

Central Okanagan Family Hub - Kelowna

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

Hours: Monday, Tuesday, Thursday & Friday, 9:00 am – 3:00 pm / Wednesday, 9:00 am – 2:00 pm



April 2021

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>The Hub also provides single Family Play Time, as well as weekly activities and challenges. We invite you to post on our Facebook page at facebook.com/COFHP to enter contests and draws.</p>			<p>KCR Family Friend Program, 9:30-11:30am</p> <p>Special Deliveries, 12:30-2:30pm, By appointment only!</p> <p>Family Play Time, PM</p>  	<p>Good Friday Hub is Closed</p> 	<p>Check out our Facebook page at facebook.com/COFHP</p>
<p>Easter Monday Hub is Closed</p> 	<p>Family Play Time</p> 	<p>Outreach Program, AM</p>  <p>Family Play Time Wellness Series, 6:30pm</p>	<p>KCR Family Friend Program, 9:30-11:30am</p> <p>Special Deliveries, 12:30-2:30pm, By appointment only!</p> <p>Family Play Time, PM</p>  	<p>Outreach Program, AM</p> 	<p>If you need information, navigation, referrals or support email us at info@cofh.ca</p>
<p>Family Play Time</p> 	<p>Family Play Time</p> 	<p>Outreach Program, AM</p>  <p>Family Play Time</p>	<p>KCR Family Friend Program, 9:30-11:30am</p> <p>Special Deliveries, 12:30-2:30pm, By appointment only!</p> <p>Family Play Time, PM</p>  	<p>Outreach Program, AM</p> 	<p>Sunday, April 18th First Day of Unplug & Play & Story Walk</p> <p>Family Fun Time @ Ben Lee Park, 11am-1pm</p>
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Programs this Month:

[Call](tel:250-826-6264) or [text](sms:250-826-6264) to 250-826-6264 for your scheduled Family Hub time.

Family Play Time, The Bridge Youth & Family Services

Parents with children are welcome to schedule a 1-hour single family play time in the Hub playroom. Come and have fun!

Mondays & Tuesdays, 9:30 am - 2:30 pm, with The Bridge Youth & Family Services.

Call [250-878-6331](tel:250-878-6331) or email laura.banman@thebridgeservices.ca - By appointment only. COVID-19 safety protocols in place.

Outreach Program, Central Okanagan Family Hub

Offering families support with food security, hygiene/life and baby essentials provided through our COFH outreach worker and the Bridge Youth and Family Services. Wednesdays & Fridays - By appointment only.

Wellness Series, Central Okanagan Family Hub

Offering moms a Wellness Support Series - join our Zoom sessions with a community partners. Our last session is April 7th, 2021.

Email jocelyn@kcr.ca to register and receive the information package and invite link.

Unplug & Play / Family Fun Time @ Ben Lee Park

[Interior Savings Unplug and Play Week](#) takes place April 18-24. Activities during the week encourage children, families, and communities to unplug from their screens and explore other ways of spending time together. Join the Family Hub for activities at **Ben Lee Park, from April 18-22, 11:00 am - 1:00 pm**. Call [250-826-6264](tel:250-826-6264) or email ruba@cofh.ca - By appointment only.

KCR Family Friend Program, KCR Community Resources

The Family Friend Program connects single parents with a screened, trained, competent family friend for friendship, support, mentoring and connection to community resources.

Thursdays, 9:30 am - 11:30 am. Email familyfriend@kcr.ca, or visit www.kcr.ca/family-services/family-friend - By appointment only. COVID-19 safety protocols in place.

Special Deliveries, The Bridge Youth & Family Services

A Psycho-educational Prenatal/postnatal Program designed for pregnant women of any age who would benefit from additional information and support during pregnancy and up to 6 months after the birth of their baby. Weekly topics of discussion related to pregnancy, infant development, nutrition, self-care, community resources, etc.

Thursdays, 12:30 pm - 2:30 pm. Call [250-878-6331](tel:250-878-6331) or email laura.banman@thebridgeservices.ca - By appointment only. COVID-19 safety protocols in place.

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Wednesdays and Thursdays. Call [250-826-6264](tel:250-826-6264) or email ruba@cofh.ca - By appointment only. COVID-19 safety protocols in place.