




# Central Okanagan Family HUB – Kelowna

www.facebook.com/COFPH - www.instagram.com/cofhp - www.cofh.ca - 250-826-6264 – 700 Pearson Rd, Kelowna, BC

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



## DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	<div style="border: 1px solid black; padding: 5px; background-color: #e6f2ff;">                     If you need information, navigator, referrals, or support please email us at <a href="mailto:info@cofh.ca">info@cofh.ca</a> or call <a href="tel:250-826-6264">250-826-6264</a> </div>		<b>Food Support</b> 9:00am – 1:00pm	<b>Story &amp; Craft Time</b> 9:30am – 10:30am  <b>Drop-in Play Time</b> 12:30pm – 2:30pm	<b>Parent Talk</b> 9:30am – 11:30am  <b>Drop-in Play Time</b> 12:30pm – 2:30pm	
5	6	7	8	9	10	11
Wreath Making Location: ECCO 10am – 12pm 	<b>Drop-in Play Time</b> 9:30am – 11:30am  <b>Family Friend Program Playtime</b> 12:30pm – 2:30pm	 <b>Drop in Play Time</b> 9:30am – 11:30am	<b>Food Support</b> 9:00am – 1:00pm  <b>Japanese Story Time</b> 11:00am – 12:30pm	 <b>Drop-in Play Time</b> 9:30am – 11:30am 12:30pm – 2:30pm	<b>Parent Talk</b> 9:30am – 11:30am  <b>Drop-in Play Time</b> 12:30pm – 2:30pm	
12	13	14	15	16	17	18
	<b>Drop-in Play Time</b> 9:30am – 11:30am  <b>Family Friend Program Playtime</b> 12:30pm – 2:30pm	<b>Drop in Play Time</b> 9:30am – 11:30am	<b>Food Support</b> 9:00am – 1:00pm	<b>Drop-in Play Time</b> 9:30am – 11:30am 12:30pm – 2:30pm	<b>Parent Talk</b> 9:30am – 11:30am  <b>Drop-in Play Time</b> 12:30pm – 2:30pm	
19	20	21	22	23	24	25
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26	27	28	29	30	31	
	HUB CLOSED	HUB CLOSED	HUB CLOSED	HUB CLOSED	HUB CLOSED	



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## Programs this Month:

[Call](tel:250-826-6264) or [text](text:250-826-6264) to [250-826-6264](tel:250-826-6264) if you have any questions about the calendar or programs.

### **Drop in 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, come and have fun with COVID-19 safety protocols in place.

Mondays, Tuesdays, 9:30am. Thursdays & Fridays, 12:30pm. If you would like to call ahead of time to make sure there is room, please call the HUB at [250-826-6264](tel:250-826-6264).

### **Parent Talk, The Bridge Youth and Family Services**

Parent Talk is a facilitated, support and information group for parents of children 0-6 years old. Parent Talk provides an opportunity for parents to share and gather information about issues that are impacting their lives and their parenting, create connections, become part of a welcoming and supportive parenting community. Child care is provided. Please bring a snack for your child(ren).

Contact Laura at [250-878-6331](tel:250-878-6331).

### **KCR Family Friend Program, KCR Community Resources**

Playtime for moms and children part of the Family Friend Program. Meet other moms in the program and let your children play.

Mondays, 12:30 Pm - 2:30 am. 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) - By appointment only.

COVID-19 safety protocols in place.

### **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 the Family HUB and the Bridge Youth and Family Services.

Wednesdays, 9:00am-1:00pm. For more information or if you need any other support, call the Hub at [250-826-6264](tel:250-826-6264).

### **Story and Craft Time, Childhood Connections & the Family HUB**

Story & Craft Time at the Hub on Thursdays, 9:30am – 10:30 am

Join Childhood Connections for a Story and Craft. This event is geared towards children between the ages of 3yrs-6yrs of age.

[www.eventbrite.ca/e/story-craft-at-the-hub-tickets-178183219807](http://www.eventbrite.ca/e/story-craft-at-the-hub-tickets-178183219807)

### **Outato Ohanashino Kai (Japanese Storytime for infant and toddlers)**

Offering Japanese speaking families story time. Japanese Storytime is meant to provide a space where children can practice and reinforce the Japanese language and culture, also it serves as an immersive space that is 100% Japanese, which not only helps the children maintain a connection to their heritage language, but also give the parents a space to speak in their native language.