

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



March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Program Key: Red= Registered program: Pre-registration required. Closed groups that run for several weeks. Green= Drop-in: Join without prior registration				1
Circle of Security, 9:30am-11:30am Play Time, 12:00pm-2:00pm Connect & Play, 1:00pm-3:30pm	Play Time, 9:30am-11:30am Story Time, 10:00am-10:30am Family Friend, 12:00pm-2:00pm Play Time, 2:00pm-4:00pm	Play Time, 9:30am-10:30am Japanese Story Time, 11:00am-1:00pm Play Time, 1:00pm-4:00pm	Song Story & Rhyme, 9:30am-10:30am Play Time, 10:30am-12:00pm Connect & Play, 1:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Play Time, 12:00pm-2:00pm Language Cafe, 2:00pm- 4:00pm
Circle of Security, 9:30am-11:30am Physio with Melina, 9:30am-11:30am Play Time, 12:00pm-2:00pm Connect & Play, 1:00pm-3:30pm	Play Time, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Play Time, 2:00pm-4:00pm	Food Support Program, 9:30am-12:30pm Play Time, 1:00pm-4:00pm	Song Story & Rhyme, 9:30am-10:30am Play Time, 10:30am-12:00pm Connect & Play, 1:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Play Time, 12:00pm-2:00pm Language Cafe, 2:00pm- 4:00pm
Wellbeing Workshop, 10:00am-12:00pm Connect & Play, 1:00pm – 3:30pm	Play Time, 9:30am-11:30am Story Time, 10:00am-10:30am Family Friend, 12:00pm-2:00pm Play Time, 2:00pm-4:00pm	Play Time, 9:30am-10:30am Japanese Story Time, 11:00am-1:00pm Play Time, 1:00pm-4:00pm	Song Story & Rhyme, 9:30am-10:30am Play Time, 10:30am-12:00pm Connect & Play, 1:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Play Time, 12:00pm-2:00pm Language Cafe, 2:00pm- 4:00pm
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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)
Tuesdays, 9:30am-11:00am



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)

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 9:30am

Connect & Play, Childhood Connections

Every Monday & Thursday join a staff from Childhood Connections CCR to engage, create and connect.

Mondays & Thursdays, drop-in, 1:00pm-3:30pm



Song, Story & Rhyme time, Childhood Connections

This program embraces communication through songs, rhymes and stories.

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

Story time: 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, 2:00pm-4:00pm

Registration Required Programs

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

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

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



Wellbeing Workshop - by UBCO Nursing Students

Interactive educational session by UBCO nursing students. Everyone is welcome to join; sessions are focused on individual and family social and mental wellbeing. Spring/summer clothing and prizes will be available.

Monday, March 18th, 10:00am-12:00pm

