

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



Early Years
Centre

March 2019

Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday	
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	<p>4</p> <p>Early Childhood Connections (ECC) Group, 9:00am - 11:30am</p> <p>IPALS, 1:00pm - 2:45pm</p>  	<p>5</p> <p>HUB is OPEN 9:00am - 12:00pm</p> <p>HUB is CLOSED 12:00pm - 3:00pm</p>	<p>6</p> <p>HUB is CLOSED 9:00am - 12:00pm</p> <p>HUB is OPEN 12:00pm - 3:00pm</p>	<p>7</p> <p>Parent-Child Mother Goose & Playtime, 10:00am - 12:00pm</p> <p>IPALS, 1:00pm - 2:45pm</p>  	8	<p>Everything is always free at the Family Hub</p>
<p>ASQ screening available daily</p>	<p>11</p> <p>Early Childhood Connections (ECC) Group, 9:00am - 11:30am</p> <p>ASQ Screening, 11:30am - 2:00pm</p>  	12	13	<p>14</p> <p>Parent-Child Mother Goose & Playtime, 10:00am - 12:00pm</p> 	15	<p>If your agency would like to offer free programming at the HUB, email terri@cofh.ca</p>
<p>We have a great play area</p>	<p>18</p> <p>Early Childhood Connections (ECC) Group, 9:00am - 11:30am</p> 	<p>19</p> <p>Kelowna Breastfeeding Café 10:00am - 12:00pm</p> 	<p>20</p> <p>HUB is CLOSED 9:00am - 12:00pm</p> <p>HUB is OPEN 12:00pm - 3:00pm</p>	<p>21</p> <p>Parent-Child Mother Goose & Playtime, 10:00am - 12:00pm</p> 	22	<p>terri@cofh.ca 250.826.6264</p>
	<p>25</p> <p>Early Childhood Connections (ECC) Group, 9:00am - 11:30am</p> 	26	27	<p>28</p> <p>Parent-Child Mother Goose & Playtime, 10:00am - 12:00pm</p> 		

www.facebook.com/COFHP for up to date info

www.cofh.ca

Programs this Month:

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.

Kelowna Breastfeeding Café, 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, 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.

**this is where you can sign-up for groups and find additional info and updates*

ASQ, Ages & Stages Questionnaires – Check Early, Check Often.

Free development check-ups for children ages 2 months to 5 years. It's normal to have questions about your child's development and we're here to help! Come and learn more about supporting your child's skills: learning, behaviour, physical, speech and language, social emotional.

Project Literacy- IPALS: Immigrant Parents as Literacy Supports

Working with parents in preparing their children for school, creating and fostering a foundation of literacy in the parents, and introducing them to Canadian culture. For information and registration please email - admin@projectliteracykelowna.org

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
- Discuss topics of interest
- Learn about childhood developmental milestones and ASQ
- Join in on circle time and family reading opportunity