

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 2026



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 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.				1 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
4 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	5 Drop-in Play Time, 9:00am-11:30am Family Friend, 11:30am-2:00pm Drop-in Play Time, 2:00pm-4:00pm	6 Japanese Story Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	7 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	8 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
11 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	12 Drop-in Play Time, 9:00am-11:30am Family Friend, 11:30am-2:00pm Drop-in Play Time, 2:00pm-4:00pm	13 Short Term Food Support Market, 9:30am-2:00pm Drop-in Play Time, 2:30pm-3:30pm	14 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	15 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
18 HUB CLOSED HAPPY VICTORIA DAY	19 Drop-in Play Time, 9:00am-11:30am Family Friend, 11:30am-2:00pm Drop-in Play Time, 2:00pm-4:00pm	20 Japanese Story Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	21 Drop-in Play Time, 9:00am-11:30am Indigenous Drumming Circle, 9:30am-10:00am Drop-in Play Time, 12:00pm-3:30pm	22 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
25 Drop-in Play Time, 9:00am-11:30am Physio with Melina, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	26 Drop-in Play Time, 9:00am-11:30am Family Friend, 11:30am-2:00pm Drop-in Play Time, 2:00pm-4:00pm	27 Short Term Food Support Market, 9:30am-2:00pm Drop-in Play Time, 2:30pm-3:30pm	28 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	29 STORY WALK 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 & 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, March 9th, 9:30am-11:30am. To book please call [236-970-4567](tel:236-970-4567) or email maya@cofh.ca



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>



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

