

Central Okanagan Family Hub - Kelowna

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

Hours: Monday, Tuesday, Thursday & Friday, 9:00 am – 3:00 pm / Wednesday, 9:00 am – 2:00 pm



May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>3</p> <p>Dental Health Tips</p> 	<p>4</p> <p>Nature Day</p> 	<p>5</p> <p>Hub Outreach Program</p>  <p><small>Youth & Family Services</small> We transform lives and build community</p>	<p>6</p> <p>Dental Care Series, Lift the Lip, 10-11am</p>  	<p>7</p> <p>Outreach Program</p>  <p>Mother's Day Craft</p>	<p>Sunday, May 9th Happy Mother's Day!</p>
<p>10</p> <p>Dental Health Tips</p> 	<p>11</p> <p>Jungle Day</p> 	<p>12</p> <p>Hub Outreach Program</p>  <p><small>Youth & Family Services</small> We transform lives and build community</p>	<p>13</p> <p>Dental Care Series, Lift the Lip, 10-11am</p>  	<p>14</p> <p>Outreach Program</p> 	
<p>17</p> <p>Dental Health Tips</p> 	<p>18</p> <p>Craft Day</p> 	<p>19</p> <p>Hub Outreach Program</p>  <p><small>Youth & Family Services</small> We transform lives and build community</p>	<p>20</p> <p>Family Fun Time @ Ben Lee Park, 10am-12pm</p> 	<p>21</p> <p>Outreach Program</p> 	<p>Call or text to 250-826-6264, or email info@cofh.ca</p>
<p>24</p> <p>Family Hub is Closed for Victoria Day</p>	<p>25</p> <p>Board Game Day</p> 	<p>26</p> <p>Hub Outreach Program</p>  <p><small>Youth & Family Services</small> We transform lives and build community</p>	<p>27</p> <p>Family Fun Time @ Ben Lee Park, 10am-12pm</p> 	<p>28</p> <p>Outreach Program</p> 	
<p>31</p> <p>Dental Health Tips</p> 	<p>The Family Hub provides weekly activities & we invite you to post to our Facebook page at facebook.com/COFHP to complete a challenge and or enter our monthly draws/contests. Call or text to 250-826-6264, or email info@cofh.ca for an in-person chat or to schedule an outreach appointment.</p>				<p>Check out our Facebook page at facebook.com/COFHP</p>

Programs this Month:

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

Theme Day Activities, Central Okanagan Family Hub

Suggested ideas of activities to do with your toddlers at home. Use YouTube or Pinterest to find some more detailed ideas. Share the crafts you and your child(ren) made with other families in our Facebook group!

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.

Dental Care Series – Lift the Lip, Interior Health with the Central Okanagan Family Hub

Join our Zoom sessions with Interior Health and Lift the Lip Program.

Email Ruba at info@cofh.ca to register.

Dental Health Tips Mondays, Central Okanagan Family Hub

Mondays in May, the Family Hub will post information and articles about Dental Care on our [Facebook page](#).

Story Time Thursdays (May 20 & 27), Central Okanagan Family Hub

Join us for Story Time at Ben Lee Park (900 Houghton Road). Please bring your own blanket to keep COVID safe.

Email Ruba at info@cofh.ca to register.