


FAMILY RESOURCES & CALENDAR OF EVENTS DURING THE COVID-19 PANDEMIC

May 25-June 5, 2020	Monday 25 th	Tuesday 26 th	Wednesday 27 th	Thursday 28 th	Friday 29 th
<p>The Central Okanagan Early Years Partnership (COEYP) is a group of Community Service Providers working together to promote the importance of the Early Years in our children's development.</p> <p>The Family Resources and Calendar identifies opportunities and resources for you to access during the COVID-19 crisis, including innovative ways for organizations to provide connection and programs during times of social distancing. Feel free to contact any of the partners for more information.</p> <p>This Calendar and list of resources is compiled by the Central Okanagan Family Hub. To submit events, contact us at info@cofh.ca or 250-826-6264</p> 	<p><u>Storytime</u> 9:30am, <i>Facebook Live</i> Okanagan YMCA</p> <p><u>Crafts</u> 10:30am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Drop in Online Coffee Hangout</u> 10-11:00 am <i>Registration required</i> Family Hub</p> <p><u>Conversation Corner</u> 11:30 am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Online Resources</u> For babies, toddlers, kids, teens, parents, teachers Available online, everyday Okanagan Regional Library</p> <p><u>Parenting in a Pandemic Q & A Panel</u> Recorded information sessions Neufeld Institute</p>	<p><u>Storytime</u> 9:30am, <i>Facebook Live</i> Okanagan YMCA</p> <p><u>Mother Goose</u> 10-10:30 am Boys and Girls Clubs</p> <p><u>Coping with Current Events</u> 10-11:30am <i>Registration required</i> CMHA Discovery College</p> <p><u>Music Time</u> 10:30 am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Conversation Corner</u> 11:30 am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Online Circle Time</u> 12-12:30 pm <i>Registration required</i> The Bridge, Peachland</p> <p><u>Baby Sign Language for Infants & Toddlers</u> 2-2:30 pm <i>Number of participants: 10</i> <i>Registration required</i> Boys and Girls Clubs</p> <p><u>Prenatal Wellness Support Group</u> 7:00pm Email to register The Bridge / YMCA / Interior Health</p>	<p><u>Mother Goose - Baby Session</u> 9-9:30 am Boys and Girls Clubs</p> <p><u>Storytime</u> 9:30am, <i>Facebook Live</i> Okanagan YMCA</p> <p><u>Mother Goose - Toddler Session</u> 10-10:30 am Boys and Girls Clubs</p> <p><u>Crafts</u> 10:30am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Early Years Circle Time</u> 10:30-11:00 am, <i>Facebook Live</i> Boys and Girls Clubs</p> <p><u>Circle Time & Rhyme</u> 10-10:30 am, <i>Facebook Live</i> Childhood Connections</p> <p><u>Conversation Corner</u> 11:30 am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Baby Chat Rhymes & topic of the day</u> 1:30-2:00 pm <i>Number of participants: 15</i> <i>Registration required</i> Childhood Connections</p>	<p><u>Storytime</u> 9:30am, <i>Facebook Live</i> Okanagan YMCA</p> <p><u>Women's Online Talking Circle</u> 10-12:00 pm <i>'sdRegistration required</i> Ki-Low-Na Friendship Society</p> <p><u>Discovering with Beckett & Davis</u> 10:30 am <i>Facebook</i> Okanagan YMCA</p> <p><u>Preschool Circle Time</u> 11-11:30 am <i>Number of participants: 10</i> <i>Registration required</i> Boys and Girls Clubs Preschool</p> <p><u>Conversation Corner</u> 11:30 am, <i>Facebook</i> Okanagan YMCA</p>	<p><u>Storytime</u> 9:30am, <i>Facebook Live</i> Okanagan YMCA</p> <p><u>Crafts</u> 10:30am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Mother Goose</u> 10-10:30 am <i>Number of participants: 15</i> <i>Registration required</i> Childhood Connections</p> <p><u>Virtual Coffee Chat</u> 10-11:00 am <i>Registration required</i> Stronger Together, The Bridge</p> <p><u>Early Years Circle Time</u> 10:30-11:00 am <i>Facebook Live</i> Boys and Girls Clubs</p> <p><u>Recharge & Reconnect Coffee with CAPC</u> 11:15-11:45 am Boys and Girls Clubs</p> <p><u>Conversation Corner</u> 11:30 am, <i>Facebook</i> Okanagan YMCA</p>

FAMILY RESOURCES & CALENDAR OF EVENTS DURING THE COVID-19 PANDEMIC

May 25-June 5, 2020	Monday 1 st	Tuesday 2 nd	Wednesday 3 rd	Thursday 4 th	Friday 5 th
<p>The Central Okanagan Early Years Partnership is a group of Community Service Providers working together on Early Childhood Development in the Central Okanagan.</p> <p>The Family Resources and Calendar identifies opportunities and resources for you to access during the COVID-19 crisis, including innovative ways for organizations to provide connection and programs during times of social distancing. Feel free to contact any of the partners for more information.</p> <p>This Calendar and list of resources is compiled by the Central Okanagan Family Hub. To submit events, contact us at info@cofh.ca or 250-826-6264</p> 	<p><u>Storytime</u> 9:30am, <i>Facebook Live</i> Okanagan YMCA</p> <p><u>Crafts</u> 10:30am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Drop in Online Coffee Hangout</u> 10-11:00 am <i>Registration required</i> Family Hub</p> <p><u>Conversation Corner</u> 11:30 am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Online Resources</u> For babies, toddlers, kids, teens, parents, teachers Available online, everyday Okanagan Regional Library</p> <p><u>Parenting in a Pandemic Q & A Panel</u> Recorded information sessions Neufeld Institute</p>	<p><u>Storytime</u> 9:30am, <i>Facebook Live</i> Okanagan YMCA</p> <p><u>Mother Goose</u> 10-10:30 am Boys and Girls Clubs</p> <p><u>Music Time</u> 10:30 am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Conversation Corner</u> 11:30 am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Baby Sign Language for Infants & Toddlers</u> 2-2:30 pm <i>Number of participants: 10</i> <i>Registration required</i> Boys and Girls Club</p> <p><u>Prenatal Wellness Support Group</u> 7:00pm Email to register The Bridge / YMCA / Interior Health</p>	<p><u>Mother Goose - Baby Session</u> 9-9:30 am Boys and Girls Clubs</p> <p><u>Storytime</u> 9:30am, <i>Facebook Live</i> Okanagan YMCA</p> <p><u>Mother Goose - Toddler Session</u> 10-10:30 am Boys and Girls Clubs</p> <p><u>Crafts</u> 10:30am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Early Years Circle Time</u> 10:30-11:00 am, <i>Facebook Live</i> Boys and Girls Clubs</p> <p><u>Circle Time & Rhyme</u> 10-10:30 am, <i>Facebook Live</i> Childhood Connections</p> <p><u>Conversation Corner</u> 11:30 am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Baby Chat Rhymes & topic of the day</u> 1:30-2:00 pm <i>Number of participants: 15</i> <i>Registration required</i> Childhood Connections</p>	<p><u>Storytime</u> 9:30am, <i>Facebook Live</i> Okanagan YMCA</p> <p><u>Women's Online Talking Circle</u> 10-12:00 pm <i>Registration required</i> Ki-Low-Na Friendship Society</p> <p><u>Baking with Ben</u> 10:30am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Preschool Circle Time</u> 11-11:30 am <i>Number of participants: 10</i> <i>Registration required</i> Boys and Girls Clubs Preschool</p> <p><u>Conversation Corner</u> 11:30 am, <i>Facebook</i> Okanagan YMCA</p>	<p><u>Storytime</u> 9:30am, <i>Facebook Live</i> Okanagan YMCA</p> <p><u>Crafts</u> 10:30am, <i>Facebook</i> Okanagan YMCA</p> <p><u>Mother Goose</u> 10-10:30 am <i>Number of participants: 15</i> <i>Registration required</i> Childhood Connections</p> <p><u>Virtual Coffee Chat</u> 10-11:00 am <i>Registration required</i> Stronger Together, The Bridge Youth & Family Services Society</p> <p><u>Early Years Circle Time</u> 10:30-11:00 am <i>Facebook Live</i> Boys and Girls Clubs</p> <p><u>Conversation Corner</u> 11:30 am, <i>Facebook</i> Okanagan YMCA</p>

FAMILY RESOURCES & CALENDAR OF EVENTS DURING THE COVID-19 PANDEMIC

To our families and community members - because things are changing so fast due to COVID-19, our goal is to provide a weekly or bi weekly calendar that shows early years' programs and family support. Thank you for your understanding.

Boys and Girls Clubs Okanagan, Online

Baby Sign Language for Infants & Toddlers

Tuesday, 2-2:30pm

Number of participants: 10 (registration through Eventbrite) <https://infant-and-toddler-sign-language.eventbrite.ca>

Family and Tot playtime baby sign language classes. New topics will be covered each week. Recommended for babies and toddlers but all ages are welcome.

Preschool Circle Time

Thursday, 11-11:30am

Number of participants: 10 (registration through Eventbrite) <https://www.eventbrite.ca/e/preschool-circle-time-tickets-102444881398>

Family and Tot playtime virtual circle time. Will include stories, songs, sign language and movement. Recommended for preschool age but all ages are welcome

Early Years Circle Time with BGO Family Navigator

Wednesday & Friday, 10:30-11:00am

Facebook Live Event. Join in for some virtual connections

Virtual Drop In

Monday, 10:00 am

Child Care Resource and Referral (Connect, Learn, Play, Sing, Dance, Create)

Mother Goose

Tuesday, 10-10:30 am

The Parent-Child Mother Goose Program® is a group experience for parents and their babies and young children. The program introduces adults and children to the pleasure and power of using rhymes, songs, and stories together.

Mother Goose - Baby Session

Wednesday, 9-9:30am

The Parent-Child Mother Goose Program® is a group experience for parents and their babies and young children. The program introduces adults and children to the pleasure and power of using rhymes, songs, and stories together.

Mother Goose - Toddler Session

Wednesday, 10-10:30 am

The Parent-Child Mother Goose Program® is a group experience for parents and their babies and young children. The program introduces adults and children to the pleasure and power of using rhymes, songs, and stories together.

Recharge & Reconnect, Coffee with CAPC

Friday, 11:15-11:45 am

Satur-Play Virtual Drop In

Saturday, 10-10:30 am

A virtual drop in group hosted by Vernon Child Care Resource and Referral *Connect with us for parenting education and support, information about community resources, parent/caregiver mental health, learn about healthy child development, and most of all *Play *Learn *Sing *Dance *Create*



FAMILY RESOURCES & CALENDAR OF EVENTS DURING THE COVID-19 PANDEMIC

The Bridge Youth and Family Services Society, Online

250-763-0456 / 1-855-760-0456, info@thebridgeservices.ca

Circle Time

Tuesday & Friday, 12-12:30 pm

Songs and rhymes for kids and families - Please contact jennifer.scott@thebridgeservices.ca to register.

The Bridge Youth and Family Services Society / YMCA Okanagan - YMCA Early Years Community / Interior Health

Prenatal Wellness, Prenatal Support Group

Tuesday, 7:00pm

This wellness program includes nutrition support, answers to your questions around pregnancy, and healthy lifestyle tips from educators with a wealth of knowledge, as well as connections to other soon-to-be parents.

Attend our virtual education services as early in to your pregnancy as possible, and stay with us after your baby is born! With six rotating topics, choose when to attend each session for a program individualized to your needs. No registration required. Email Adrienne.fedrigio@ymcaokanagan.ca for Zoom login info.

Canadian Mental Health Association

Kelowna, Discovery College, Online - Coping with Current Events: A Parent, Family and Caregiver Toolkit

COVID-19 is on many of our minds at the moment. With so much changing with the current events, for some of us, it has understandably made it more difficult to support our loved ones. Our Coping with Current Events series hopes to bring together the community during a time of unknown, to learn and support ourselves and others. Our online Coping with Current Events: A Parent, Family and Caregiver Toolkit will discuss the impact of the current events on ourselves and those we care for, understand differences in perspectives, become aware of different communication tools and provide some options to help support ourselves and others. Our goal is for you to leave this online session with at least one tool or piece of knowledge that you can implement right now to “reduce that squeeze” we all feel. This session will be hosted online, so to join this access to the internet or phone is needed. Instructions on how you can join will be sent once registration is completed. This session has been created in collaboration with Foundry Kelowna, with contributions from people with lived and professional expertise.

Central Okanagan Family Hub, Online

Drop in Online Coffee Hangout

Monday, 10-11:00 am

Send your email address to info@cofh.ca if you would like to join for further instructions on registration. Children ages 0-12 are welcome to participate as well. The coffee hangout is also a culturally safe online place for caregivers and their children to interact with other community members, have an informal chat, get to know each other, and read a story or sing a song if the kids are interested. Respectful behaviour towards participants and staff is expected. Participants who are not respectful, will be asked to leave. Registration is required.

Referral Assistance

Any families needing assistance with referrals, support or connections to the community, please reach out to us, we are here to help, questions can be answered by the Family Hub facilitator through chat or privately.



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Childhood Connections, Online

Circle Time and Rhyme

Wednesday, 10-10:30 am

Facebook Live - no registration.

Baby Chat

Wednesday, 1:30-2:30 pm

Rhymes and topic of day - Number of participants: 15 - Registration required.

Mother Goose

Friday, 10-10:30 am

Number of participants: 15 - Registration required.

Ki-Low-Na Friendship Society, Online

Women's Talking Circle

Thursday, 10-12:00 pm

Please note: This program has a zero tolerance policy for alcohol and drug use. Respectful behaviour towards participants and staff is expected. Yelling, violence, intimidation, aggression, swearing, etc. will not be tolerated. Participants who are under the influence, or who are not respectful, will be asked to leave. Contact Melissa for information on the program set up at 250-300-9108 or mentalhealth@kfs.bc.ca.

Stronger Together Kelowna, Online

Friday, 10-11:00 am

With the entire world isolated, we at Stronger Together Kelowna thought that it was so important to remind those suffering from PPD/PPA that they are not alone. We, along with the incredible Dr. Susannah-Joy Schuilenberg of William and Associates and The Bridge Kelowna have been working on creating virtual coffee chats to help support those of you that need us the most. These chats will be via Zoom, from the comfort of your own home. They say it takes a village and this is an opportunity to connect, chat, and bring the village to YOU during this isolating and anxiety ridden time. Come as you are, via audio, or video, alias or in real life, however you're comfortable - Registration required.

Neufeld Institute

Parenting in a Pandemic Q & A Panel

Thursday, 7-8:00 pm

Join Gordon Neufeld, Deborah MacNamara and Tamara Strijack as they address your questions from an attachment-based developmental approach. The PARENTING IN A PANDEMIC Q&A PANEL will be available via livestream, FREE to the public on a weekly basis.

Okanagan Regional Library

Online resources for babies, toddlers, kids, teens, parents and teachers. <http://orl.bc.ca/kids-teens/kids>



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Suxkenxitelx kl cecamala

Social Distancing Poster Contest

Calling all Indigenous youth ages 5-19 years old. What has social distancing meant to you? Pick up a pen, crayon, marker, paintbrush...or create something digitally, with photos and graphics! Take a photo or scan it and send it to: Suxkenxitelxklcecamala@gmail.com. Submit your posters before Friday May 15th, 2020. In your email submission please include your name, age and how to reach you-phone number and email! \$50 Amazon card prizes for each age group- 5-8 years, 9-12 years, 13-16 years & 17-19 years. And a \$5 Tim Hortons card for the first 50 entries!

YMCA Okanagan - YMCA Early Years Community, Online

Family Navigator (Adrienne), email earlyyears@ymcaokanagan.ca

Storytime

Monday - Friday, 9:30 am

Facebook Live - no registration.

Crafts step-by-step

Monday/Wednesday/Friday, 10:30 am

Using materials around the home and connected to children's milestones - Facebook Live - no registration.

Music

Tuesday, 10:30 am

Pre-recorded - no registration.

Discovering with Beckett & Davis / Baking with Ben

Thursday, 10:30 am

Alternating weeks - pre-recorded - no registration.

FAMILY RESOURCES & CALENDAR OF EVENTS DURING THE COVID-19 PANDEMIC

Additional Family Support Services offered in Kelowna during COVID-19

[The Bridge Youth and Family Services Society](#), 250-763-0456 / 1-855-760-0456, info@thebridgeservices.ca

The Bridge has adapted how we work to best support the people we serve, and to contribute to the health of the communities in which we work. Our dedication to the people who access our resources and programs however remains constant. Modifications to service delivery prioritize the health and wellness of our participants and our staff. We have tailored some programs to support the hospital and in particular, the acute care system in the Okanagan. We remain committed to the health of the communities we serve, and the resilience and transformative power of the children, youth, adults and families we are honoured to work with.

[Canadian Mental Health Association Kelowna](#), 250-861-3644, kelowna@cmha.bc.ca

Our main office remains open for phone or email inquiries Monday to Friday, 9:00 am - 4:00 pm.

Wellness Development Centre (WDC)

In keeping with the social distancing requirements, we have closed the WDC but our team is regularly checking in, via phone, with WDC participants.

Peer Support, olivia.howard@cmha.bc.ca

Peer Support will now be provided online and over the phone and will be held on the same days and times as usual: Monday 1:00pm - 3:00pm & Wednesday 4:00 pm - 6:00 pm.

Discovery College

Discovery College has suspended all in-person courses. We are providing several sessions through our ***Coping with Current Events*** series of free webinars. Please register for the session.

[Managing Anxiety and Stress](#)

[A Parent, Family and Caregiver Toolkit](#)

[Central Okanagan Community Food Bank](#), 250-763-7161

In an effort to protect staff, volunteers and clients amid the COVID-19 outbreak, the Central Okanagan Food Bank has had to modify our food hamper pickup and distribution model to community members in need. Going forward, foot traffic within the Central Okanagan Food Bank will be limited to staff and volunteers. Clients with booked appointments are asked to arrive at your pre-scheduled appointment time, remain in your vehicle and follow staff instructions within the parking lot as we deliver your pre-packaged hamper to you. Please be sure to bring your required ID. We also ask any clients with booked appointments, who are displaying symptoms of the COVID-19 virus, to please stay home, isolate yourself and call your local public health authority. Do not visit the food bank, instead please call our office to arrange a dedicated pickup time.



FAMILY RESOURCES & CALENDAR OF EVENTS DURING THE COVID-19 PANDEMIC

[Central Okanagan Family Hub](#), 250-826-6264, info@cofh.ca

Offering online services Monday-Friday, 9:00 am - 3:00 pm. The facility is closed but the Central Okanagan Family Hub continues to offer support via phone, email, and video chat for: emotional support and community referrals, assistance with government subsidy forms, online services, referrals for housing, child care, counselling, food, mental health services, child development services, health services, etc.

[Foundry Kelowna](#), 236-420-2803

If you have any questions, please contact Foundry Kelowna staff. The Foundry is a wellness centre where young people can find hope, help and support, when they need it. At this time Foundry Kelowna will remain open with the following changes:

- We are pleased to now offer options for virtual appointments for mental health services and primary care at Foundry Kelowna. By using readily available technology we are able to provide primary care video conference appointments with our Nurse Practitioner as well as first-time and follow-up mental health counselling sessions.
- We will work with anyone who has a barrier to accessing a device or online connection to ensure they can get the help they need.

IMPORTANT NOTE: Foundry Kelowna does not provide emergency or crisis services. If you or someone you know is experiencing a mental health crisis or a medical emergency, please call 911, or go to the ER.

[Interior Crisis Line](#), 1-888-353-2273 (CARE)

The Interior Crisis Line Network is your community safety net of C.A.R.E., providing confidential, accessibly, research-based, empowering support. 24/7/365 days a year for people in the Interior Region of BC.

[KCR Community Resources](#), 250-763-8008, info@kcr.ca

Community Services, Employment Services, Family and Adoption Services & Immigrant Services

KCR Community Resources is here for you during the COVID-19 crisis. Our team is continuing to deliver the highest level of service possible. We are here to support and connect you with resources, services, information and referrals that you need to get through this.

For everyone's health and safety, we request that only those requiring urgent assistance come to our offices. For all other requests, please connect with us using technology tools such as video apps and phones as these will be safest for both you and our team's health. If you have been working with a specific person at KCR, please send them an email and they will contact you directly. If you are unsure of who to contact, please call our office at **250-763-8008** and we will connect you to the right person.

We take our responsibility to support the community very seriously and will do everything within our power to ensure we do that. Our team is staying current on issues, services and supports that are being made available or are changing during this crisis and can help you access them. Let us know how we can help.



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[Ki-Low-Na Friendship Society](#), 250-763-4905

- All group events are cancelled until further notice.
- The lobby is closed to the general public.
- Outreach clients must contact their worker if they have an appointment.
- Services such as family support, mental health, addictions counselling, disability tax, and poverty law are still available. Staff are working remotely from home and can be reached via phone or e-mail. Call reception for contact information.
- Essential services such as food and emergency supplies are provided to elders and families based on urgency. Call reception with name, number and need to get put on our essential services list.
- Workers cannot provide transportation for clients.
- Outreach breakfast is now served to-go from the front doors.

[Mamas for Mamas](#), 236-420-0075, lindsay@mamasformamas.ca, [Facebook](#)

Open through phone requests for “food bundles” for families & “tiny bundles”. Specifically, for infants. Phone for further details. The office & store are closed until further notice.

[Metis Community Services](#), 250-868-0351, ed@mcsbc.org

Call to arrange supports as the office is closed. Assistance for registered members: food assistance, phone subsidies, therapy sessions etc. Early years programming online to be announced. Online videos, craft kits & mental health services are available.

[Rutland Salvation Army](#), 250-765-3450

Provides food hampers by phone once a month, 12 times a year maximum, by pick up. The office & hampers are fully sanitized. If cannot pick up contact the office for further support. Monday-Friday. The thrift stores are closed until further notice.

[YMCA of Okanagan](#)

Our charity is responding to COVID-19 including temporarily closing all YMCA recreation facilities during this time. Child care, virtual early years community services and career development services will continue to run. Most recent information can be found at www.ymcaokanagan.ca/COVID19