

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

May 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 Drop-in Play Time, 9:30am-10:30am Japanese Story Time, 10:30am-1:00pm Drop-in Play Time, 1:00pm-3:30pm	2 Drop-in Play Time, 9:30am-11:30pm Drop-in Play Time, 12:00pm-3:30pm	3 Parent Talk, 9:30am-12:00pm Language Cafe, 12:30pm-2:30pm Drop-in Play Time, 2:30pm-3:30pm
6 Drop-in Play Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	7 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	8 Food Support Program, 9:30am-12:30pm Drop-in Play Time, 1:00pm-3:30pm	9 Drop-in Play Time, 9:30am-11:30pm Drop-in Play Time, 12:00pm-3:30pm	10 Parent Talk, 9:30am-12:00pm Language Cafe, 12:30pm-2:30pm Drop-in Play Time, 2:30pm-3:30pm
13 Drop-in Play Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	14 Drop-in Play Time, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	15 Drop-in Play Time, 9:30am-10:30am Japanese Story Time, 10:30am-1:00pm Drop-in Play Time, 1:00pm-3:30pm	16 Drop-in Play Time, 9:30am-11:30pm Drop-in Play Time, 12:00pm-3:30pm	17 Parent Talk, 9:30am-12:00pm Language Cafe, 12:00pm-2:30pm Drop-in Play Time, 2:30pm-3:30pm
20 Hub Closed	21 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	22 Food Support Program, 9:30am-12:30pm Drop-in Play Time, 1:00pm-3:30pm	23 Drop-in Play Time, 9:30am-11:30pm Drop-in Play Time, 12:00pm-3:30pm	24 Parent Talk, 9:30am-12:00pm Language Cafe, 12:30pm-2:30pm Drop-in Play Time, 2:30pm-3:30pm
27 Drop-in Play Time, 9:30am-11:30am Physio with Melina, 9:00am-11:00am Drop-in Play Time, 12:00pm-3:30pm	28 Drop-in Play Time, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-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-11:30pm Drop-in Play Time, 12:00pm-3:30pm	31 Parents Talk, 9:30am-12:00pm Language Cafe, 12:30pm-2:30pm Drop-in Play Time, 2:30pm-3:30pm



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.

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



Melina, 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 9:00 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)

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 & 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 Maya at maya@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

