

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



August 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>BC Day, HUB Closed</p>  <p>We will be closed Monday, August 2, 2021 for BC Day</p>	<p>3</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p>  <p>Kids Play & Story Time @ Ben Lee Park, 10am-12pm <i>Water Splash Theme!</i></p> 	<p>4</p> <p>Food Support Program, 9:30am-12pm</p>  <p>Story, Song & Rhyme @ Barlee Park, 11am-11:30am</p>   	<p>5</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Themed Activities for Children</p> 	<p>6</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Themed Activities for Children</p> 	<p>If you need information, navigation, referrals or support, email us at info@cofh.ca</p>
<p>9</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> 	<p>10</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p>  <p>Kids Play & Story Time @ Ben Lee Park, 10am-12pm <i>Water Splash Theme!</i></p> 	<p>11</p> <p>Food Support Program, 9:30am-12pm</p>  <p>Story, Song & Rhyme @ Barlee Park, 11am-11:30am</p>   	<p>12</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Themed Activities for Children</p> 	<p>13</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Themed Activities for Children</p> 	<p>14</p> <p>Go Fish Program @ Shannon Lake, Learn to fish for Families <i>Saturday, August 14, 10am-12pm</i></p>  
<p>16</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> 	<p>17</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p>  <p>Kids Play & Story Time @ Ben Lee Park, 10am-12pm <i>Water Splash Theme!</i></p> 	<p>18</p> <p>Food Support Program, 9:30am-12pm</p>  <p>Story, Song & Rhyme @ Barlee Park, 11am-11:30am</p>   	<p>19</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Themed Activities for Children</p> 	<p>20</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Themed Activities for Children</p> 	
<p>23</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> 	<p>24</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> 	<p>25</p> <p>Food Support Program, 9:30am-12pm</p>  <p>Story, Song & Rhyme @ Barlee Park, 11am-11:30am</p>   	<p>26</p> <p>27</p> 		
<p>30</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> 	<p>31</p> <p>Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> 	<p>To schedule any activity, Call or text to 250-826-6264, or email info@cofh.ca</p>			

Programs this Month:

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

Registered Family Play Time at the Hub, The Bridge Youth and Family Services & The Hub

Parents/caregivers with children are welcome to schedule up to a 2-hour family play time in the Hub playroom, Come and have fun with COVID-19 safety protocols in place.

Mondays, Tuesdays, Thursdays & Fridays, 9:30am or 12:30pm. Call [250-878-6331](tel:250-878-6331) or email laura.banman@thebridgeservices.ca. (By appointment only), or email Ruba at info@cofh.ca, or call the Hub at [250-826-6264](tel:250-826-6264).

STEAM (Science, Technology, Engineering, Art and mathematics) Themed activities will be provided for families on Thursdays and Fridays.



Food Support Program, the Bridge Youth and Family Services, Helen's Acres Community Farm, Central Okanagan Community Food Bank

Offering families support with food security, provided through our COFH outreach workers and the Bridge Youth and Family Services. To make an appointment, kindly email Laura at laura.banman@thebridgeservices.ca or Ruba at ruba@cofh.ca (by appointment only). Wednesdays, 9:30am-12:00pm. For more information or if you need any other support, call the Hub at [250-826-6264](tel:250-826-6264).

Kids Play & Story Time, the Hub & Project Literacy

Join us for a story and play time at Ben Lee Park (900 Houghton Road) in Rutland. Please bring your own blanket to sit on to stay COVID safe. [Water Splash Theme on August 3, 10 & 17 – keep cool & have lots of fun!](#)

Story, Song & Rhyme Time, Childhood Connections & the Hub

There will be a half hour of singing songs, playing games and telling stories for parents/caregivers and their children. The facilitator will also be available for a short time before and after to answer questions or provide parenting and family resources. Wednesdays, 11:00am-11:30am, Barlee Park (1886 Barlee Road) in Kelowna. [Register Now](#).

Go Fish Program @ Shannon Lake Regional Park, Regional District of Central Okanagan, the Hub & Freshwater Fisheries Society of BC

Join us from 10:00am-12:00pm on Saturday, August 14th at Shannon Lake Regional Park (2375 Swite Road) in West Kelowna for a Learn to Fish program! This event is created with the whole family in mind, and all of the fishing supplies will be provided by Go Fish BC. [Register Now](#). Pre-registration is required and limited to only 10 families.

Presented by the Freshwater Fisheries Society of BC, and the Regional District of Central Okanagan and the Central Okanagan Family Hub