

Central Okanagan Family Hub - Kelowna

www.facebook.com/COFHP, www.instagram.com/cofhp or www.cofh.ca for up-to-date information.

Hours: Monday, Tuesday, Thursday & Friday, 9:00am – 3:00pm / Wednesday, 9:00am – 2:00pm



November 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Registered Family Play Time, 9:30-11:30am</p> <p>Family Friend Program 12:30-2:30pm</p> 	<p>2</p> <p>Registered Family Play Time, 9:30-11:30am</p>  	<p>3</p> <p>Food Support Program, 9am-1pm</p>   	<p>4</p> <p>Story & Craft Time, 9:30-10:30am</p>  <p>Registered Family Play Time, 12:30-2:30pm</p>	<p>5</p> <p>Parent Talk</p>  <p>Registered Family Play Time, 12:30-2:30pm</p>	<p>If you need information, navigation, referrals or support, email us at info@cofh.ca</p> 
<p>8</p> <p>Registered Family Play Time, 9:30-11:30am</p> <p>Family Friend Program 12:30-2:30pm</p>  	<p>9</p> <p>Registered Family Play Time, 9:30-11:30am</p>  	<p>10</p> <p>Food Support Program, 9am-1pm</p>    <p>Japanese Story Time, 11am-12:30pm</p> 	<p>11</p> <p>REMEMBRANCE DAY</p> <p><i>Let's We Forget</i></p> <p>Hub Closed</p>	<p>12</p> <p>Parent Talk</p>  <p>Registered Family Play Time, 12:30-2:30pm</p>	
<p>15</p> <p>Registered Family Play Time, 9:30-11:30am</p> <p>Family Friend Program 12:30-2:30pm</p>  	<p>16</p> <p>Registered Family Play Time, 9:30-11:30am</p>  	<p>17</p> <p>Food Support Program, 9am-1pm</p>   	<p>18</p> <p>Story & Craft Time, 9:30-10:30am</p>  <p>Registered Family Play Time, 12:30-2:30pm</p>	<p>19</p> <p>Parent Talk</p>  <p>Registered Family Play Time, 12:30-2:30pm</p> <p>Story walk</p>	
<p>22</p> <p>Registered Family Play Time, 9:30-11:30am</p> <p>Family Friend Program, 12:30-2:30pm</p> <p>Story walk</p>  	<p>23</p> <p>Registered Family Play Time, 9:30-11:30am</p>   <p>Story walk</p>	<p>24</p> <p>Food Support Program, 9am-1pm</p>    <p>Japanese Story Time, 11am-12:30pm</p> <p>Story walk</p> 	<p>25</p> <p>Story & Craft Time, 9:30-10:30am</p>  <p>Registered Family Play Time, 12:30-2:30pm</p> <p>Story walk</p>	<p>26</p> <p>Parent Talk</p>  <p>Registered Family Play Time, 12:30-2:30pm</p> <p>Story walk</p>	
<p>29</p> <p>Registered Family Play Time, 9:30-11:30am</p> <p>Family Friend Program, 12:30-2:30pm</p> <p>Story walk</p>  	<p>30</p> <p>Registered Family Play Time, 9:30am-11:30am</p>  	<p>To schedule any activity, Call or text to 250-826-6264, or email info@cofh.ca.</p>			

Programs this Month:

[Call](#) or [text](#) to 250-826-6264 for your scheduled Family Hub time.

Registered Family Play Time at the Hub, The Bridge Youth and Family Services & Project Literacy

Parents/caregivers with children are welcome to schedule up to a 2-hour family play time in the Hub playroom, Come and have fun with COVID-19 safety protocols in place. On Tuesdays, Project Literacy's volunteer will be having story reading through puppet show. Mondays & Tuesdays, 9:30am / Thursdays & Fridays, 12:30pm. Email Ruba at info@cofh.ca, or call the Hub at [250-826-6264](tel:250-826-6264).

Parent Talk, The Bridge Youth and Family Services

Parent Talk is a facilitated, support and information group for parents of children 0-6 years old. Parent Talk provides an opportunity for parents to share and gather information about issues that are impacting their lives and their parenting, create connections, become part of a welcoming and supportive parenting community. Child care is provided. Please bring a snack for your child(ren). Contact Laura at [250-878-6331](tel:250-878-6331).

KCR Family Friend Program, KCR Community Resources

Playtime for moms and children part of the Family Friend Program. Meet other moms in the program and let your children play. Mondays, 12:30-2:30pm. Email familyfriend@kcr.ca, or visit www.kcr.ca/family-services/family-friend - By appointment only. COVID-19 safety protocols in place.

Food Support Program, the Bridge Youth and Family Services, Helen's Acres Community Farm, Central Okanagan Community Food Bank

Offering families support with food security, provided through our COFH outreach workers and the Bridge Youth and Family Services. To make an appointment, kindly email Laura at laura.banman@thebridgeservices.ca or Ruba at rub@cofh.ca (by appointment only). Wednesdays, 9:00am-1:00pm. For more information or if you need any other support, call the Hub at [250-826-6264](tel:250-826-6264).

Story and Craft Time, Childhood Connections & the Hub

Join Childhood Connections for a Story and Craft. This event is geared towards children between the ages of 3yrs-6yrs of age. Thursdays, 9:30am-10:30 am. Register at www.eventbrite.ca/e/story-craft-at-the-hub

Outato Ohanashino Kai (Japanese Storytime for infant and toddlers)

Offering Japanese speaking families story time. Japanese Storytime is meant to provide a space where children can practice and reinforce the Japanese language and culture, also it serves as an immersive space that is 100% Japanese, which not only helps the children maintain a connection to their heritage language, but also give the parents a space to speak in their native language.

Story walk: The Central Okanagan Early Years Partnership (COEYP), November 9th-19th

Celebrating National Child Day, the Central Okanagan Early Years Partnership are planning a Story walk; Books are displayed (with permission from the authors and publishers) in parks around the Central Okanagan for park visitors to Enjoy. The story pages are staked around the parks in page order for a self-guided fun reading tour. Enjoy the stories together as you stroll through the park! Check which parks & books will be displayed at childhoodconnections.ca/earlyyearspartnership/story-walks.

National Child Day Celebration at the Hub

We will be celebrating National Child Day because every child deserves the care, support and resources they need to reach their full potential. For the month of November, we will proudly display children's artwork. We will also be handing out family activity bags at the HUB. Check our [Facebook](#) / Instagram page for more details.