

Central Okanagan Family Hub - Kelowna












Monday to Friday, 9:00 am – 1:00 pm

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

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



November 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	
Drop-in anytime, Monday - Friday, 9:00 am – 1:00 pm					The Bridge Parent Talk  9:30 am - 11:30 am	1
Check out our Theme Days!	4 Craft Day 	5	6 Early Childhood Connections Group 9:00 am - 11:30 am 	7 Music Day Childhood Connections Child Care Resource & Referral Outreach Day , 9:00 am – 12:00 pm Parent-Child Mother Goose & Playtime 10:00am - 12:00pm 	8 The Bridge Parent Talk 9:30 am - 11:30 am  We transform lives and build community	Everything is always free at the Family Hub
	11  Pause to Remember 11-11-11 The Hub is Closed	12	13 Early Childhood Connections Group , 9:00 am - 11:30 am Japanese Story Time 11:00am - 12:00pm 	14 Story Time Theme Day  Parent-Child Mother Goose & Playtime 10:00am - 12:00pm 	15 The Bridge Parent Talk 9:30 am - 11:30 am  We transform lives and build community	If your agency would like to offer free programming at the HUB, email val@cofh.ca
	18 Sensory Table Theme Day 	19  Kelowna Breastfeeding Café 10:00am - 12:00pm	20 National Child Day CANCELLED: Early Childhood Connections Group	21 Jungle Theme Day  Parent-Child Mother Goose & Playtime 10:00am - 12:00pm 	22 The Bridge Parent Talk 9:30 am - 11:30 am  We transform lives and build community	
	25 We have a great play area Teddy Bear Theme Day 	26	27 Early Childhood Connections Group , 9:00 am - 11:30 am Japanese Story Time 11:00am - 12:00pm 	28 Nature Activity Theme Day  Parent-Child Mother Goose & Playtime 10:00am - 12:00pm 	29 The Bridge Parent Talk 9:30 am - 11:30 am  We transform lives and build community	For more info about the HUB, please contact val@cofh.ca or 250-826-6264

Programs this Month:

Central Okanagan Family Resource Program: Early Childhood Connections (ECC) Group

A free drop-in program for parents, grandparents and family childcare-providers of children aged 0-6 years old. The ECC Group will engage the participants in positive, creative play and family and child social interaction to support *early childhood development*. Adult participants will have the opportunity to:

- Engage with their child in a new environment
- Meet other parents, grandparents, and childcare-providers, chat, connect and exchange information
- Learn about other resources in the community
- Discuss topics of interest
- Learn about childhood developmental milestones and ASQ
- Join in on circle time and family reading opportunity

Child Care Resource & Referral / Childhood Connections Outreach Day

CCRR staff will be at the Hub providing services. Services will include toy lending library, how to find childcare and learn about the different types of childcare, help with Affordable Childcare Benefits (Subsidy) and as well as Ages and Stages Questionnaires.

Central Okanagan Family Hub - Kelowna Theme Days

Two child friendly theme days are offered each week on a drop-in basis at the Hub. Simple, free activities that correspond with the theme of the day will be provided for children aged 0-12 years old.

The Bridge - Parent Talk

Weekly drop-in sessions for parents and caregivers with children under age 6. Adults meet while the children are supervised in our playroom to talk about parenting, wellness and child development. No cost drop-in sessions, child care provided, coffee, tea & healthy snacks provided for adults. Please bring a water bottle and healthy nut-free snack for your children.

Japanese Story Time

We sing Japanese songs and read Japanese books with our children. We support one another in a friendly, welcoming environment where caregivers and their children can meet and make friends. Japanese Storytime is meant to provide a space where children can practice and reinforce the Japanese language and culture. The group asks that caregivers are fluent in Japanese. If you have any questions/inquires, email val@cofh.ca.

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 in Kelowna, 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.

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

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.