



Central Okanagan Family Hub – Kelowna

Open Mon – Fri 10:00 am – 3:00 pm
 Pearson Road Elementary (side entrance) 700 Pearson Rd
www.facebook.com/COFHP for up to date info

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Everything is always free at the Family Hub!</p>		1 <p>Metis Community Services Society 11:00 – 2:00pm</p>	2 <p>Nobody's Perfect Parenting Program 10:30 – 1:00pm</p>	3 <p>Parent – Child Mother Goose and Playtime 10:00 - Noon Kelowna Breastfeeding Café 10:00 - Noon</p>	4 <p>Interactive Storytelling 10:30 – Noon</p>	5
6 <p>All children's programs are for parents too</p>	7	8 <p>Metis Community Services Society 11:00 – 2:00pm</p>	9 <p>Nobody's Perfect Parenting Program 10:30 – 1:00pm</p>	10 <p>Parent- Child Mother Goose and Playtime 10:00 - Noon</p>	11 <p>Remembrance Day Closed</p>	12
13 <p>The play area is always available for parents to play with their children</p>	14	15 <p>Metis Community Services Society 11:00 – 2:00pm</p>	16 <p>Lift The Lip – Interior Health - Age 1-4yrs 10:00 – 1:00pm</p>	17 <p>Parent – Child Mother Goose and Playtime 10:00 - Noon</p>	18 <p>Interactive Storytelling 10:30 - Noon</p>	19
20 <p>Ask Debbie and Rich, we are here to help</p>	21	22 <p>Metis Community Services Society 11:00 – 2:00pm</p>	23 <p>Pregnancy and Dental Health Interior Health 10:00 – 1:00pm</p>	24 <p>Parent – Child Mother Goose and Playtime 10:00 - Noon</p>	25 <p>Interactive Storytelling 10:30 - Noon</p>	26
27 <p>Be kind to a stranger, be kind to your neighbour, just be kind, period, to everyone – Treehouse of Hope</p>	28	29 <p>Metis Community Services Society 11:00 – 2:00pm</p>	30			

Interactive Storytelling- Ki-low-Na Friendship Society – Drop in for stories and fun – up to age 6
Parent-Child Mother Goose and Playtime – The Club House – rhymes, songs and stories – birth to 4 years – Please arrive at 10:00 a.m.
Metis Community Services Society – Peetigway Famiil – Check with Metis Community Services Society for programming information
 Nobody's Perfect Parenting Program – Interior Health – Registered Program ending November 9th
Lift the Lip – Interior Health – Age 1-4 years – Dental Prevention Information – Screening, fluoride and varnish app
Pregnancy and Dental Health – Interior Health – Pregnant Mothers – Dental Information - Fluoride varnish app for children age 1-4 years
 Kelowna Breastfeeding Café – Breastfeeding Support and Resources