



BCRM Wellness Network - Join the Community
Awareness Campaign





BRAGG CREEK AND REDWOOD MEADOWS WELLNESS NETWORK By Shannon Parker



Reconnecting Wellness in Bragg Creek & Redwood Meadows

In Bragg Creek and Redwood Meadows, the Wellness Network is reconnecting. The tin can telephone—remember that childhood game?—is more than a metaphor. It reminds us that connection doesn't have to be complicated. In a time of disconnection and isolation, we offer something simple and meaningful: a place to listen, share, and come together. Here among the trees, we stretch the line between neighbours, organizations, and stories—because wellness begins with listening.

Who We Are & How We Gather

I've lived in Bragg Creek for 18 years and now co-chair the Wellness Network. Over that time, I've witnessed how connection shapes our community. The Bragg Creek and Redwood Meadows Wellness Network is a community-rooted, interagency group that brings together residents, service providers, and organizations to support health and wellbeing. We're not a nonprofit, clinic, or government program.

Each gathering begins with recognizing the generations of Indigenous peoples who have gathered here—members of the Blackfoot Confederacy and Métis Nation Districts 5 and 6. From this gentle beginning we follow a rhythm of good news check-ins, a spotlight session from a local organization, and a round table for updates and information sharing. The spotlights help us learn about the work

happening in our community—from youth programs to mental health supports to environmental stewardship. It's a chance to hear directly from those making a difference. Attendees frequently say these gatherings leave them feeling energized, comforted, and hopeful. I often experience awe—those goosebumps moments—when I listen to my colleagues and neighbours describe their essential wholehearted work.

At our in-person gatherings every two months—held in September, November, January, March, and May—you'll find a welcoming space to connect. We share updates, celebrate community successes, and talk about what matters most to residents. You don't need to prepare anything—just come as you are. Whether you're raising a family, running a business, caring for a neighbour, or simply wondering how to make a difference—this is a place where your voice can shape what happens next. You don't need to be an expert or a leader. Whether you listen, share, join our email list to receive meeting notes, or explore ways to be involved, there's a place for you.

Our Roots & Growth

The Wellness Network began in 2013 as part of the recovery process following the catastrophic floods that affected our community. Eric Howey (Alberta Health Services) and Debbie McLean (Calgary Rural Primary Care Network) co-chaired the early Network. Founding members included the Red Cross, Salvation Army, Rocky View Schools, and others.

Since then, we've grown to include over 50 members, including co-chair Sherry Grund from Cochrane Family and Community Support Services, Bragg Creek Community Church, Rocky View County, Banded Peak School, Big Hill Haven, and the Calgary Rural Primary Care Network. Residents are key members and guides for our work—people like myself and many others.

What We Mean by Wellness

People often ask what the Wellness Network does—or assume we're no longer active. That's understandable. We're not a

program or service—we're a place to be. We host a physical gathering space where community members connect, share, and collaborate. Our work is rooted in relationships—with residents, local groups, and agencies—as we identify strengths, surface concerns, and co-create strategies to support health and wellness.

As a registered nurse and relational leader, I use Vollman's Canadian Community as Partner model. In this model, the community—you—are at the centre, surrounded by eight subsystems that shape health:

- Education – Banded Peak School, the Snowbirds
- Health Services – Care in the Creek, Calgary Rural PCN
- Recreation – Bragg Creek Community Centre, trails and parks
- Local Businesses – shops, restaurants, service providers
- Safety & Transportation – emergency services, roadways
- Politics & Government – Rocky View County, local leadership
- Communication – High Country News, word-of-mouth, digital access
- Physical Environment – land, Elbow River Watershed, housing

Each tin can in our metaphor is held by one of these parts. The string between them is the Wellness Network—a living line of trust and collaboration. When one part speaks, the others hear. When one part needs support, the whole network responds. Some cans are still waiting to be picked up—and we're listening.

What We've Done Together

Since 2013, Wellness Network members have come together to address community-identified needs. We helped fund and build the Bragg Creek Community Playground after the original Nicol family playground was destroyed in the floods. We responded to youth suicide by creating the Calm Cabin at Banded Peak School, hosting two Screenagers events, and offering Naloxone

training sessions. We've produced resource cards to be placed around the community, so people know where to reach out for help and funded the Redwood Meadows Community Garden.

We've provided a table for local groups to collaborate. We've launched creative campaigns like Postcards of Connection, where local young artists designed cards with sentence starters like "My favourite memory with you is..." and placed stamped cards around Bragg Creek. These cards went like hotcakes, mailed to loved ones far and wide. I often wonder how the post office staff felt watching those messages of care come and go.

Why It Matters Now

We live in a world that often highlights what's broken. But here, we feel the urge for something different. Our community members tell us there's so much good happening—and no central place to come together. The Wellness Network is that place. We bring groups and residents together to build relationships that support health and wellbeing. In uncertain times, we offer staying power. When the world feels fractured, we stay rooted in what we can do together—right here. We focus on what's close to home: building relationships, responding to real needs, and showing up for one another.

At our meetings, residents share their concerns—what they're worried about and what they'd like to see. From there, we collaborate on shared projects and partnerships. We are creating a community that stands on the shoulders of those who came before, enjoys the moment we're in now, and offers a healthy, connected, comfortable place for those still to come.

Invitation to Join

Please join us. There is a seat for every person at this table. We actively seek to hear as many views as possible. We need your lens on the world—and your heart—to continue the slow, steady process of building a resilient community.

We're proud of what we've built together—and we're excited for what's still to come. The Wellness Network is here, and we're listening.

Want to learn more or join our next gathering?

Contact Shannon Parker and Sherry Grund at bcrmwllness@gmail.com or visit BCRMWllness.ca

We'd like to hear from you...



Connecting shouldn't be complicated

In fact, in a time of disconnection and isolation, we make it simple and meaningful for people of all walks of life to listen, share, and come together. Nestled in the comfort of trees, we stretch the line between neighbours, organizations, and stories. We're proud of what we've built over the past 15 years, and we're excited for what's still to come. Remember, wellness begins with listening.



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Tableside Talks

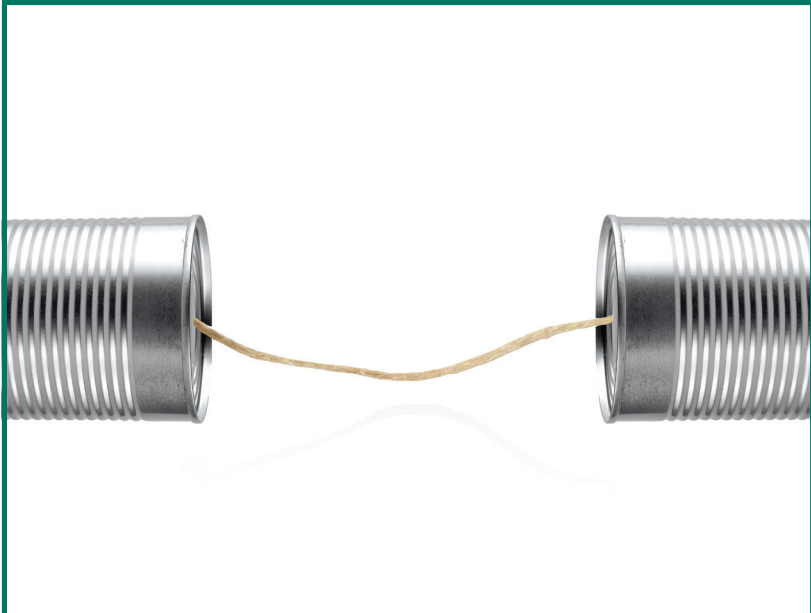
On September 24 (11:30 am to 3:00 pm) at Redwood House, we're hosting Tableside Talks—a World Café-style event where residents will share what's needed to improve health and wellness. Through small-group conversations, we'll gather ideas, identify priorities, and begin shaping community-led action. This is more than listening—it's engaging in what comes next. Pick up the line.

Connect via BCRMWllness.ca or scan the QR code below.

Whether you're a parent, elder, youth, business owner, artist, or neighbour—your voice matters.



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11x17 Poster



**Connecting shouldn't
be complicated**



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Business Directory Ad

Your voice matters - Tableside Talk event



Your voice matters

Join us in shaping a healthier, more connected community at the Bragg Creek and Redwood Meadows

Tableside Talks

**Wednesday, September 24, 2025
11:30am - 3:00pm
Redwood House, 1 Manyhorses Dr.**

Register for free at Eventbrite or please text your name and any dietary restrictions to 403-561-0181



Join us for a World Café-style gathering designed to spark meaningful conversations and community collaboration. This event brings together residents of and groups active in Bragg Creek and Redwood Meadows to share insights, identify priorities, and co-create solutions for a healthier, more connected community.

Enjoy a relaxed space to meet and chat with fellow community members and neighbours. Share your voice by discussing local challenges, strengths, and opportunities. Connect with each other to share ideas and build solutions together.

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hosted by



Event Poster



Your voice matters

Join us in shaping a healthier, more connected community at the Bragg Creek & Redwood Meadows
Tableside Talks on Tuesday, September 24

Social Media Graphic



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Wednesday, September 24, 2025, 11:30am - 3:00pm

hosted by

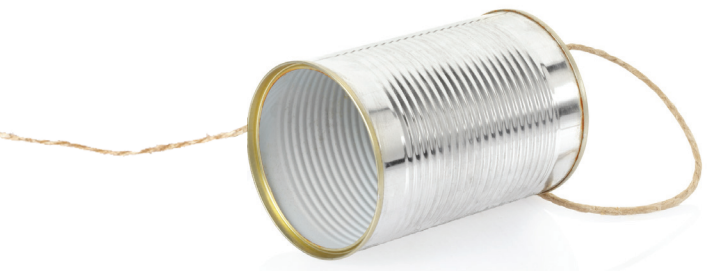


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Eventbrite Banner

How will you pick up - Tableside Talk event



How will you pick up?

Tableside Talks: From Conversation to Action

Wednesday, November 5, 2025
6:00pm - 8:00pm
Redwood House, 1 Manyhorses Dr.

Register for free at Eventbrite
or please text your name and any
dietary restrictions to 403-561-0181



Pick up the line. Let's move ideas forward—
together. Join us at Redwood House to turn
community priorities into action.

We'll form working groups and take the next steps
on senior supports, community engagement, and
wellness. Just like a tin can telephone, connection
only works when we're holding both ends.

Let's keep the line open.

Light refreshments will be served.

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Rocky View County
Family and Community
Support Services

hosted by



UNIVERSITY OF CALGARY
FACULTY OF NURSING



BRAGG CREEK & REDWOOD MEADOWS
WELLNESS NETWORK

Event Poster



How will you pick up?

The tin can telephone only works when we're holding both ends. Connections don't have to be complicated. Whether you're a parent, elder, youth, young adult, business owner, artist, or neighbour – your voice matters. Let's keep the line open.

Please join us at our next Wellness Network meeting on Nov 13 from 1 to 3 PM at the Bragg Creek Community Centre.



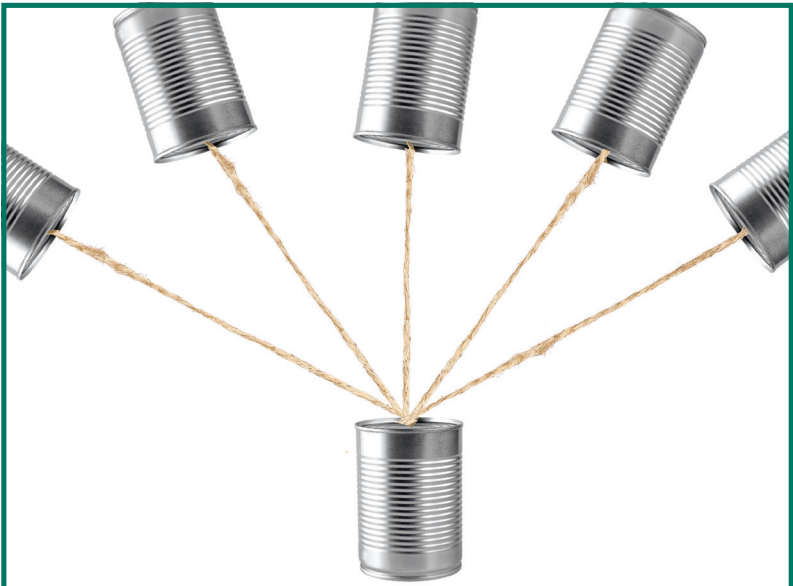
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A connected community matters



A connected community matters

We invite community groups, residents, and agencies to join us in addressing health and wellness needs collaboratively. When one part of our community speaks, we all have a responsibility to listen and act. Together, we share our concerns and find resolutions. The Wellness Network is here, and we're listening.

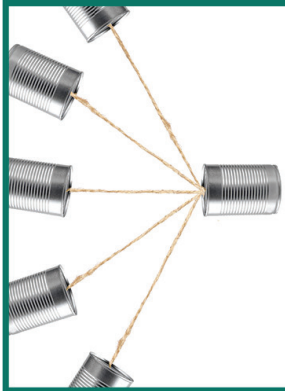


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11x17 Poster



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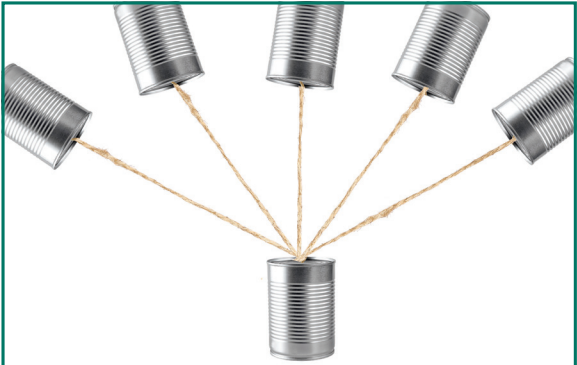


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Newsletter Graphic



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