family Resource Network: 127 1 Ave. W.

- R** Celebrate Mental Health Week by creating calming jars with your child! Promote relaxation, focus and emotional wellbeing by providing a soothing tool for managing big emotions in a fun and creative way.
Register: cochrane.ca/programguide

1:30-2:30 p.m. Introduction To Yoga and Nidra Meditation – Alchemy Yoga: 346 Railway St. W.

- R** A cleansing flow with a few long hold stretches, finishing with a Yoga Nidra meditation. Nidra (effortless relaxation) is where we are fully aware of the quieting of our thoughts to witness the experience, the sensations and feelings but to not be overwhelmed by them. The practice draws the attention inwards as we fall into an innate state of deep, blissful awareness.
Register: alchemyyogacochrane.com/mental-health-week-introductory-flow-to-nidra-meditation/

Mental Health Awareness Week

Saturday, May 10 Cont.

2-3:30 p.m. **The Masks We Wear – Ranchehouse Theatre: 101 Ranchehouse Rd.**

T Join Sleeping Giants Theatre for a moving, youth-led, performance during Mental Health Awareness Week in Cochrane. This original play, written and performed by local youth, explores the message that you never truly know what others are going through, highlighting empathy and understanding.

Register: <https://www.eventbrite.com/e/the-masks-we-wear-tickets-1320382452459?aff=oddtcreator>

5-6 p.m. **Breathe and Dance for Stress Relief – Family and Community Support Services: 1, 209 2 Ave W.**

R Attend this immersive 1-hour workshop that blends three powerful practices to restore your mind, body and spirit:

- \$** • **Breathwork:** Discover the art of conscious breathing to release stress and increase vitality
- **Ecstatic Dance:** Let loose and move freely to uplifting rhythms, reconnecting with your inner joy
- **Meditation:** Find your center with guided mindfulness, leaving you calm and grounded

This session is open to all ages and experience levels.

Cost: \$15 cash is required at the door.

Register: cochrane.ca/programguide

Sunday, May 11

1-4 p.m. **Gardening For Overall Health – Mobile Green House: 800 Griffin Rd. (South Entrance)**

R A facilitator will work alongside participants to plant seed pots while talking about what successfully grows in this zone and how to increase one's chances of success. Participants will take home their pots.

Register: cochrane.ca/programguide

2-4 p.m. **Brain Gardening: Rooted in Wellness – Maliya Wellness: 2204, 120 5 Ave.**

R An interactive workshop that explores how small, intentional practices can rewire the brain for emotional resilience and balance. Through mindfulness exercises, an introduction to neuroplasticity and hands-on activities, participants will gain practical tools for personal growth and mental well-being.

Register: https://maliya.janeapp.com/locations/workshops-events/book#/staff_member/129/treatment/1427

2-3 p.m. **The Creative Art of Cryptic Crosswords – Cochrane Public Library: 405 Railway St. W.**

Daniel will guide you through the techniques for understanding and solving these intriguing puzzles, offering a chance to experience cognitive stimulation and stress release through mental engagement. This all-ages session provides a stimulating way to engage your mind and discover the satisfaction of solving a challenging puzzle.

Funders and Sponsors



Partners

