

Central Okanagan Family Hub - Kelowna

www.facebook.com/COFHP for up-to-date info or www.cofh.ca

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

Location: 700 Pearson Road, Kelowna, BC

October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
Program Key: <i>Red = Registered program: Pre-registration required. Closed groups that run for several weeks.</i> <i>Green = Drop-in: Join without prior registration</i>	1 Drop-in Play Time, 9:30am-11:00am Hub Closed, 11:00am-1:00pm Drop-in Play Time, 12:00pm-3:30pm	2 Drop-in Play Time, 9:00am-10:00am Japanese Story Time, 10:30am-1:00pm Drop-in Play Time, 1:30pm-3:30pm	3 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	4 Parent Talk, 9:30am-12:00pm Language Cafe, 12:30pm-2:30pm Drop-in Play Time, 2:30pm-3:30pm
7 Drop-in Play Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	8 Drop-in Play Time, 9:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	9 Food Support Program, 9:30am-12:30pm Community Partner's Visit: YMCA - Child Care Resources & Referrals Drop-in Play Time, 1:00pm-3:30pm	10 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	11 Parent Talk, 9:30am-12:00pm Language Cafe, 12:30pm-2:30pm Drop-in Play Time, 2:30pm-3:30pm
14 HUB CLOSED	15 Circle of Security Arabic, 9:30am-11:00am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	16 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	17 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	18 Parent Talk, 9:30am-12:00pm Language Cafe, 12:30pm-2:30pm Drop-in Play Time, 2:30pm-3:30pm
21 Drop-in Play Time, 9:00am-11:30am Launch Okanagan Financial Education, 9:30am-11:00am Physio with Melina, 9:30am-11:00am Drop-in Play Time, 11:30pm-3:30pm	22 Circle of Security Arabic, 9:30am-11:00am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	23 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	24 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	25 Drop-in Play Time, 9:30am-12:00pm Language Cafe, 12:30pm-2:30pm Drop-in Play Time, 2:30pm-3:30pm
28 Drop-in Play Time, 9:00am-11:30am Launch Okanagan Financial Education, 9:30am-11:00am Drop-in Play Time, 11:30pm-3:30pm	29 Circle of Security Arabic, 9:30am-11:00am Indigenous Learning, 9:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	30 Drop-in Play Time, 9:00am-10:00am Japanese Story Time, 10:30am-1:00pm Drop-in Play Time, 1:30pm-3:30pm	31 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Call/text 236-970-4567 or Email: maya@cofh.ca for any Questions, Referrals, and Navigation services.



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

Launch Okanagan – Financial Education:



Join us for financial education sessions covering topics such as budgeting on a tight income, banking in Canada, understanding credit and debit, as well as saving and investing.

You can either drop in or register by [calling](tel:236-970-4567) or [texting](sms:236-970-4567) [236-970-4567](tel:236-970-4567) or email maya@cofh.ca

Community Partners:

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

Please note that the Food Program will be **cancelled** on the following dates to allow for program review and revision:

- October 23, 2024
- November 13, 2024
- November 27, 2024

During this time, if you are in crisis or have an emergent need for assistance with food support, please [contact our Hub staff](#) who will provide you with referrals to other resources.

Circle of Security in Arabic – 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 is parenting program based on decades of research about secure parent-child relationships can be supported and strengthened.

[Call/text 236-970-4567](tel:236-970-4567) or email maya@cofh.ca

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, 10:30am-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

