

# 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](http://www.cofh.ca) or [www.facebook.com/cofhp](https://www.facebook.com/cofhp) for up to date info



## January 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	
	<b>Drop in anytime, 9:00 am – 3:00 pm daily!</b>		<b>The Hub is Closed for New Year's Day</b>	<b>Winter Craft Theme Day</b>  CANCELLED: Parent-Child Mother Goose & Playtime	<b>CANCELLED: The Bridge Parent Talk</b>	<b>Everything is always free at the Family Hub</b>
<b>Check out our Theme Days!</b>	<b>Story Time Theme Day</b> 		<b>Early Childhood Connections Group, 9:00 am - 11:30 am</b>  <b>Japanese Story Time 11:00am - 12:00pm</b> 	<b>Painting Theme Day</b> <b>Childhood Connections Child Care Resource &amp; Referral Outreach</b> Day, 9:00 am – 12:00 pm  <b>Parent-Child Mother Goose &amp; Playtime</b> 10:00am - 12:00pm 	<b>CANCELLED: The Bridge Parent Talk</b>	<b>If your agency would like to offer free programming at the HUB, email <a href="mailto:val@cofh.ca">val@cofh.ca</a></b>
	<b>Winter Craft Theme Day</b>	<b>Okanagan Regional Library Story Time, 9:15 am - 9:45 am</b>	<b>Early Childhood Connections Group, 9:00 am - 11:30 am</b> 	<b>Music Theme Day</b> <b>Parent-Child Mother Goose &amp; Playtime</b> 10:00am - 12:00pm 	<b>The Bridge Parent Talk, 9:30 am - 11:30 am</b> 	
<b>We have a great play area</b>	<b>Robert Munsch Books Theme Day</b> <b>Project Literacy IPALS Group, 10:00 am - 12:45 pm</b>	<b>Kelowna Breastfeeding Café, 10:00am - 12:00pm</b>  <b>Project Literacy IPALS Group, 10:00 am - 12:45 pm</b>	<b>Early Childhood Connections Group, 9:00 am - 11:30 am</b>  <b>Japanese Story Time 11:00am - 12:00pm</b> 	<b>Shapes &amp; Colours Theme Day</b> <b>Parent-Child Mother Goose &amp; Playtime</b> 10:00am - 12:00pm 	<b>The Bridge Parent Talk 9:30 am - 11:30 am</b> 	<b>For more info about the HUB, please contact <a href="mailto:val@cofh.ca">val@cofh.ca</a> or 250-826-6264</b>
	<b>Puzzle Day</b> <b>Project Literacy IPALS Group, 10:00am - 12:45pm</b>	<b>Project Literacy IPALS Group, 10:00am - 12:45pm</b>	<b>Early Childhood Connections Group, 9:00 am - 11:30 am</b> 	<b>Make a Cheerio Necklace Day</b> <b>Parent-Child Mother Goose &amp; Playtime</b> 10:00am - 12:00pm 	<b>The Bridge Parent Talk 9:30 am - 11:30 am</b> 	

## Programs this Month:

**Central Okanagan Family Resource Program: Early Childhood Connections (ECC) Group:** A free drop-in program for parents, grandparents and family childcare-providers of children aged 0-6 years old. The ECC Group will engage the participants in positive, creative play and family and child social interaction to support *early childhood development*. Adult participants will have the opportunity to:

- Engage with their child in a new environment
- Meet other parents, grandparents, and childcare-providers, chat, connect and exchange information
- Learn about other resources in the community
- Learn about childhood developmental milestones and ASQ
- Join in on circle time and family reading opportunity

**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.

**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](mailto:val@cofh.ca).

**Kelowna Breastfeeding Café:** [www.kelownabreastfeedingcafe.com](http://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 in Kelowna, 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.

*\*The website is where you can sign-up for groups and find additional info and updates*

**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](mailto:val@cofh.ca).