

# Central Okanagan Family Hub - Kelowna

[www.facebook.com/COFHP](http://www.facebook.com/COFHP) for up-to-date info or [www.cofh.ca](http://www.cofh.ca)

Hours: Monday - Friday, 8:30am – 4:00pm

Location: 700 Pearson Road, Kelowna, BC

## January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Program Key:</b> <b>Red= Registered program: Pre-registration required.</b> <b>Closed groups that run for several weeks.</b> <b>Green= Drop-in: Join without prior registration</b> Call/text <a href="tel:236-970-4567">236-970-4567</a> or Email <a href="mailto:maya@cofh.ca">maya@cofh.ca</a> for any Questions, Referral, or Navigation services.		<b>HUB CLOSED</b> <b>HAPPY NEW YEAR</b>	<b>Drop-in Play Time,</b> 9:00am-11:30am <b>Drop-in Play Time,</b> 1:00pm-3:30pm	<b>Drop-in Play Time,</b> 9:30am-12:00pm <b>Language Cafe,</b> 12:30pm-2:30pm <b>Drop-in Play Time,</b> 2:30pm-3:30pm
<b>Drop-in Play Time,</b> 9:30am-11:30am <b>Drop-in Play Time,</b> 12:00pm-3:30pm	<b>Drop-in Play Time,</b> 9:00am-11:30am <b>Family Friend,</b> 12:00pm-2:00pm <b>Drop-in Play Time,</b> 2:00pm-3:30pm	<b>Short Term Food Support Market,</b> 9:30am-1:00pm <b>FCC Community Partner Visit,</b> 9:30am-11:30am <b>Drop-in Play Time,</b> 2:00pm-3:30pm	<b>IPALS,</b> 10:00am-1:00pm <b>Drop-in Play Time,</b> 1:00pm-3:30pm	<b>Parent Talk,</b> 9:30am-12:00pm <b>Language Cafe,</b> 12:30pm-2:30pm <b>Drop-in Play Time,</b> 2:30pm-3:30pm
<b>Drop-in Play Time,</b> 9:30am-11:30am <b>Drop-in Play Time,</b> 12:00pm-3:30pm	<b>Drop-in Play Time,</b> 9:00am-11:30am <b>Family Friend,</b> 12:00pm-2:00pm <b>Drop-in Play Time,</b> 2:00pm-3:30pm	<b>Drop-in Play Time,</b> 9:00am-10:00am <b>Japanese Story Time,</b> 9:30am-11:30am <b>Drop-in Play Time,</b> 1:30pm-3:30pm	<b>IPALS,</b> 10:00am-1:00pm <b>Drop-in Play Time,</b> 1:00pm-3:30pm	<b>Parent Talk,</b> 9:30am-12:00pm <b>Language Cafe,</b> 12:30pm-2:30pm <b>Drop-in Play Time,</b> 2:30pm-3:30pm
<b>Physio with Melina,</b> 9:30am-11:30am <b>Drop-in Play Time,</b> 9:30am-11:30am & 12:00pm-3:30pm	<b>Drop-in Play Time,</b> 9:00am-11:30am <b>Family Friend,</b> 12:00pm-2:00pm <b>Drop-in Play Time,</b> 2:00pm-3:30pm	<b>Short Term Food Support Market,</b> 9:30am-1:00pm <b>Drop-in Play Time,</b> 2:00pm-3:30pm	<b>IPALS,</b> 10:00am-1:00pm <b>Drop-in Play Time,</b> 1:00pm-3:30pm	<b>Parent Talk,</b> 9:30am-12:00pm <b>Language Cafe,</b> 12:30pm-2:30pm <b>Drop-in Play Time,</b> 2:30pm-3:30pm
<b>Drop-in Play Time,</b> 9:30am-11:30am <b>Drop-in Play Time,</b> 12:00pm-3:30pm	<b>Drop-in Play Time/ Indigenous Learning,</b> 9:00am-11:30am <b>Family Friend,</b> 12:00pm-2:00pm <b>Drop-in Play Time,</b> 2:00pm-3:30pm	<b>Drop-in Play Time,</b> 9:00am-11:30am <b>Drop-in Play Time,</b> 12:00pm-3:30pm	<b>IPALS,</b> 10:00am-1:00pm <b>Drop-in Play Time,</b> 1:00pm-3:30pm	<b>Parent Talk,</b> 9:30am-12:00pm <b>Language Cafe,</b> 12:30pm-2:30pm <b>Drop-in Play Time,</b> 2:30pm-3:30pm



## Program Details:

### 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).

#### 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-11:30am. If you are new to this group and would like to join, call Laura at [250-878-6331](tel:250-878-6331).



#### 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

#### Indigenous Learning at The Hub, The Bridge Youth and Family Services



Parents/caregivers with children are welcome to drop-in for Indigenous learning activities in the HUB playroom.

Opportunity for children to learn and create Indigenous crafts and treats.

Last Tuesday of the month 9:30am - 11:30am

#### FCC - Family Connections Centre

With specialized services in speech and language pathology, Behavior's consultations, family support services and many more.

They are here to answer all your questions. You can just drop in for any question during this time.



#### Physio for Kids

If you have kids between newborn and 4 years of age, come and join Milena Perini, Pediatric Physiotherapist from Physio for Kids, at the Hub!

Milena will answer all your baby motor development questions, and more.

To book, call the Hub at [236-970-4567](tel:236-970-4567) or email [maya@cofh.ca](mailto:maya@cofh.ca).



## Community Partners:

### IPALS- Project Literacy

IPALS is a free 8-session 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. Through IPALS, children learn to develop language and literacy skills that will help them prepare for school. \*\*Participants will receive free books and materials.



### 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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month, 9:30am-11:30am.

### Food Safe Level 1 Certification Program in Arabic (Online)

The Food Safe Level 1 Certification program is being offered in collaboration with the Central Okanagan Food Bank to provide their participants with the opportunity to earn their Food Safe Certification. This is an online course and only participants accessing programs through the Central Okanagan Food Bank can join.



For more information or to register, call the HUB at [236-970-4567](tel:236-970-4567).

### Short-Term Food Support Market

This market intends to provide families with genuine needs and provides an extra layer of support, The market will be open on the 2nd and 4th Wednesday of each month from 9:30 am to 1:00 pm.

**No drop-ins – only registered families. Please submit a referral through a community partner organization to learn more about the program description and eligibilities. For more information call the HUB at [236-970-4567](tel:236-970-4567).**

### 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](mailto:familyfriend@kcr.ca) or visit [www.kcr.ca/family-services/family-friend](http://www.kcr.ca/family-services/family-friend).

