

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

December 2024



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>2 Drop-in Play Time, 9:00am-11:30am Launch Okanagan Financial Education, 10:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm</p>	<p>3 Circle of Security Arabic, 9:30am-11:00am Hub closed from 11:30am-4:00pm</p>	<p>4 Drop-in Play Time, 9:00am-10:00am Japanese Story Time, 10:30am-1:00pm Drop-in Play Time, 1:30pm-3:30pm</p>	<p>5 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm</p>	<p>6 Parent Talk, 9:30am-12:00pm Language Cafe, 12:00pm- 2:30pm Drop-in Play Time, 2:30pm-3:30pm</p>
<p>9 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm</p>	<p>10 Drop-in Play Time, 9:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm</p>	<p>11 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm </p>	<p>12 Joy to the Holiday Workshop, 9:00am-11:00am Drop-in Play Time, 11:30am-1:30pm Drop-in Play Time, 1:30pm-3:30pm</p>	<p>13 Drop-in Play Time, 9:30am-12:00pm Language Cafe, 12:00pm- 2:30pm Drop-in Play Time, 2:30pm-3:30pm</p>
<p>16 Drop-in Play Time, 9:00am-11:30am Physio with Melina, 10:30-12:30pm Drop-in Play Time, 11:30am-3:30pm</p>	<p>17 Drop-in Play Time, 9:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm</p>	<p>18 Drop-in Play Time, 9:00am-11:30am FCC Community Partner Visit, 10:00am-11:00am Drop-in Play Time, 12:00pm-3:30pm</p>	<p>19 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm </p>	<p>20 Parent Talk, 9:30am-12:00pm Language Cafe, 12:00pm- 2:30pm Drop-in Play Time, 2:30pm-3:30pm</p>
<p>FAMILY HUB CLOSED DECEMBER 23rd – 27th, 2024 We will Reopen on DECEMBER 30th, 2024</p>				
<p>30 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-2:30pm</p>	<p>31 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-2:30pm</p>	<p>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, Referrals & Navigation services.</p>		





Program Details

Drop-in Programs:

Family Play Time at the Hub,

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)

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)



Language Café

For newcomers! Language Café is a free program where you learn fundamental English skills. Specifically designed for individuals with zero English proficiency. We provide childcare support for your convenience.

Fridays, 12:30pm-2:30pm

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 9:30am-11:30am



Community Partners:

Circle of Security in Arabic – The Bridge Youth and Family Services

At times families feel lost or without a clue about what our child might need from us. Circle of security is parenting program based on decades of research about secure parent-child relationships can be supported and strengthened.



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, 10:30am-1:00pm

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 or visit www.kcr.ca/family-services/family-friend



Joy to the Holiday Workshop,

Joy to the Holidays is an uplifting and empowering talk led by clinical counsellor and wellness speaker Paige Mathison. Paige will help us recognize the unique challenges the holiday season can bring, and together, we'll explore ways to make this time more meaningful and manageable by easing the pressure to get everything just right. Thursday, December 12th, 9:00am-11:00am

