



Financial Resources

Family and Community Support Services (FCSS) and Family Resource Network (FRN) Community Resource Workers focus on offering free programming and support non for profits to support people facing financial barriers.

FCSS & FRN

- **Cochrane Connect Card** – provides eligible families and individuals a discount on community services. E.g. 25% off Colt bus pass, savings on Spray Lake Sawmill Family Sports Center membership, free library card, etc. Call FCSS for more information.
- **Help with Gov't forms**
 - **Alberta Seniors Benefits** - Seniors with low-income can get financial assistance to help with monthly living expenses. [Alberta Seniors Benefit | Alberta.ca](#).
 - **Service Canada - Guaranteed Income Supplement** provided a monthly non-taxable benefit for Old Age Security pension recipients with a lower income. [Guaranteed Income Supplement – Overview - Canada.ca](#)
 - **Benefit Finder** is a tool that can help you find services and benefits you may be eligible to receive. [Benefits Finder - Canada.ca \(services.gc.ca\)](#)
- **FIRM Program: (Financial Information and Resource Management)** offers individuals financial counselling, which includes supportive conversations on debt repayment options, budget review, assets, planning, and connection to other helpful resources.
- **Town of Cochrane Seniors Property Tax Support** – eligible seniors (low income) can receive a \$500 credit towards their property taxes. For more Information call FCSS.
- **Volunteer Income Tax program** – free tax clinic where volunteers file tax returns for eligible people.

Education:

- **Bow Valley College** – Youth Skills Connection for ages18-30. [Youth Skills Connection: Career Connection \(mycareerconnection.ca\)](#)
- **Bow Valley College** – Skills Compass for Newcomers. [Skills Compass | Bow Valley College](#)
- **NPower** – Technology Training for ages 17-30. [NPower Canada](#)

Employment

- **Cochrane Employment Services.** Phone: 403-709-0011
[Prospect - Break Barriers. Employ Change \(rwemploymentservices.com\)](#)

Address: 2, 312 - 5 Ave W, Cochrane.

Food security programs:

- **Cochrane Activettes' Food Bank:** To access a food hamper, please call FCSS at 403-851-2250.
- **Cochrane Activettes' Share Your Christmas program:** To register call at the end of November.
- **Helping Hands Food Shed** is located at St. Andrews Church (parking lot). It is a successful food exchange initiative.
- **Meals in Your Freezer program:** Frozen meals can be purchased through FCSS. Cost: \$5 - \$6.50/meal. Call FCSS, 403-851-2250, for more information.

Housing – Affordable option:

- **Cochrane Society for Housing Options (CSHO), [Home \(csho.ca\)](http://csho.ca)**
Phone: 403-851-2250
CSHO owns and operates 37 units and serves the entire community (adults of all ages). Rent is not subsidized, but affordable - set a cost which is minimum 10 % below market value. Preference is given to those in need, using a point system.

Housing – Subsidized options:

- **Evergreen Manor [Seniors housing in Rocky View, Alberta | Rocky View Foundation](#)**
Address: 300 Ross Ave, Cochrane, Phone: 403-932-6489
Evergreen Manor is managed by the Rocky View Foundation, offering eligible seniors subsidized rent for one-bedroom apartments.
- **Big Hill Lodge [Seniors housing in Rocky View, Alberta | Rocky View Foundation](#)**
Address: 98 Carolina Drive, Cochrane, Phone: 403-392-3355
Big Hill is managed by the Rocky View Foundation, offering subsidized supportive living to seniors.
- **Bethany Care Centre [Bethany Cochrane – Bethany Seniors](#)**
- Address: 1000, 32 Quigley Drive Cochrane, Phone: 403-932-6422
The Bethany Care Centre provides both long-term care and supportive living for seniors. They have limited subsidies available.

Income Supports

- **Alberta Income Supports:** [Income Support – How to apply | Alberta.ca](#)
- **Alberta Adult Health Benefit:** [Alberta Adult Health Benefit | Alberta.ca](#)
- **Alberta Children's Health Benefit:** [Alberta Child Health Benefit | Alberta.ca](#)
- **Emergency Financial Assistance:** [Emergency financial assistance | Alberta.ca](#)
- **Employment Insurance Benefits:** [Employment Insurance benefits - Canada.ca](#)

Online Financial education / support:

- **Money Mentors** [Money Mentors Alberta | Non-profit Debt Relief & Financial Education](#)

Transportation:

- **Colt Bus:** save 25% on passes with the Cochrane Connect Card. Contact FCSS for more information.
- **Helping Hands Volunteer Drivers Program:** For medical appointments
<https://helpinghandscochrane.ca/>
- **Rocky View Handi Bus**
<https://rockyviewbus.ca/>

Secondhand options

- **Home Treasures** <http://www.cochranehometreasures.ca/>
Home Treasures is a Non-profit Organization which funds many worthy causes and initiatives in Cochrane, AB, and surrounding area. They sell gently used furniture and household items. Address: #2, 208 5th Avenue
- **Home Reno Heaven**[Home Reno Heaven – A Fundraising business owned operated by the Cochrane Society for Housing Options in Cochrane, Alberta \(csho.ca\)](#)
Donate or buy gently used and renovation products, tools, and appliances.
Address: 136 Charlesworth Avenue, Cochrane
- **The Cochrane Activettes - Clothesline**
<https://www.cochraneactivettes.com/clothing-store-cochrane/>
Sells gently used clothing. Proceeds are reinvested into the community.
Address: 5, 122 – 4th Avenue West.
- **Great Things In Store** – Consignment (children’s clothing and more)
Address: 104 Railway St W Ste 5, Cochrane
- **Styes Between Us:** <https://www.stylesbetweenus.ca/> gently used clothing.
- **Trailblazers** - Sports / Gear exchange
<https://trailblazerscochrane.ca/sportgear-exchange/>
- **Facebook** – Marketplace
- **Kijiji** <https://www.kijiji.ca/>

Glenbow Museum - FREE!

- [Shaw family donates \\$35 million to Glenbow | Calgary Herald](#)

Sport/activities subsidies

Jumpstart:

- [Individual Child Grants | Jumpstart \(canadiantire.ca\)](#)
- Apply online only
- Eligibility is LICO (Connect Card level 1) & only for 4-18 years old

- Must be a physical activity, minimum of 5 weeks with 1 session per week
- valid for camps but must be 5 consecutive days - must last at least five consecutive days and involve a sport or physical activity
- Registration for the program prior to applying for the subsidies
- \$300 per activity with an annual max of \$600 per child per calendar year
- If you do not need the full \$300, only apply for the amount needed.

KidSport:

- [Apply for a Grant - KidSport Calgary & Area \(kidsportcanada.ca\)](https://kidsportcanada.ca)
- Apply online or paper (fax, email, or mail in)
- You can submit a paper application by mail, fax or e-mail:
[kidsport_calgary_area_application_2022_fillable.pdf \(kidsportcanada.ca\)](https://kidsportcanada.ca/kidsport_calgary_area_application_2022_fillable.pdf)
Mail - 3555 52nd Street SE, Calgary AB T2B 3R3 (the office is not open to the public)
Fax - 403-202-1961, Email - kidsport@kidsportcalgary.ca
- Eligibility is LICO (Connect Card level 1)
- 18 and under
- \$400 per child per calendar year
- Must be sport based
- Can apply for other subsidies and receive this benefit
- Typically don't share cut-offs; but least 10,000 higher at each family unit size level (e.g. incomes higher than those cut-offs will qualify). Families are encouraged to apply, and we will evaluate each application.

Calgary Flames Sport Bank:

- [How to Apply for Equipment | Flames Sports Bank](#)
- Once a family has applied or been referred, we reach out to set up an outfitting appointment at the Sports Bank. They can come see the Sports Bank and we can make sure that they are getting sports equipment that fits them properly and is comfortable. If a family is unable to make it to the Sports Bank, we will have them fill out a remote outfitting package and then we will assemble the right size gear and ship via Rosenau Transport will deliver at no cost to the families.
- Usually well stocked for equipment for the big five sports (Hockey, Basketball, Baseball, Football, Soccer), but do carry equipment for additional sports like lacrosse and tennis. It's always worth an ask to see what we have in inventory.
- Once you've received an approval letter from KidSport fill out the [Parent/Guardian Application for Equipment Form](#) and submit by email to admin@flamessportsbank.ca, by fax at 403-202-1960, or by mail at 3557 52nd Street SE Calgary, AB T2B 3R3
- Or fill out the [Agency Referral Form](#) and submit to admin@flamessportsbank.ca, fax at 403-202-1960, or by mail at 3557 52nd Street SE Calgary, AB T2B 3R3

Hockey Canada Foundation:

- [About | Hockey Canada Assist Fund \(hockeycanadafoundation.ca\)](#)
- \$500 per player in registration fee subsidies to approved applicants registered with a sanctioned Hockey Canada association.
- Eligibility is LICO
- Proof of minor hockey registration required
- Disclose if you applied for other funding

Lindsay's Kids:

- Can only be accessed one time per child
- Application, essay, and financial information (current Income Tax Notice of Assessments) must be presented to the Cochrane and Area Family Resource Network (FRN) office 10 days prior to the chosen program starts, to be considered.
- Ages 5-17
- Hockey & Ringette only
- Review process information here: J:\Dept - FCSS\Community ResourceWorkers\Lindsay's Kids

Kananaskis passes:

- <https://www.alberta.ca/kananaskis-conservation-pass.aspx>
- Recipients of Assured Income for Severely Handicapped (AISH), Income Support (IS), and the Alberta Adult Health Benefits and Alberta Child Health Benefits programs qualify for an exemption and do not need to purchase a pass.
- You can request a free low-income day pass or multi-day pass for your vehicle or the vehicle you are travelling in at any of the in-person purchase locations ([download the map](#)):
 - Canmore Nordic Centre Day Lodge
 - Elbow Valley Visitor Information Centre (not yet wheelchair accessible; accessibility upgrades are underway)
 - Kananaskis Visitor Information Centre at Barrier Lake
 - Peter Lougheed Park Discovery and Information Centre
- You will be asked to show your government-issued identification that you received to participate in each of the support programs (benefit card) as proof of eligibility.
- Annual passes are not available for the low-income exemption
- Free days for all visitors are being offered periodically to support access for Albertans with low-income.

My First Bicycle:

- [My First Bicycle | More than transportation, more than sport](#)
- Kids between 7 and 14 years old

- Eligibility is LICO
- Mission is to help financially disadvantaged kids own a bicycle by donating a package consisting of a bicycle, helmet and lock.
- Can apply for up to 10 children
- Require the parent(s) Notice of Assessment (for married or common-law, both NOAs are required) as well as the Canada Child Tax Benefit Notice (if receiving this benefit)
- Apply between January 1 and March 31. We begin delivery of cycling packages to successful applicants in April

Child Care Subsidies: *(still confirming this information)*

- [Child care subsidy | Alberta.ca](#)
- [Federal-provincial child care agreement | Alberta.ca](#)
- Provincial and Federal
- Federal subsidy goes directly to the day care and day home-
- Day care: apply for the provincial subsidy part time or full time,
- Parents will see reduced fees starting in early 2022, and can expect to pay an average of:
 - \$10 per day if they earn up to \$119,999
 - \$11 to \$17 per day if they earn between \$120,000 and \$179,999
 - \$22.19 per day if they earn \$180,000 and above
 - For example: A family earning \$120,000 with an infant attending a licensed facility-based centre full-time currently pays on average \$1,172 per month. By early 2022, this family can expect to pay an average of \$284 per month.

The amount that you will save will vary depending on the fees your child care provider charges. However, grant-receiving providers must commit to helping Alberta ensure families reach an average of \$10 per day by the end of 5 years.