

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

JUNE 2025



Monday	Tuesday	Wednesday	Thursday	Friday
STORY WALK 2 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	STORY WALK 3 Circle of Security, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	STORY WALK 4 Japanese Story Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	STORY WALK 5 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	STORY WALK 6 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
STORY WALK 9 Drop-in Play Time, 9:00am-11:30am Physio with Melina, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	10 Circle of Security, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	11 Short Term Food Support Market, 9:30am-1:00pm Drop-in Play Time, 2:00pm-3:30pm	12 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	13 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
16 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	17 Circle of Security, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	18 Drop-in Play Time, 9:00am-12:30pm Kindergarten Health & Wellness Event, 1:00pm-6:00pm	19 Indigenous Drumming Circle, 9:30am-10:30am Drop-in Play Time, 10:30am-12:30pm Drop-in Play Time, 1:00pm-3:30pm	20 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
23 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	24 Drop-in Play Time, 9:00am-11:30am Indigenous Learning, 10:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	25 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	26 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	27 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
30 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Program Key: Red= Registered program: Pre-registration required. Closed groups that run for several weeks. Green= Drop-in: Join without prior registration Call/text 236-970-4567 or Email maya@cofh.ca for any Questions, Referral, or Navigation services.			



WelcomeBC



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.

Wednesday, June 25th, 9:30-11:30am



Indigenous Drumming Circle with Kookum Dawn and Aunty Chelsea

A drum circle represents balance, and connection where we all can remember our first sound of our mother's heartbeat.

An offering to community from Metis Community Services.

Every Third Thursday of the month, 9:30am-10:30am



Physio For Kids

If you have kids between newborn and 4 years of age, come and join Milena Perini, Pediatric Physiotherapist from VIVA Pediatric

Physio, at the Hub! Milena will answer all your baby motor development questions, and more.

To book, call [236-970-4567](tel:236-970-4567) or email maya@cofh.ca



Health Kindergarten Fair

In collaboration with Interior Health. Parents/caregivers can book an immunization appointment at **250-980-4825** for their 4-6 years old or

drop in (all families are welcome, even if you don't need vaccines!) and learn more about health services in our community.

Public health nurses will also be available to answer questions.

Wednesday, June 18th, 1:00pm-6:00pm



Story Walk - Central Okanagan Early Years Partnership

Books are displayed in parks around the Central Okanagan for park goers to enjoy. The story pages are stacked around the parks in

page order for self-guided fun reading tours. Enjoy the stories together as you stroll through the park.

To check which parks and books will be displayed, visit the website childhoodconnections.ca/earlyyearspartnership/story-walks



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)



Circle of Security Parenting Course – In Arabic

Parenting training where you'll learn how to strengthen your bond with your child and nurture emotional security. This supportive program helps families understand their children's needs and build a foundation for lifelong trust.

To register, call [250-826-6264](tel:250-826-6264) or email Ruba at ruha@cofh.ca



Registered Outato Ohanashino Kai (Japanese Story Time for infants & toddlers)

A space where children can practice and reinforce the Japanese language and culture. This space is 100% Japanese.

Every 1st and 3rd Wednesday of the month, 9:30am-11:30am.

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

