

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

MAY 2025



Monday	Tuesday	Wednesday	Thursday	Friday
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.				
5 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	6 Circle of Security, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	7 Japanese Story Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	1 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	2 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
12 Drop-in Play Time, 9:00am-11:30am Physio with Melina, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	13 Circle of Security, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	14 Short Term Food Support Market, 9:30am-1:00pm Drop-in Play Time, 2:00pm-3:30pm	8 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	9 FAMILY HUB CLOSED FOR MAINTENANCE
19 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	20 Circle of Security, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	21 Japanese Story Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	15 Indigenous Drumming Circle, 9:30am-10:30am Hub Closed, 11:00am-1:00pm Drop-in Play Time, 2:00pm-3:30pm	16 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
26 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	27 Circle of Security, 9:30am-11:30am Indigenous Learning, 10:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	28 Short Term Food Support Market, 9:30am-1:00pm FCC & ROKband Community Partner Visit, 9:30am-11:30am Drop-in Play Time, 2:00pm-3:30pm	22 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	23 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
26 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	27 Circle of Security, 9:30am-11:30am Indigenous Learning, 10:00am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	28 Short Term Food Support Market, 9:30am-1:00pm FCC & ROKband Community Partner Visit, 9:30am-11:30am Drop-in Play Time, 2:00pm-3:30pm	29 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	30 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm



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 of your questions.

Wednesday, May 28th, 9:30-11:30am, Drop in for any questions during this time



Rokband Clinic

With specialized services in Headshape for infants, Mikaela Engracia will be at the Hub to answer all your questions.

Wednesday, May 28th, 9:30-11:30am, Drop in for any questions during this time



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



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 or email Ruba at rubah@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.

