

# Central Okanagan Family Hub - Kelowna

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## November 2020

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>2</p> <p><b>Family Fun Time</b> 9:30 am - 11:30 am 12:30 pm - 2:30 pm</p> <p><i>Hub Soft Opening</i></p>	<p>3</p> <p><b>Nobody's Perfect,</b> Childhood Connections &amp; Ki-low-na friendship Society, 9:30 am - 11:30 am</p> <p><b>Family Fun Time</b> 12:30 pm – 2:30 pm</p>	<p>4</p> <p><b>Family Fun Time</b> 9:30 am - 11:30 am 12:30 pm - 2:30 pm</p>	<p>5</p> <p><b>Family Fun Time</b> 9:30 am - 11:30 am 12:30 pm - 2:30 pm</p>	<p>6</p> <p><b>Story &amp; Rhyme Time,</b> Childhood Connections, 10:00 am - 10:45am</p> <p><b>Family Fun Time</b> 12:30 pm - 2:30 pm</p>	
<p>9</p> <p><b>Family Fun Time</b> 9:30 am - 11:30 am 12:30 pm - 2:30 pm</p>	<p>10</p> <p><b>Nobody's Perfect,</b> Childhood Connections &amp; Ki-low-na friendship Society, 9:30 am - 11:30 am</p> <p><b>Family Fun Time</b> 12:30 pm – 2:30 pm</p>	<p>11</p> <p> Pause to Remember <b>11-11-11</b> <b>The Hub is Closed</b> <b>Remembrance Day</b></p>	<p>12</p> <p><b>Family Fun Time</b> 9:30 am - 11:30 am 12:30 pm - 2:30 pm</p>	<p>13</p> <p><b>Story &amp; Rhyme Time,</b> Childhood Connections, 10:00 am - 10:45am</p> <p><b>Family Fun Time</b> 12:30 pm - 2:30 pm</p>	<p>Check out our Facebook page at <a href="https://www.facebook.com/COFHP">facebook.com/COFHP</a></p>
<p>16</p> <p><b>Family Fun Time</b> 9:30 am - 11:30 am 12:30 pm - 2:30 pm</p>	<p>17</p> <p><b>Nobody's Perfect,</b> Childhood Connections &amp; Ki-low-na friendship Society, 9:30 am - 11:30 am</p> <p><b>Family Fun Time</b> 12:30 pm – 2:30 pm</p>	<p>18</p> <p><b>Family Fun Time</b> 9:30 am - 11:30 am 12:30 pm - 2:30 pm</p>	<p>19</p> <p><b>Family Fun Time</b> 9:30 am - 11:30 am 12:30 pm - 2:30 pm</p>	<p>20</p> <p><b>Story &amp; Rhyme Time,</b> Childhood Connections, 10:00 am - 10:45am</p> <p><b>Family Fun Time</b> 12:30 pm - 2:30 pm</p>	<p>If you are in need of assistance or referrals, email <a href="mailto:info@cofh.ca">info@cofh.ca</a></p>
<p>23</p> <p><b>Family Fun Time</b> 9:30 am - 11:30 am 12:30 pm - 2:30 pm</p>	<p>24</p> <p><b>Nobody's Perfect,</b> Childhood Connections &amp; Ki-low-na friendship Society, 9:30 am - 11:30 am</p> <p><b>Family Fun Time</b> 12:30 pm – 2:30 pm</p>	<p>25</p> <p><b>Family Fun Time</b> 9:30 am - 11:30 am 12:30 pm - 2:30 pm</p>	<p>26</p> <p><b>Family Fun Time</b> 9:30 am - 11:30 am 12:30 pm - 2:30 pm</p>	<p>27</p> <p><b>Story &amp; Rhyme Time,</b> Childhood Connections, 10:00 am - 10:45am</p> <p><b>Family Fun Time</b> 12:30 pm - 2:30 pm</p>	<p>We will be following all Covid-19 protocols and practicing social- distancing</p>
<p>30</p> <p><b>Family Fun Time</b> 9:30 am - 11:30 am 12:30 pm - 2:30 pm</p>	<p>Families will need to complete a health screen before entering the Hub. If you or your child(ren) are unwell and symptomatic, we ask you to stay home.</p> <p><b>*Please read the event descriptions on the 2<sup>nd</sup> page for guidelines on attending, or if registration is required *</b></p>				

## Programs this Month:

### Central Okanagan Family Hub – Family Fun Time

This will include story time by project literacy. Join our safe space for families to exchange experiences and enjoy their time.

You can choose between **two options**

1. Planned same group of families come once a week (either am or pm), always together so they are considered one bubble.
2. Call and book a drop-in appointment based on the space availability (stricter Covid-19 rules will be applied with this option).

If you have any questions/inquiries, email [info@cofh.ca](mailto:info@cofh.ca) or call [250.826.6264](tel:250.826.6264).

### Central Okanagan Family Hub – Outreach & Support

The Central Okanagan Family Hub will be available from 9:00 am – 3:00 pm, Monday – Friday, for outreach & support services by email ([info@cofh.ca](mailto:info@cofh.ca)) or phone ([250.826.6264](tel:250.826.6264)).

### Nobody's Perfect – A collaboration with Ki-Low-Na Friendship Society & Childhood Connections

A facilitated, community-based parenting program for parents of children from birth to age five. The program is designed to meet the needs of parents who are young, single, socially or geographically isolated, or who have low income or limited formal education. This program is full although if interested in participating at a later location contact [nicoleh@childhoodconnections.ca](mailto:nicoleh@childhoodconnections.ca) or [250.762.3536](tel:250.762.3536).

### Childhood Connections - Story & Rhyme Time

Rhyme Time will be happening from 10:00 am – 10:45 am on Friday mornings with doors opening at 9:30 am. This is a child-parent interactive and encourages parents gain skills and confidence, which can enable them to create positive interactions during their child's crucial early years, and give their children healthy early experiences with language and communication skills. [Register Now](#)

### The Bridge Youth & Family Services

A facilitator will come to the Hub from The Bridge twice a week, to support in the day-to-day operation.