

Central Okanagan Family Hub - Kelowna

Monday to Friday, 9:00 am – 3:00 pm


















Pearson Road Elementary (East side entrance), 700 Pearson Road, Kelowna

www.cofh.ca



Early Years
Centre

February 2019

Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday	
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	<p>4</p> <p>Early Childhood Connections Group 9:00am - 11:30am</p>  <p>IPALS 1:00pm - 2:45pm</p> 	5	6	<p>7</p> <p>Parent-Child Mother Goose & Playtime 10:00am – 12:00pm</p>  <p>IPALS 1:00pm - 2:45pm</p> 	8	<p>Everything is always free at the Family Hub</p>
<p>ASQ screening available daily</p>	<p>11</p> <p>Early Childhood Connections Group 9:00am - 11:30am</p>  <p>IPALS 1:00pm - 2:45pm</p>  <p>ASQ Screening 11:30am - 2:00pm</p> 	<p>12</p> <p>Kelowna Breastfeeding Café 10:00am - 12:00pm</p> 	13	<p>14</p> <p>Parent-Child Mother Goose & Playtime 10:00am – 12:00pm</p>  <p>IPALS 1:00pm - 2:45pm</p> 	15	<p>If your agency would like to offer free programming at the HUB, email terri@cofh.ca</p>
<p>We have a great play area</p>	<p>18</p> <p>HUB is Closed</p>	<p>19</p> <p>IPALS 1:00pm - 2:45pm</p> 	<p>20</p> <p>Peetigway Famii 11:00am - 2:00pm</p>	<p>21</p> <p>Parent-Child Mother Goose & Playtime 10:00am – 12:00pm</p>  <p>IPALS 1:00pm - 2:45pm</p> 	22	<p>terri@cofh.ca 250.826.6264</p>
	<p>25</p> <p>Early Childhood Connections Group 9:00am - 11:30am</p>  <p>IPALS 1:00pm - 2:45pm</p> 	<p>26</p> <p>FAMILY LITERACY CONFERENCE 9:00am - 4:00pm</p>	<p>27</p> <p>FAMILY LITERACY CONFERENCE 9:00am - 4:00pm</p>	<p>28</p> <p>Parent-Child Mother Goose & Playtime 10:00am – 12:00pm</p>  <p>IPALS 1:00pm - 2:45pm</p> 		

www.facebook.com/COFHP for up to date info

www.cofh.ca

Programs this Month:

Parent-Child Mother Goose Program

A group experience for parents and their babies/young children, which focuses on the pleasure and power of using rhymes, songs, and stories together. Parents gain skills and confidence, which can enable them to create positive family patterns during their child's crucial early years, and give their children healthy early experiences with language and communication skills. Registration required through the HUB.

Kelowna Breastfeeding Café, www.kelownabreastfeedingcafe.com

Kelowna Breastfeeding Café is a relaxed, non-judgmental and informative place to find breastfeeding support. Whether you are an expectant mom, brand new mom, or a more seasoned mom, we welcome you! Enjoy a tea/coffee and healthy snacks and come out to create relationships with other moms in your community. Join us to discuss challenges or concerns, share triumphs, and swap "secrets" you have discovered on your breastfeeding journey. Kelowna Breastfeeding Café offers two meetings per month, providing breastfeeding support and information to anyone who is interested in attending. Sessions are facilitated by trained breastfeeding helpers and there is no cost to attend.

**this is where you can sign-up for groups and find additional info and updates*

ASQ, Ages & Stages Questionnaires – Check Early, Check Often.

Free development check-ups for children ages 2 months to 5 years. It's normal to have questions about your child's development and we're here to help! Come and learn more about supporting your child's skills: learning, behaviour, physical, speech and language, social emotional.

Metis Community Services Society – Peetigway Fami

Early Childhood Learning Drop-In Program. Aboriginal children 0-6 years and parents/caregivers welcome. For more information, please call the program at 250.718.4568.

Project Literacy- IPALS: Immigrant Parents as Literacy Supports

Working with parents in preparing their children for school, creating and fostering a foundation of literacy in the parents, and introducing them to Canadian culture. For information and registration please email - admin@projectliteracykelowna.org

Project Literacy- Family Literacy Conference

Registration is free and is open to family resource professionals. This workshop is in partnership with Decoda Literacy Solutions. For information and registration please email - admin@projectliteracykelowna.org

The two-day conference will cover:

- What is literacy?
- Adult literacy and learning
- Core concepts of Family Literacy
- Family literacy programs
- Foundation of Early Learning
- ABC's: From theory to practise