

Central Okanagan Family Hub - Kelowna

www.facebook.com/COFHP for up-to-date info or www.cofh.ca

Hours: Monday - Friday, 9:00am – 4:00pm

April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed	2 Drop-in Play Time, 9:30am-11:30am Song, Games & Stories, 10:00am-10:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	3 Drop-in Play Time, 9:30am-10:30am Japanese Story Time, 10:30am-1:00pm Drop-in Play Time, 1:00pm-3:30pm	4 Song, Story & Rhyme, 9:30am-10:30am Infant Massage, 9:30-10:30am Drop-in Play Time, 10:30am-3:30pm	5 Parent Talk, 9:30am-12:00pm Language Cafe, 12:30pm-2:30pm Drop-in Play Time, 2:30pm-3:30pm
8 Drop-in Play Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	9 Drop-in Play Time, 9:30am – 11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	10 Food Support Program, 9:30am-12:30pm Drop-in Play Time, 1:00pm-3:30pm	11 Song, Story & Rhyme, 9:30am-10:30am Infant Massage, 9:30-10:30am Drop-in Play Time, 10:30am-12:30pm, 1:00pm-3:30pm	12 Parent Talk, 9:30am-12:00pm Language Cafe, 12:30pm- 2:30pm Drop-in Play Time, 2:30pm-3:30pm
15 Drop-in Play Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	16 Drop-in Play Time, 9:30am-11:30am Song, Games & Stories, 10:00am-10:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	17 Drop-in Play Time, 9:30am-10:30am Japanese Story Time, 10:30am-1:00pm Drop-in Play Time, 1:00pm-3:30pm	18 Song, Story & Rhyme, 9:30am-10:30am Infant Massage, 9:30-10:30am Drop-in Play Time, 10:30am-12:30pm, 1:00pm-3:30pm	19 Parent Talk, 9:30am-12:00pm Language Cafe, 12:00pm- 2:30pm Drop-in Play Time, 2:30pm-3:30pm
22 Drop-in Play Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	23 Drop-in Play Time, 9:30am-11:00am Physio with Melina, 9:30am-11:00am Baby Head Shape Info Session, 11:00am-12:00pm Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	24 Food Support Program, 9:30am-12:30pm Drop-in Play Time, 1:00pm-3:30pm	25 Song, Story & Rhyme, 9:30am-10:30am Infant Massage, 9:30-10:30am Drop-in Play Time, 10:30am-12:30pm, 1:00pm-3:30pm	26 Parent Talk, 9:30am-12:00pm Language Cafe, 12:30pm- 2:30pm Drop-in Play Time, 2:30pm-3:30pm
29 Drop-in Play Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	30 Drop-in Play Time, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Program Key: Red= Registered program: Pre-registration required. Closed groups that run for several weeks. Green= Drop-in: Join without prior registration		



Programs this Month: [Call](tel:236-970-4567) or [text](tel:236-970-4567) to [236-970-4567](tel:236-970-4567) for your scheduled Family Hub time. The Hub is open from 9:00am-4:00pm every day.

Drop-in Programs

Family Play Time at the Hub, The Bridge Youth and Family Services

Parents/caregivers with children are welcome to drop-in for a family play time in the HUB playroom. For more information call the HUB at [236-970-4567](tel:236-970-4567).

Physio with Melina

Milena, Pediatric Physiotherapist from Physio for Kids is available once a month to address inquiries on infant motor development, tummy time, engaging activities for babies and toddlers. For children aged 0-4 years.

Once a month, call [236-970-4567](tel:236-970-4567) to book - Appointments start at 9:30 am

Parent talk: The Bridge Youth and Family Services

Support and information group for parents of children 0-6 years old. Opportunity for parents to share and gather information about issues that are impacting their lives and their parenting, create connections, and be a part of a supportive parenting community.

Childcare is provided. Please bring a snack for your child(ren).

Select Fridays, 9:30am. If you are new to this group and would like to join, call Laura at [250-878-6331](tel:250-878-6331).



Song, Story & Rhyme time, Childhood Connections

This program embraces communication through songs, rhymes and stories.



Thursdays, 9:30am-10:30am

Songs, Rhymes, Games and Stories: Rutland Branch, Okanagan Regional Library



Join the Rutland Public Library for an energetic half hour of songs, rhymes, games, and stories that focus on early literacy and language development.

1st and 3rd Tuesdays, 10:00am-10:30am

Language Café

For newcomers! It's a free program where you learn fundamental English skills. Specifically designed for individuals with zero English proficiency. We provide childcare support for your convenience.

Fridays, 12:30pm-2:30pm

Community Partners

Food Support Program, The Bridge Youth and Family Services, Helen's Acres Community Farm, Central Okanagan Community Food Bank

Receive food support while connecting with community partners to explore local resources. Email Laura at laura.banman@thebridgeservices.ca or Tong at tongriang@cofh.ca to book an appointment.

Every 2nd and 4th Wednesday of the month, 9:30am-12:30pm

Registered Outato Ohanashino Kai (Japanese Story Time for infants & toddlers)

A space where children can practice and reinforce the Japanese language and culture. This space is 100% Japanese.

Every 1st and 3rd Wednesday of the month, 11:00am-1:00pm.

Registered Connect & Play - KCR Family Friend Program

Playtime for moms and children is part of the Family Friend Program. Meet other moms in the program and let your children play.

Select Tuesdays, 12:00pm-2:00pm - Email familyfriend@kcr.ca, or visit www.kcr.ca/family-services/family-friend



Registered Infant Massage, Starbright

Learn the techniques of infant massage so you can incorporate this joyful and wonderful healing touch into your baby's life.

This group is designed for infants under the age of 12 months.

Thursdays, April 4-25, 9:30am-10:30am



Baby Head Shape Asymmetry Info Session

Join ROKband and Physiotherapist Milena to talk about Baby Headshape Asymmetry.

They will discuss what to look for, causes, prevention and treatment options for babies **0-18 months**.

Tuesday, April 23, 11:00am-12:00pm

