

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

January 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Closed for New Years Day</p>	<p>2</p> <p>Drop-in Play Time, 9:30am-12:00pm & 2:00pm-4:00pm</p> <p>Song, Games & Stories with Rutland Library 10:00am-10:30am</p>	<p>3</p> <p>Drop-in Play Time, 9:30am-12:00pm & 1:00pm-4:00pm</p>	<p>4</p> <p>Song Story & Rhyme,  9:30am-10:30am</p> <p>Drop-in Play Time, 11:00am-2:00pm</p> <p>Connect & Play, 2:00pm-4:00pm</p>	<p>5</p> <p>Parent Talk,  9:30am-12:00pm</p> <p>Drop-in Play Time, 12:30pm-4:00pm</p>
<p>8</p> <p>Drop-in Play Time, 9:30am-12:00pm</p> <p>Physio with Melina, 9:30am-11:30am</p> <p>Connect & Play - Family Friend, 12:00pm-2:00pm </p> <p>Connect & Play - Childhood Connections, 2:00pm-4:00pm </p>	<p>9</p> <p>Drop-in Play Time,  9:30am-11:30am</p> <p>Song, Games & Stories with Rutland Library 10:00am-10:30am</p> <p>IPALS, 11:00am-2:00pm </p> <p>Drop-in Play Time, 2:00pm-4:00pm</p>	<p>10</p> <p>Food Support Program, 9:30am-12:30pm </p> <p>Drop-in Play Time, 1:00pm-4:00pm</p>	<p>11</p> <p>Song Story & Rhyme - Childhood Connections, 9:30am-10:30am</p> <p>Drop-in Play Time, 11:00am-4:00pm</p> <p>Connect & Play - Childhood Connections, 2:00pm-4:00pm </p>	<p>12</p> <p>Parent Talk,  9:30am-12:00pm</p> <p>Drop-in Play Time, 12:30pm-4:00pm</p>
<p>15</p> <p>Circle of Security, 9:30am-11:30am</p> <p>Connect & Play - Family Friend, 12:00pm-2:00pm </p> <p>Connect & Play - Childhood Connections, 2:00pm-4:00pm </p>	<p>16</p> <p>Drop-in Play Time,  9:30am-11:30am</p> <p>Song, Games & Stories with Rutland Library, 10:00am-10:30am</p> <p>IPALS, 11:00am-2:00pm </p> <p>Drop-in Play Time, 2:00pm-4:00pm</p>	<p>17</p> <p>Japanese Story Time, 10:30am-1:00pm</p> <p>Drop-in Play Time, 1:00pm-4:00pm</p>	<p>18</p> <p>Song Story & Rhyme - Childhood Connections, 9:30am-10:30am </p> <p>Nobody's Perfect, 11:00am-1:30pm</p> <p>Connect & Play - Childhood Connections, 2:00pm-4:00pm </p>	<p>19</p> <p>Parent Talk,  9:30am-12:00pm</p> <p>Drop-in Play Time, 12:30pm-4:00pm</p> <p>Language Café 2:00pm-4:00pm</p>
<p>22</p> <p>Unplug & Play Week</p> <p>Circle of Security, 9:30am-11:30am</p> <p>Connect & Play - Family Friend, 12:00pm-2:00pm </p> <p>Connect & Play - Childhood Connections, 2:00pm-4:00pm </p>	<p>23</p> <p>Drop-in Play Time,  9:30am-11:30am</p> <p>Song, Games & Stories with Rutland Library, 10:00am-10:30am</p> <p>IPALS, 11:00am-2:00pm </p> <p>Drop-in Play Time, 2:00pm-4:00pm</p>	<p>24</p> <p>Food Support Program, 9:30am-12:30pm </p> <p>Drop-in Play Time, 1:00pm-4:00pm</p>	<p>25</p> <p>Song Story & Rhyme Childhood Connections, 9:30am-10:30am </p> <p>Nobody's Perfect, 11:00am-1:30pm</p> <p>Connect & Play - Childhood Connections, 2:00pm-4:00pm </p>	<p>26</p> <p>Parent Talk,  9:30am-12:00pm</p> <p>Drop-in Play Time, 12:30pm-4:00pm</p> <p>Language Café 2:00pm-4:00pm</p>
<p>29</p> <p>Circle of Security, 9:30am-11:30am</p> <p>Connect & Play - Family Friend, 12:00pm-2:00pm </p> <p>Connect & Play - Childhood Connections, 2:00pm-4:00pm </p>	<p>30</p> <p>Drop-in Play Time,  9:30am-11:30am</p> <p>Song, Games & Stories with Rutland Library, 10:00am-10:30am</p> <p>IPALS, 11:00am-2:00pm </p> <p>Drop-in Play Time, 2:00pm-4:00pm</p>	<p>31</p> <p>Drop-in Play Time, 9:30am-12:00pm & 1:00pm-4:00pm</p>	<p>NOTE: Food Support Program has now changed to every 2nd and 4th Wednesday of the month.</p>	



Programs this Month:

Call or text 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.

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**
Tuesdays, drop-in 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 valuable local resources.

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

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

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. No drop-in. Every 1st and 3rd Wednesday of the month, 11:00am-1:00pm

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

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

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)

Connect & Play - Childhood Connections

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

Mondays & Thursdays, drop-in, 1:00pm-4:00pm

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.

Thursdays, drop-in, 9:30am-10:30am

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 is open. No drop-in. January 15th - March 11th. Mondays, 9:00am

Songs, Rhymes, Games & 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.

Tuesdays, drop-in, 10:00am-10:30am

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. **No drop-in. January 18th - February 22nd. Thursdays, 11:00am-1:30pm**

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

Free 8-week 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.

No drop-in. January 9th - February 27th. Tuesdays, 11:00am-2:00pm

Language Café

Join our Language Café for newcomers! It's a free, open-drop-in program where you can begin learning fundamental English skills. Specifically designed for individuals starting with zero English proficiency, we also provide childcare support for your convenience.

Select Fridays, drop-in, 2:00pm-4:00pm

Join us in celebrating Interior Saving 10th Annual Unplug & Play and Family Literacy Week! January 21st - 28th, 2024.

The goal of Unplug & play and Family Literacy is to encourage young families to participate in shared play while maintaining a healthy balance with screen time and technology. During this week we will be promoting many fun community activities. Visit the website for more details at www.unplugandplayweek.org.