

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 2026



Monday	Tuesday	Wednesday	Thursday	Friday
STORY WALK 1 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	STORY WALK 2 Drop-in Play Time, 9:00am-11:30am Family Friend, 11:30am-2:00pm Drop-in Play Time, 2:00pm-3:30pm	STORY WALK 3 Japanese Story Time, 9:30am-11:30am Kindergarten Health & Wellness Event, 1:00pm-6:00pm	STORY WALK 4 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	STORY WALK 5 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
STORY WALK 8 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-1:00pm Hub closed, 1:00pm-4:00pm	Short Term Food Support Market, 9:30am-2:00pm Drop-in Play Time, 2:30pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
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Drop-in Play Time, 9:00am-11:30am Physio with Melina, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Family Friend, 11:30am-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Short Term Food Support Market, 9:30am-2:00pm Drop-in Play Time, 2:30pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-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, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Family Friend, 11:30am-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Program Key: Red= Registered program: Pre-registration required. Closed groups that run for several weeks. Green= Drop-in: Join without prior registration Orange = Drop-in program outside the Hub location Call/text 236-970-4567 or Email maya@cofh.ca for any Questions, Referral, or Navigation services.		



Program Details:

Drop-in Programs:

Family Play Time at the Hub, The Bridge Youth & 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 Drumming Circle with Aunty Kim

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 Family Hub! Milena will answer all your baby motor development questions, and more.

Monday, June 22nd 2026, 9:30am-11:30am. To book please 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](tel:250-980-4825) for their 4-6 years old or drop in and learn more about health services in our community. Public health nurses will also be available to answer questions.

Wednesday, June 3rd, 1:00pm-6:00pm



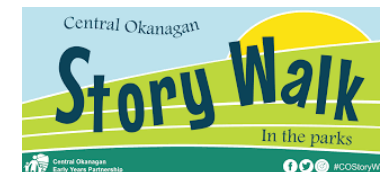
Community Programs Outside the Hub Location:

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 displayed, visit the website at <https://childhoodconnections.ca/earlyyearspartnership/story-walks>

June 1st - 8th



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)



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 9:30am to 2:00pm.

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.

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

