

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



September

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
HUB CLOSED	Drop-in Play Time, 9:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:30pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Language Cafe, 12:30pm-2:30pm Drop-in Play Time, 2:30pm-3:30pm
9	10	11	12	13
Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Teddy Bear Picnic at Ben Lee Park, 10:00am-11:30pm Drop-in Play Time, 9:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Teddy Bear Picnic at Julia's Junction Park, 10:00am-11:30pm Food Support Program, YMCA CCRR, & Rutland library: Community Partner Visit, 9:30am-12:30pm Drop-in Play Time, 1:00pm-3:30pm	Teddy Bear Picnic at Mission Creek Park, 10:00am-11:30pm Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Teddy Bear Picnic at Beasley Park, 10:00am-11:30pm Parent Talk, 9:30am-12:00pm Language Cafe, 12:30pm-2:30pm Drop-in Play Time, 2:30pm-3:30pm
16	17	18	19	20
Drop-in Play Time, 9:00am-11:30am Physio with Melina 9:30am-11:00am Drop-in Play Time, 11:30pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Japanese Story Time, 10:00am-12:30pm Health Kindergarten Fair, 1:00pm-6:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Language Cafe, 12:00pm- 2:30pm Drop-in Play Time, 2:30pm-3:30pm
23	24	25	26	27
Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time/Indigenous Learning, 9:00am-11:30am Family Friend, 12:00pm-2:00pm FCC Community Partner Visit, 1:30pm-2:30pm Drop-in Play Time, 2:00pm-3:30pm	Food Support Program, 9:30am-12:30pm Drop-in Play Time, 1:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Parent Talk, 9:30am-11:30pm Language Cafe, 12:30pm- 2:30pm Drop-in Play Time, 2:30pm-3:30pm
30	Program Key: Red= Registered program: Pre-registration required. Closed groups that run for several weeks. Green= Drop-in: Join without prior registration Call/text 236-970-4567 or Email: maya@cofh.ca for any Questions, Referral, and Navigation services.			
HUB CLOSED				



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-11:30 am 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

Health Kindergarten Fair

In collaboration with Interior Health. Parents/caregivers can book an immunization appointment at [250-980-4825](tel:250-980-4825) for their 4-6 years old or drop in and learn more about health services in our community. For example, dental care, speech, and nutrition.

Public health nurses will also be available to answer questions.

Wednesday, September 18th, 1:00pm-6:30pm



Interior Health

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



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. Launch Okanagan will be available on the day to connect with you and offer 1:1 support

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, 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



Teddy Bear Picnic- Childhood Connections, KCR, & Family Hub

Bring your favorite stuffed animal and a picnic blanket for fun activities, parachute games, songs, and stories. Enjoy a picnic afterward.

Bonus for Registrants: You'll receive a snack and a book from Mosaic Books!

Spaces are limited, and registration is required. Please register for only one date to allow others to join in the fun trellis.org/annual-teddy-bear-picnic24