

Central Okanagan Family Hub - Kelowna

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

Hours: Monday, Tuesday, Thursday & Friday, 9am - 3pm / Wednesday, 9am - 2pm



February 2021

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>1</p> <p>Family Play Time  We transform lives and build community</p> <p>Harmony Story Time on Zoom, 10am</p>	<p>Harmony Day Challenge 2</p> <p>Family Play Time  We transform lives and build community</p>	<p>3</p> <p>Hub Outreach Program</p>	<p>4</p> <p>KCR Family Friend Program, 9:30-11:30am </p> <p>Special Deliveries, 12:30-2:30pm By appointment only!</p> <p>THE BRIDGE Youth & Family Services We transform lives and build community</p>	<p>5</p> <p>Hub Outreach Program</p>	<p>Check out our Facebook page at facebook.com/COFHP</p>
<p>8</p> <p>Family Play Time  We transform lives and build community</p>	<p>Harmony Day Challenge 9</p> <p>Family Play Time  We transform lives and build community</p> <p>Harmony Story Time on Zoom, 10am</p>	<p>10</p> <p>Hub Outreach Program</p>	<p>11</p> <p>KCR Family Friend Program, 9:30-11:30am </p> <p>Special Deliveries, 12:30-2:30pm By appointment only!</p> <p>THE BRIDGE Youth & Family Services We transform lives and build community</p>	<p>12</p> <p>Hub Outreach Program</p>	<p>If you need information, navigation, referrals or support email us at info@cofh.ca</p>
<p>15</p> <p>Hub is Closed</p> <p></p>	<p>Harmony Day Challenge 16</p> <p>Family Play Time  We transform lives and build community</p>	<p>17</p> <p>Hub Outreach Program</p> <p>Harmony Story Time on Zoom, 10am</p>	<p>18</p> <p>KCR Family Friend Program, 9:30-11:30am </p> <p>Special Deliveries, 12:30-2:30pm By appointment only!</p> <p>THE BRIDGE Youth & Family Services We transform lives and build community</p>	<p>19</p> <p>Hub Outreach Program</p>	<p>Call us at 250-826-6264, Monday-Friday, 9:00 am - 3:00 pm</p>
<p>22</p> <p>Family Play Time  We transform lives and build community</p>	<p>Harmony Day Challenge 23</p> <p>Family Play Time  We transform lives and build community</p>	<p>24</p> <p>Hub Outreach Program</p>	<p>25</p> <p>KCR Family Friend Program, 9:30-11:30am </p> <p>Special Deliveries, 12:30-2:30pm By appointment only!</p> <p>Harmony Story Time on Zoom, 10am</p> <p>THE BRIDGE Youth & Family Services We transform lives and build community</p>	<p>26</p> <p>Hub Outreach Program</p>	

With COVID-19 restrictions still in place, the Family Hub will continue offering **Zoom Story Time**. The Hub is also providing weekly activities and challenges - we invite you to post to our Facebook page at facebook.com/COFHP. **Call or text** to 250-826-6264, or email info@cofh.ca for an in-person chat or to schedule an outreach appointment.

Programs this Month:

Call or text to 250-826-6264 for your scheduled Family Hub time.

Family Play Time, The Bridge Youth & Family Services

Parents with children are welcome to schedule a 1-hour single family play time in the Hub playroom. Come and have fun!

Mondays & Tuesdays, 9:30-2:30. COVID-19 safety protocols in place.

Call [250-878-6331](tel:250-878-6331) or email laura.banman@thebridgeservices.ca - By appointment only

Harmony Story Time on Zoom

Join us for a Story Time and activity on Zoom to celebrate Harmony Day activities in collaboration with School District 23. Classrooms that join will automatically enter to win a bundle of books for their classroom or school. Families are also invited to join. Families who join will automatically enter a chance to win a Harmony Basket filled with goodies, activities and a gift card.

Below are the stories that will be shared on Zoom:

- Monday, February 1, 10:00-10:40am, *Brown: The Many Shades of Love* by Nancy Johnson James and Constance Moore
- Tuesday, February 9, 10:00-10:40am, *All Are Welcome* by Alexandra Penfold and Suzanne Kaufman
- Wednesday, February 17, 10:00-10:40am, *I Am Enough* by Grace Byers
- Thursday, February 25, 10:00-10:40am, *I Promise* by LeBron James

To register, send an email to jocelyn@kcr.ca.

Harmony Day Challenge

Wednesday, February 17th is Harmony Day in Central Okanagan Public Schools. The Central Okanagan Family Hub is supporting this initiative by participating in activities. Every Tuesday in February, the Family Hub will post a fun new challenge on our [Facebook page](#). Complete the challenge and post it on our Facebook page to enter to win a Harmony Basket filled with goodies, activities and a gift card!

KCR Family Friend Program

The Family Friend Program connects single parents with a screened, trained, competent family friend for friendship, support, mentoring and connection to community resources. Thursdays, 9:30-11:30 am - By appointment only.

For more details or to register, email familyfriend@kcr.ca, or visit www.kcr.ca/family-services/family-friend.

Special Deliveries, The Bridge Youth & Family Services

This is a Psycho-educational Prenatal/postnatal Program designed for pregnant women of any age who would benefit from additional information and support during pregnancy and up to 6 months after the birth of their baby. Weekly topics of discussion related to pregnancy, infant development, nutrition, self-care, community resources, etc. Thursdays, 12:30-2:30 pm - By appointment only.

For more details or if you would like to register, call [250-878-6331](tel:250-878-6331) or email laura.banman@thebridgeservices.ca.

Outreach Program

Offering families support with food security, hygiene/life and baby essentials provided through our COFH outreach worker and the Bridge Youth and Family Services. Wednesdays & Fridays - By appointment only.