

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

February 2024



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Program Key: Red = Registered Program: Pre-registration required. Closed group that runs for several weeks. Green = Drop-in: Join without prior registration. | | | 1 Song, Story & Rhyme, 9:30am-10:30am Nobody's Perfect, 11:00am-1:30pm Connect & Play, 2:00pm-4:00pm | 2 Parent Talk, 9:30am-12:00pm Play Time, 12:00pm-2:00pm Language Cafe, 2:00pm- 4:00pm |
| 5 Circle of Security, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Connect & Play, 2:00pm-4:00pm | 6 Play Time, 9:30am-11:30am Song, Games & Stories, 10:00am-10:30am IPALS, 11:00am-2:00pm Play Time, 2:00pm-4:00pm | 7 Japanese Story Time, 10:30am-1:00pm Play Time, 1:00pm-4:00pm | 8 Song, Story & Rhyme, 9:30am-10:30am Nobody's Perfect, 11:00am-1:30pm Connect & Play, 2:00pm-4:00pm | 9 Parent Talk, 9:30am-12:00pm Play Time, 12:00pm-2:00pm Language Cafe, 2:00pm- 4:00pm |
| 12 Circle of Security, 9:30am-11:30am Physio with Melina, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Connect & Play, 2:00pm-4:00pm | 13 Play Time, 9:30am-11:30am IPALS, 11:00am-2:00pm Play Time, 2:00pm-4:00pm | 14 Food Support Program, 9:30am-12:30pm Play Time, 1:00pm-4:00pm | 15 Song, Story & Rhyme, 9:30am-10:30am Nobody's Perfect, 11:00am-1:30pm Connect & Play, 2:00pm-4:00pm | 16 Parent Talk, 9:30am-12:00pm Play Time, 12:00pm-2:00pm Language Cafe, 2:00pm- 4:00pm |
| 19 CLOSED for Family Day | 20 Play Time, 9:30am-11:30am Song, Games & Stories, 10:00am-10:30am IPALS, 11:00am-2:00pm Play Time, 2:00pm-4:00pm | 21 Japanese Story Time, 10:30am-1:00pm Play Time, 1:00pm-4:00pm | 22 Song Story & Rhyme, 9:30am-10:30am Nobody's Perfect, 11:00am-1:30pm Connect & Play, 2:00pm-4:00pm | 23 Parent Talk, 9:30am-12:00pm Play Time, 12:00pm-2:00pm Language Cafe, 2:00pm- 4:00pm |
| 26 Circle of Security, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Connect & Play, 2:00pm-4:00pm | 27 Play Time, 9:30am-11:30am IPALS, 11:00am-2:00pm Play Time, 2:00pm-4:00pm | 28 Food Support Program, 9:30am-12:30pm Play Time, 1:00pm-4:00pm | 29 Song, Story & Rhyme, 9:30am-10:30am Nobody's Perfect, 11:00am-1:30pm Connect & Play, 2:00pm-4:00pm | Program Key: Red = Registered Program: Pre-registration required. Green = Drop-in: Join without prior registration. |



Programs this Month:

[Call](tel:236-970-4567) or [text](text: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 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). Tuesdays, starting at 9:30am.

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

Receive essential food security support while connecting with community partners each week to explore local resources.

Email Laura at laura.banman@thebridgeservices.ca or Tong at tongriang@cofh.ca to book an appointment.

By Appointment Only. 2nd & 4th Wednesdays, 9:30am-12:30pm.

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

Japanese Storytime provides a space where children can practice and reinforce the Japanese language and culture, also it serves as an immersive space that is 100% Japanese.

Registered Members Only. 1st & 3rd Wednesdays, 11:00am-1:00pm.

Drop-in Physio with Melina

Milena Perini, 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 9:30am.

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.

Drop-in 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. Child care 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).

Drop-in Connect and Play, Childhood Connections

Every Monday & Thursday join a staff from Childhood Connections CCRP to engage, create and connect. Childhood Connections CCRP staff will be there.

Drop-in, Mondays & Thursdays, 1:00pm-4:00pm.

Drop-in Song, Story & Rhyme time, Childhood Connections

This program will celebrate diversity, embrace communication through songs, rhymes and stories, and promote an environment where every child and family feel valued and included.

Drop-in, Thursdays, 9:30am-10:30am.

Registered Circle of Security - The Bridge Youth and family services



At times families feel lost or without a clue about what our child might need from us. Circle of security parenting program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Registration Required, January 15-March 11, Mondays, 9:00am. Course is full - for updates about future offerings, call the Hub at [236-970-4567](tel:236-970-4567).

Drop-in 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.

Drop-in, 1st & 3rd Tuesdays, 10:00am-10:30am.

Registered No Body's Perfect Parenting Program - YMCA of Southern Interior BC, Free 6 Week Parenting Program



Work with a trained facilitator and discover positive parenting ways. Share questions, concerns, ideas and discuss real life parenting situations.

Registration Required, January 18-February 22, Thursdays, 11:00am-1:30pm. Course is full - for updates about future offerings, call the Hub at [236-970-4567](tel:236-970-4567).

Registered IPALS: (Immigrant Parents as Literacy Supporters) - Project Literacy



Free 8 weeks literacy program that aims to help immigrant and refugee families and caregivers learn new strategies to support their preschool and kindergarten aged children's learning in fun and interactive ways.

Registration Required, January 9-February 27, Tuesdays, 11:00am-2:00pm. Course is full - for updates about future offerings, call the Hub at [236-970-4567](tel:236-970-4567).

Drop-in Language Cafe- For newcomers! A free program where you can begin learning fundamental English skills. Specifically designed for individuals with zero English proficiency. We also provide childcare support for your convenience.

Drop-in, Fridays, 2:00pm-4:00pm.