

# Central Okanagan Family Hub - Kelowna


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

Location: 700 Pearson Road, Kelowna, BC

## April 2025



Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b></p> <p><b>Drop-in Play Time</b>, 9:00am-11:30am</p> <p><b>Family Friend</b>, 12:00pm-2:00pm</p> <p><b>Drop-in Play Time</b>, 2:00pm-3:30pm</p>	<p><b>2</b></p> <p><b>Japanese Story Time</b>, 9:30am-11:30am</p> <p><b>Drop-in Play Time</b>, 12:00pm-3:30pm</p>	<p><b>3</b></p> <p><b>Nutrition Workshop: Women's Hormones &amp; Well-Being</b>, 9:30am-11:00am</p> <p><b>Drop-in Play Time</b>, 11:30am-3:30pm</p>	<p><b>4</b></p> <p><b>Parent Talk</b>, 9:30am-12:00pm</p> <p><b>Drop-in Play Time</b>, 12:30pm-3:30pm</p>
<p><b>7</b></p> <p><b>Drop-in Play Time</b>, 9:00am-11:30am</p> <p><b>Drop-in Play Time</b>, 12:00pm-3:30pm</p>	<p><b>8</b></p> <p><b>Drop-in Play Time</b>, 9:00am-11:30am</p> <p><b>Family Friend</b>, 12:00pm-2:00pm</p> <p><b>Drop-in Play Time</b>, 2:00pm-3:30pm</p>	<p><b>9</b></p> <p><b>Short Term Food Support Market</b>, 9:30am-1:00pm</p> <p><b>FCC Community Partner Visit</b>, 9:30am-11:30am</p> <p><b>Drop-in Play Time</b>, 2:00pm-3:30pm</p>	<p><b>10</b></p> <p><b>Nutrition Workshop: Eating on a Budget</b>, 9:30am-11:00am</p> <p><b>Drop-in Play Time</b>, 11:30am-3:30pm</p>	<p><b>11</b></p> <p><b>Parent Wellness Workshop</b>, 9:30am-11:30am</p> <p><b>Drop-in Play Time</b>, 12:30pm-3:30pm</p>
<p><b>14</b></p> <p><b>Drop-in Play Time</b>, 9:00am-11:30am</p> <p><b>Physio with Melina</b>, 9:30am-11:30am</p> <p><b>Drop-in Play Time</b>, 12:00pm-3:30pm</p>	<p><b>15</b></p> <p><b>Drop-in Play Time</b>, 9:00am-11:30am</p> <p><b>Family Friend</b>, 12:00pm-2:00pm</p> <p><b>Drop-in Play Time</b>, 2:00pm-3:30pm</p>	<p><b>16</b></p> <p><b>Japanese Story Time</b>, 9:30am-11:30am</p> <p><b>Drop-in Play Time</b>, 12:00pm-3:30pm</p>	<p><b>17</b></p> <p><b>Drop-in Play Time</b>, 9:00am-11:30am</p> <p><b>Indigenous Drumming Circle</b>, 9:30am-10:30am</p> <p><b>Drop-in Play Time</b>, 12:00pm-3:30pm</p>	<p><b>18</b></p> <p><b>Family Hub Closed</b></p> <p><b>Good Friday</b></p>
<p><b>21</b></p> <p><b>Family Hub Closed</b></p> <p><b>Happy Easter!!</b></p> 	<p><b>22</b></p> <p><b>Circle of Security</b>, 9:30am-11:30am</p> <p><b>Family Friend</b>, 12:00pm-2:00pm</p> <p><b>Drop-in Play Time</b>, 2:00pm-3:30pm</p>	<p><b>23</b></p> <p><b>Short Term Food Support Market</b>, 9:30am-1:00pm</p> <p><b>Drop-in Play Time</b>, 2:00pm-3:30pm</p>	<p><b>24</b></p> <p><b>Nutrition Workshop: Family Nutrition &amp; Mealtime Strategies</b>, 9:30am-11:00am</p> <p><b>Drop-in Play Time</b>, 11:30am-3:30pm</p>	<p><b>25</b></p> <p><b>Parent Talk</b>, 9:30am-12:00pm</p> <p><b>Drop-in Play Time</b>, 12:30pm-3:30pm</p>
<p><b>28</b></p> <p><b>Drop-in Play Time</b>, 9:00am-11:30am</p> <p><b>Drop-in Play Time</b>, 12:00pm-3:30pm</p>	<p><b>29</b></p> <p><b>Circle of Security</b>, 9:30am-11:30am</p> <p><b>Indigenous Learning</b>, 10:00am-11:30am</p> <p><b>Family Friend</b>, 12:00pm-2:00pm</p> <p><b>Drop-in Play Time</b>, 2:00pm-3:30pm</p>	<p><b>30</b></p> <p><b>Drop-in Play Time</b>, 9:00am-11:30am</p> <p><b>Drop-in Play Time</b>, 12:00pm-3:30pm</p>	<p><b>Program Key:</b></p> <p><b>Red= Registered program: Pre-registration required.</b></p> <p><b>Closed groups that run for several weeks.</b></p> <p><b>Green= Drop-in: Join without prior registration</b></p> <p><b>Call/text 236-970-4567 or Email <a href="mailto:maya@cofh.ca">maya@cofh.ca</a> for any Questions, Referral, or Navigation services.</b></p>	



## 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, Behaviour'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.

Wednesday, April 9<sup>th</sup>, 9:30am-11:30am



#### Indigenous Drumming Circle with Kookum Dawn & 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



#### Nutrition Workshops for Parents

Join Registered Dietitian Verena van der Lely for a series of practical workshops designed to support families in making healthy, affordable food choices. These sessions will provide simple strategies to improve mealtime routines, navigate picky eating, and eat well on a budget.

April 3<sup>rd</sup> will be about understanding women's hormones and well-being, April 10<sup>th</sup> will be about eating on a budget, and April 24<sup>th</sup> will focus on family nutrition and mealtime strategies



#### Parent Wellness Workshop

Parents and caregivers are welcome to join a parenting wellness workshop offered in collaboration with Moving Forward Family Services. Topics will include stress-management, mindfulness, and self-compassion!

To register, call [236-970-4567](tel:236-970-4567) or email Maya at [maya@cofh.ca](mailto:maya@cofh.ca) – Drop-ins are welcome! Childminding is provided.



## 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)



### Circle of Security Parenting Course - in Arabic

Parenting training where you'll learn how to strengthen your bond with your child and nurture emotional security.

This supportive program helps families understand their children's needs and build a foundation for lifelong trust.

To register, call [250-826-6264](tel:250-826-6264) or email Ruba at [ruba@cofh.ca](mailto:ruba@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 1<sup>st</sup> and 3<sup>rd</sup> 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](mailto:familyfriend@kcr.ca) or visit [www.kcr.ca/family-services/family-friend](http://www.kcr.ca/family-services/family-friend)

