

Central Okanagan Family Hub - Kelowna

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

Hours: Monday - Friday, 8:30am – 4:00pm

Location: 700 Pearson Road, Kelowna, BC

July 2025



Monday	Tuesday	Wednesday	Thursday	Friday
Red= Registered Program <i>Pre-registration required.</i> <i>Closed groups that run for several weeks</i> Green= Drop-in <i>Join without prior registration</i>	HUB CLOSED CANADA DAY	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Summer Reading Program, 9:00am-1:00pm STEAM, 1:30pm-2:30pm Drop-in Play Time, 2:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 2:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Short Term Food Support Market, 9:30am-1:00pm FCC Community Partner Visit, 9:30am-11:30am Drop-in Play Time, 2:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am STEAM, 1:30pm-2:30pm Drop-in Play Time, 2:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
Summer Reading Program, 9:00am-1:00pm				
Drop-in Play Time, 9:00am-11:30am Summer Safety Educational Fair, 1:00pm-3:00pm	Drop-in Play Time, 9:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 2:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am STEAM, 1:30pm-2:30pm Drop-in Play Time, 2:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
Summer Reading Program, 9:00am-1:00pm				
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Summer Reading Program, 9:00am-1:00pm				



Program Details:

Drop-in Programs:

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

Parents/caregivers with children are welcome to drop-in for a family play time in the HUB playroom.

For more information, call the HUB at [236-970-4567](tel:236-970-4567)



Indigenous Learning at The Hub, The Bridge Youth and Family Services

Parents/caregivers with children are welcome to drop-in for Indigenous learning activities in the HUB playroom.

Opportunity for children to learn and create Indigenous crafts and treats.

Last Tuesday of the month, 10:00am-11:30am



FCC - Family Connections Centre

With specialized services in speech and language pathology, Behavior's consultations, family support services and many more.

They are here to answer all your questions. You can just drop in for any question during this time.



UBC Nursing Students - Summer Safety Educational Fair

Join us at the Learning Hub for a fun and informative. Summer Safety Fair led by fourth-year nursing students! Learn more about Sun and Heat Safety, Water Safety, and how to stay safe from ticks and poisonous plants—perfect for families and kids!

Please sign up using the link or QR code for one session. All sessions will cover the same content.

<https://forms.gle/WVut3djM6dGn9U9t8>



Community Partners:

Parent Talk: The Bridge Youth and Family Services

Support and information group for parents of children 0-6 years old. Opportunity for parents to share and gather information about issues that are impacting their lives and their parenting, create connections, and be a part of a supportive parenting community. Childcare is provided. Please bring a snack for your child(ren).

Select Fridays, 9:30am-11:30am. If you are new to this group and would like to join, call Laura at [250-878-6331](tel:250-878-6331)



Short-Term Food Support Market

This market intends to provide families with genuine needs and provides an extra layer of support. The market will be open on the 2nd and 4th Wednesday of each month from 9:30 am to 1:00 pm.

No drop-ins – only registered families. Please submit a referral through a community partner organization to learn more about the program description and eligibilities. For more information call the HUB at [236-970-4567](tel:236-970-4567).

Registered Connect & Play - KCR Family Friend Program

Playtime for moms and children is part of the Family Friend Program. Meet other moms in the program and let your children play.

Select Tuesdays, 12:00pm-2:00pm, Email familyfriend@kcr.ca or visit www.kcr.ca/family-services/family-friend.



Summer Reading Program – Project Literacy

Free reading program for hesitant readers, includes creative reading, activities and more. For children in grades 1-3 who struggling with reading - children must be referred by their school teacher.

Register by June 28th with Dorothy at admin2@projectliteracy.ca or call [250-762-2163](tel:250-762-2163) ext.3



STEAM – The Strong Roots Centre (Childhood Connections)

Join us for STEAM! This program is for children entering grades 1-5. This month's activities include: Floating Ink; DIY Lava Lamps; Baking Soda Balloons; Popsicle Stick Building; and Sand Handprints. Space is limited, and registration is required for each activity.

Select Thursdays, 1:30pm-2:30pm. Register at <https://trellis.org/steamatthefamilyhub>.

