

# Central Okanagan Family Hub - Kelowna

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

Hours: Monday, Tuesday, Thursday & Friday, 9:00 am – 3:00 pm / Wednesday, 9:00 am – 2:00 pm



## July 2021

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>The Family Hub will be open for indoor Family Playtime once again, but only for 2 families at a time. We'll be at Ben Lee park Tuesdays &amp; Thursdays.</b></p>					<p>If you need information, navigation, referrals or support, email us at <a href="mailto:info@cofh.ca">info@cofh.ca</a></p>
5	6	7	8	9	<p><b>Call or text to 250-826-6264, or email <a href="mailto:info@cofh.ca">info@cofh.ca</a> for an in-person chat, to schedule your Family Play Time or a private outreach appointment</b></p>
<p><b>Registered Family Play Time,</b> 9:30am-11:30am &amp; 12:30pm-2:30pm</p> 	<p><b>Registered Family Play Time,</b> 9:30am-11:30am &amp; 12:30pm-2:30pm</p> <p><b>Kids Play &amp; Story Time @ Ben Lee Park, 10am-12pm</b></p> 	<p><b>Food Support Program, 9am-2pm</b></p> <p><b>Story, Song &amp; Rhyme @ Barlee Park, 11am-11:30am</b></p>   	<p><b>HUB Closed for Canada Day!</b></p> 	<p><b>Registered Family Play Time,</b> 9:30am-11:30am <i>Hub Closed at 12:30pm</i></p>	
12	13	14	15	16	
<p><b>Story Walk</b></p> <p><b>Registered Family Play Time,</b> 9:30am-11:30am &amp; 12:30pm-2:30pm</p> 	<p><b>Story Walk</b></p> <p><b>Registered Family Play Time,</b> 9:30am-11:30am &amp; 12:30pm-2:30pm</p> <p><b>Kids Play &amp; Story Time @ Ben Lee Park, 10am-12pm</b></p> 	<p><b>Story Walk</b></p> <p><b>Food Support Program, 9am-2pm</b></p> <p><b>Story, Song &amp; Rhyme @ Barlee Park, 11am-11:30am</b></p>   	<p><b>Story Walk</b></p> <p><b>Family Story &amp; Stretch Time @ Ben Lee Park, 10am-12pm</b></p> <p><b>Water Splash!</b></p>  	<p><b>Story Walk</b></p> <p><b>Registered Family Play Time,</b> 9:30am-11:30am &amp; 12:30pm-2:30pm</p>	
19	20	21	22	23	
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26	27	28	29	30	
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## Programs this Month:

[Call](#) or [text](#) to 250-826-6264 for your scheduled Family Hub time.

### Registered Family Play Time at the Hub, The Bridge Youth and Family Services & The Hub

Parents with children are welcome to schedule a 2-hour family play time in the Hub playroom, Come and have fun with COVID-19 safety protocols in place.

Mondays, Tuesdays & Fridays, 9:30am or 12:30pm. Call [250-878-6331](tel:250-878-6331) or email [laura.banman@thebridgeservices.ca](mailto:laura.banman@thebridgeservices.ca). (By appointment only), or email Ruba at [info@cofh.ca](mailto:info@cofh.ca), or call the Hub at [250-826-6264](tel:250-826-6264).

### Food Support Program, The Bridge Youth and Family Services, Childhood Connections, Central Okanagan Community Food Bank

Offering families support with food security, provided through our COFH outreach worker and the Bridge Youth and Family Services.

To make an appointment, kindly email Laura at [laura.banman@thebridgeservices.ca](mailto:laura.banman@thebridgeservices.ca) or Ruba at [ruba@cofh.ca](mailto:ruba@cofh.ca) (by appointment only).

Wednesdays, 9:00am-2:00pm. For more information or if you need any other support, call the Hub at [250-826-6264](tel:250-826-6264).

### Kids Play & Story Time, Project Literacy

Join us for a story and play time at Ben Lee Park (900 Houghton Road), Rutland. Please bring your own blanket to sit on, to stay COVID safe.

Tuesdays & Thursdays, 10:00am-12:00pm. On July 13<sup>th</sup> & 15<sup>th</sup>, we will have [Water Splash](#) themed activities!

### Story Walk, The Central Okanagan Early Years Partnership (COEYP), July 9-18

Books are displayed (with permission from the authors and publishers) in parks around the Central Okanagan for park goers to enjoy. The story pages are staked around the parks in page order for a self-guided fun reading tour. Enjoy the stories together as you stroll through the park!

To check which parks and the books displayed: [childhoodconnections.ca/earlyyearspartnership/story-walks](http://childhoodconnections.ca/earlyyearspartnership/story-walks)

### Story, Song & Rhyme Time, Childhood Connections

There will be a half hour of singing songs, playing games and telling stories for parents/caregivers and their children. The facilitator will also be available for a short time before and after to answer questions or provide parenting and family resources

Wednesdays, 11:00 am – 11:30 am, Barlee Park (1886 Barlee Road) in Kelowna. [Register Now](#).