

Central Okanagan Family Hub - Kelowna

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

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



March 2021

Monday	Tuesday	Wednesday	Thursday	Friday	
1 Family Play Time Youth & Family Services We transform lives and build community	2 Family Play Time Youth & Family Services We transform lives and build community	3 Hub Outreach Program Wellness Series, 6:30pm	4 Nutrition Challenge KCR Family Friend Program, 9:30-11:30am Special Deliveries, 12:30-2:30pm By appointment only! Youth & Family Services We transform lives and build community	5 Family Play Time Nutrition Activity	<p>Check out our Facebook page at facebook.com/COFHP</p> <p>If you need information, navigation, referrals or support email us at info@cofh.ca</p> <p>Call us at 250-826-6264, Monday-Friday, 9:00 am - 3:00 pm</p>
8 Family Play Time Youth & Family Services We transform lives and build community	9 Family Play Time Youth & Family Services We transform lives and build community	10 Hub Outreach Program Wellness Series, 6:30pm	11 Nutrition Challenge KCR Family Friend Program, 9:30-11:30am Special Deliveries, 12:30-2:30pm By appointment only! Youth & Family Services We transform lives and build community	12 Family Play Time Nutrition Activity	
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29 Family Play Time Youth & Family Services We transform lives and build community	30 Family Play Time Youth & Family Services We transform lives and build community	31 Hub Outreach Program Wellness Series, 6:30pm	<p>With COVID-19 restrictions still in place, the Family Hub will offer Zoom Wellness Series. The Hub is also providing weekly activities and challenges - we invite you to post to our Facebook page at facebook.com/COFHP. Call or text to 250-826-6264, or email info@cofh.ca for an in-person chat or to schedule an outreach appointment.</p>		

Programs this Month:

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

Family Play Time, The Bridge Youth & Family Services

Parents with children are welcome to schedule a 1-hour single family play time in the Hub playroom. Come and have fun!

Mondays & Tuesdays, 9:30 am - 2:30 pm. COVID-19 safety protocols in place.

Call [250-878-6331](tel:250-878-6331) or email laura.banman@thebridgeservices.ca - By appointment only.

Outreach Program, Central Okanagan Family Hub

Offering families support with food security, hygiene/life and baby essentials provided through our COFH outreach worker and the Bridge Youth and Family Services. Wednesdays & Fridays - By appointment only.

Wellness Series, Central Okanagan Family Hub

Offering families wellness support Series for Moms, Dads & Guardians, Join our zoom sessions with a community partners.

Email jocelyn@kcr.ca to register and receive the information package and invite link.

Nutrition Challenge & Activities, Central Okanagan Family Hub

On Thursdays in March, the Family Hub will post a fun new challenge on our [Facebook page](#). Complete the challenge and post it on our page for a chance to win a gift card!

On Fridays in March, the Family Hub will post a new article link or video recorded by specialist useful to families about nutrition.

KCR Family Friend Program, KCR Community Resources

The Family Friend Program connects single parents with a screened, trained, competent family friend for friendship, support, mentoring and connection to community resources.

Thursdays, 9:30 am - 11:30 am. COVID-19 safety protocols in place.

Email familyfriend@kcr.ca, or visit www.kcr.ca/family-services/family-friend - By appointment only.

Special Deliveries, The Bridge Youth & Family Services

A Psycho-educational Prenatal/postnatal Program designed for pregnant women of any age who would benefit from additional information and support during pregnancy and up to 6 months after the birth of their baby. Weekly topics of discussion related to pregnancy, infant development, nutrition, self-care, community resources, etc.

Thursdays, 12:30 pm - 2:30 pm. COVID-19 safety protocols in place.

Call [250-878-6331](tel:250-878-6331) or email laura.banman@thebridgeservices.ca - By appointment only.

Family Play Time, Central Okanagan Family Hub

Parents with Children are welcome to schedule a 1-hour single family play time in the Hub playroom. Come and have fun!

Fridays, 9:30 am - 2:30 pm. COVID-19 safety protocols in place.

Call [250-826-6264](tel:250-826-6264) or email ruba@cofh.ca - By appointment only.