

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

APRIL 2026



Monday	Tuesday	Wednesday	Thursday	Friday
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.				
HUB CLOSED HAPPY EASTER	Drop-in Play Time, 9:00am-11:30am Family Friend, 11:30am-2:00pm Drop-in Play Time, 2:00pm-4:00pm	Japanese Story Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Arabic Adaptation Tools for Female Newcomers, 10:00am-12:00pm Drop-in Play Time, 12:00pm-3:30pm	HUB CLOSED GOOD FRIDAY
Drop-in Play Time, 9:00am-11:30am Physio with Melina, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Stress Management for Modern Families, 11:30am-2:00pm Drop-in Play Time, 2:00pm-4:00pm	Japanese Story Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Indigenous Drumming Circle, 9:30am-10:00am Arabic Adaptation Tools for Female Newcomers, 10:00am-12:00pm Drop-in Play Time, 12:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
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Program Details:

Drop-in Programs:

Family Play Time at the Hub, The Bridge Youth & 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 Drumming Circle with Aunty Kim

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



Rutland Community Clinic Workshop for Arabic Newcomers

A weekly circle for female Arabic-speaking newcomers to learn about health and social community resources, pain management, exercise therapy, and mental health. Program is open for 4 weeks, just drop in!

Every Thursday, March 26th until April 16th



"أدوات التكيف للوافدات الجدد"

حلقة أسبوعية للوافدات الجدد الناطقات باللغة العربية لمدة 4 أسابيع للتعرف على موارد المجتمع الصحية والاجتماعية، وإدارة الألم، والعلاج بالتمارين الرياضية، والصحة النفسية.
التوقيت: أيام الخميس ابتداء من 2026/3/26 إلى 2026/4/16 من 10 صباحا إلى 12 ظهرا
المكان: مركز الأسرة في مدرسة بيرسون الابتدائية

Physio For Kids

If you have kids between newborn and 4 years of age, come and join Milena Perini, Pediatric Physiotherapist from VIVA Pediatric Physio, at the Family Hub! Milena will answer all your baby motor development questions, and more.

Monday, March 9th, 9:30am-11:30am. To book please call [236-970-4567](tel:236-970-4567) or email maya@cofh.ca



Stress management for modern Families with Wedaad Price

Join us for an empowering and practical presentation designed especially for moms and their families, focusing on stress-management strategies that fit into real life. Attendance is free and if you need child-minding, please let us know in advance. We will be serving lunch for the session as well.

April 14th, 11:30am-2:00pm. To book please call [236-970-4567](tel:236-970-4567) or email maya@cofh.ca



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)



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 9:30am to 2:00pm.

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.

Selected Tuesdays, 12:00pm-2:00pm, Email familyfriend@kcr.ca or visit www.kcr.ca/family-services/family-friend

