

Central Okanagan Family Hub - Kelowna

Monday to Friday, 9:00 am – 3:00 pm

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

www.cofh.ca or www.facebook.com/cofhp for up to date info



February 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Drop-in anytime, Mon-Fri, 9-3!</p> <p>Check out our Theme Days!</p> <p>Family Day The Hub is Closed FAMILY</p> <p>We have a great play area</p>	<p>3</p> <p>Project Literacy IPALS Group, 10:00 am - 12:45 pm</p> <p>Craft Theme Day</p>	<p>4</p> <p>Project Literacy IPALS Group, 10:00 am - 12:45 pm</p>	<p>5</p> <p>Japanese Story Time 11:00am - 12:00pm</p>	<p>6</p> <p>Sensory Table Theme Day Parent-Child Mother Goose Playtime, 10:00am - 12:00pm</p> <p>Childhood Connections Child Care Resource & Referral Outreach Day, 9:00 am – 12:00 pm</p>	<p>7</p> <p>The Bridge Parent Talk, 9:30 am - 11:30 am</p>	<p>Everything is always free at the Family Hub</p>
	<p>10</p> <p>Project Literacy IPALS Group, 10:00 am - 12:45 pm</p> <p>🎵🎵 Music 🎵🎵 Theme Day</p>	<p>11</p> <p>Okanagan Regional Library Story Time, 9:15 am - 9:45 am</p> <p>Project Literacy IPALS Group, 10:00 am - 12:45 pm</p>	<p>12</p>	<p>13</p> <p>♥♥♥ Valentine's Day Theme ♥♥♥</p> <p>Parent-Child Mother Goose & Playtime 10:00am - 12:00pm</p>	<p>14</p> <p>The Bridge Parent Talk, 9:30 am - 11:30 am</p>	<p>If your agency would like to offer free programming at the Hub, email val@cofh.ca</p>
	<p>17</p> <p>Family Day The Hub is Closed FAMILY</p>	<p>18</p>	<p>19</p> <p>Japanese Story Time 11:00am - 12:00pm</p>	<p>20</p> <p>Parent-Child Mother Goose & Playtime 10:00am - 12:00pm</p> <p>Superhero Theme Day</p>	<p>21</p> <p>The Bridge Parent Talk, 9:30 am - 11:30 am</p>	
	<p>24</p> <p>Craft Theme Day</p>	<p>25</p> <p>Childhood Connections Nobody's Perfect Parenting Group, 9:00 am - 11:00 am</p>	<p>26</p>	<p>27</p> <p>Parent-Child Mother Goose & Playtime 10:00am - 12:00pm</p>	<p>28</p> <p>The Bridge Parent Talk 9:30 am - 11:30 am</p>	<p>For more info about the Hub, please contact val@cofh.ca or 250.826.6264</p>

Programs this Month:

Child Care Resource & Referral / Childhood Connections Outreach Day: CCRR staff will be at the Hub providing services. Services will include toy lending library, how to find childcare and learn about the different types of childcare, help with Affordable Childcare Benefits (Subsidy) and as well as Ages and Stages Questionnaires.

Childhood Connections Nobody's Perfect Parenting Program: A facilitated, community-based parenting program for parents of children from birth to age five. The program is designed to meet the needs of parents who are young, single, socially or geographically isolated, or who have low income or limited formal education. Please contact val@cofh.ca or 250.826.6264 if you are interested in registering for this program. Tuesday mornings, February 25th – March 31st.

Central Okanagan Family Hub - Kelowna - Theme Days: Two child friendly theme days are offered each week on a drop-in basis at the Hub. Simple, free activities that correspond with the theme of the day will be provided for children aged 0-12 years old.

The Bridge - Parent Talk: Weekly drop-in sessions for parents and caregivers with children under age 6. Adults meet while the children are supervised in our playroom to talk about parenting, wellness and child development. No cost drop-in sessions, child care provided, coffee, tea & healthy snacks provided for adults. Please bring a water bottle and healthy nut-free snack for your children.

Japanese Story Time: We sing Japanese songs and read Japanese books with our children. We support one another in a friendly, welcoming environment where caregivers and their children can meet and make friends. Japanese Storytime is meant to provide a space where children can practice and reinforce the Japanese language and culture. The group asks that caregivers are fluent in Japanese. If you have any questions/inquires, email val@cofh.ca.

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.

Okanagan Regional Library Story Time: Join us as the Okanagan Regional Library makes a visit to the Hub for story time! Story time will be for approximately 20 minutes and then there will be a short information session about the library. For children ages 0-5.

Project Literacy IPALS (IMMIGRANT PARENTS AS LITERACY SUPPORTERS): One of the unique ways that we support community development through literacy and learning is our IPALS program or Parents as Literacy Supporters in Immigrant Communities. The program is a culturally responsive family literacy program designed to help immigrant and refugee families – and their young children – flourish in their new communities. Families learn new strategies to support their young children's literacy development and the benefits are far-reaching. IPALS is based on considerable research and discourse about the importance of family, community and social contexts for learning. Benefits of IPALS include:

- Children develop language and literacy abilities that will help them adapt to their community and gain skills that will prepare them for school.
- Family members learn to support their children's learning and literacy.
- Families are welcomed into their neighbourhood schools and build relationships with teachers, administrators, and other school personnel.
- Families build social networks with each other.

This is a 4-week intensive literacy program for immigrants and their children. If you have any questions/inquiries, email val@cofh.ca.

