

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

March 2025



Monday	Tuesday	Wednesday	Thursday	Friday
3 Drop-in Play Time, 9:00am-11:30am Physio with Melina, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	4 Drop-in Play Time, 9:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	5 Japanese Story Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	6 IPALS, 10:00am-1:00pm Drop-in Play Time, 1:30pm-3:30pm	7 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
10 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	11 Drop-in Play Time, 9:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	12 Short Term Food Support Market, 9:30am-1:00pm FCC Community Partner Visit, 9:30am-11:30am Drop-in Play Time, 2:00pm-3:30pm	13 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	14 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
17 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	18 Drop-in Play Time, 9:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	19 Japanese Story Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	20 Drop-in Play Time, 9:00am-11:30am Indigenous Drumming Circle, 9:30pm-10:30am Drop-in Play Time, 12:00pm-3:30pm	21 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
24 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	25 Drop-in Play Time/Indigenous Learning, 10:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	26 Short Term Food Support Market, 9:30am-1:00pm Drop-in Play Time, 2:00pm-3:30pm	27 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	28 Drop-in Play Time, 9:00am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
31 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	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, or 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)



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, 10:00am-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.



Indigenous Drumming Circle with Kookum Dawn and Aunty Chelsea

A drum circle represents balance, and connection where we all can remember our first sound of our mother's heartbeat.

An offering to community from Metis Community Services.

Every Third Thursday of the month, 9:30am-10:30am



Community Partners:

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)



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 1st and 3rd Wednesday of the month, 9:30am-11:30am.

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 or visit www.kcr.ca/family-services/family-friend.

