

Central Okanagan Family Hub - Kelowna

Monday-Friday, 9:00 am – 3:00 pm















Pearson Road Elementary (East side entrance), 700 Pearson Road

www.cofh.ca



Early Years
Centre

November 2018

Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday	
				1 Parent-Child Mother Goose & Playtime 10:00 am – 12:00 pm 	2  Nobody's Perfect 11:30 am – 2:30 pm	
ASQ screening available daily	5	6  The Best of Me 10:00 am - 1:00 pm	7  Sunshine Play Group 10:00 am - 1:00 pm	8 Parent-Child Mother Goose & Playtime 10:00 am – 12:00 pm 	9	13 Everything is always free at the Family Hub
	12 HUB is closed	13	14	15 Parent-Child Mother Goose & Playtime 10:00 am – 12:00 pm 	16	If your agency would like to offer free programming at the HUB, email terri@cofh.ca
We have a great play area	19 ASQ Screening 10:00 am – 2:00 pm 	20  breastfeeding café Kelowna Breastfeeding Café 10:00 am – 12:00 pm	21  Sunshine Play Group 10:00 am - 1:00 pm	22 Parent-Child Mother Goose & Playtime 10:00 am – 12:00 pm 	23	rich@cofh.ca 250.317.0143
	26	27  The Best of Me 10:00 am – 1:00 pm	28  Sunshine Play Group 10:00 am - 1:00 pm	29 Parent-Child Mother Goose & Playtime 10:00 am – 12:00 pm 	30	

www.facebook.com/COFHP for up to date info

www.cofh.ca

Programs this Month:

Parent-Child Mother Goose Program

A group experience for parents and their babies/young children, which focuses on the pleasure and power of using rhymes, songs, and stories together. Parents gain skills and confidence, which can enable them to create positive family patterns during their child's crucial early years, and give their children healthy early experiences with language and communication skills. Registration required through the HUB.

Kelowna Breastfeeding Café, www.kelownabreastfeedingcafe.com

Kelowna Breastfeeding Café is a relaxed, non-judgmental and informative place to find breastfeeding support. Whether you are an expectant mom, brand new mom, or a more seasoned mom, we welcome you! Enjoy a tea/coffee and healthy snacks and come out to create relationships with other moms in your community. Join us to discuss challenges or concerns, share triumphs, and swap “secrets” you have discovered on your breastfeeding journey. Kelowna Breastfeeding Café offers two meetings per month, providing breastfeeding support and information to anyone who is interested in attending. Sessions are facilitated by trained breastfeeding helpers and there is no cost to attend.

Ki-Low-Na Friendship Society: Nobody's Perfect Parenting Program

Please contact Elya to apply for this parenting program. It is designed to fit the needs of the group so our topics will be personalized to what YOU want support in! *This is a 6 week closed registration group and we ask you to attend EACH one.*

Elya Martinson, CAPC Coordinator: 250.763.4905, Cell: 250.859.1051, capc@kfs.bc.ca | **Facebook Group:** [CAPC Family](#)

**this is where you can sign-up for groups and find additional info and updates*

Ki-Low-Na Friendship Society: Sunshine Play Group

An Aboriginal Infant Development Educational Play Group for families with children under 5 years of age. Families need to pre-register.

Register Now: [Facebook Group](#), or via call/text to Lisa at 250.859.4275 or Raylene at 250.763.4905 ext. 314

Ki-Low-Na Friendship Society: The Best of Me

Self-Empowerment Group starting October 2nd, happening until November 27th

Elya Martinson, CAPC Coordinator: 250.763.4905, Cell: 250.859.1051, capc@kfs.bc.ca | **Facebook Group:** [CAPC Family](#)

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ASQ, Ages & Stages Questionnaires – Check Early, Check Often.

Free development check-ups for children ages 2 months to 5 years. It's normal to have questions about your child's development and we're here to help! Come and learn more about supporting your child's skills: learning, behaviour, physical, speech and language, social emotional.