

Central Okanagan Family Hub - Kelowna

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Hours: Monday-Friday, 8:30am-4:00pm

Location: 700 Pearson Road, Kelowna, BC

November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
Program Key: Red= Registered program: Pre-registration required. Closed groups that run for several weeks. Green= Drop-in: Join without prior registration Call/text 236-970-4567 or Email: maya@cofh.ca for any Questions, Referral, and Navigation services.				1 Parent Talk , 9:30am-12:00pm Language Cafe , 12:30pm- 2:00pm Drop-in Play Time , 2:30pm-3:30pm
4 Drop-in Play Time , 9:00am-11:30am Launch Okanagan Financial Education , 9:30am-11:00am Drop-in Play Time , 11:30am-3:30pm	5 Circle of Security Arabic , 9:30am-11:00am Drop-in Play Time , 12:00pm-3:30pm	6 Drop-in Play Time , 9:00am-10:00am Japanese Story Time , 10:30am-1:00pm Drop-in Play Time , 1:30pm-3:30pm	7 Drop-in Play Time , 9:30am-11:30am Drop-in Play Time , 12:00pm-3:30pm	8 Parent Talk , 9:30am-12:00pm Language Cafe , 12:30pm-2:00pm Drop-in Play Time , 2:30pm-3:30pm
HUB CLOSED				15 Parent Talk , 9:30am-12:00pm Language Cafe , 12:30pm- 2:00pm Drop-in Play Time , 2:30pm-3:30pm
11 HUB CLOSED	12 Circle of Security Arabic , 9:30am-11:00am Family Friend , 12:00pm-2:00pm Drop-in Play Time , 2:00pm-3:30pm	13 Drop-in Play Time , 9:30am-11:30am Drop-in Play Time , 12:00pm-3:30pm	14 Drop-in Play Time , 9:30am-11:30am Drop-in Play Time , 12:00pm-3:30pm	15 Parent Talk , 9:30am-12:00pm Language Cafe , 12:30pm- 2:00pm Drop-in Play Time , 2:30pm-3:30pm
18 Drop-in Play Time , 9:00am-11:30am Launch Okanagan Financial education , 9:30am-11:00am Physio with Melina 9:30am-11:00am Drop-in Play Time , 11:30pm-3:30pm	19 Circle of Security Arabic , 9:30am-11:00am Family Friend , 12:00pm-2:00pm Drop-in Play Time , 2:00pm-3:30pm	20 Drop-in Play Time , 9:00am-10:00am Japanese Story Time , 10:30am-1:00pm Drop-in Play Time , 1:30pm-3:30pm	21 Drop-in Play Time , 9:30am-11:30am FCC Community Partner Visit , 10:00am-11:00am Drop-in Play Time , 12:00pm-3:30pm	22 Parent Talk , 9:30am-12:00pm Language Cafe , 12:30pm- 2:00pm Drop-in Play Time , 2:30pm-3:30pm
25 Drop-in Play Time , 9:30am-11:30am Drop-in Play Time , 12:00pm-3:30pm	26 Circle of Security Arabic , 9:30am-11:00am Indigenous Learning , 9:00am-11:30am Family Friend , 12:00pm-2:00pm Drop-in Play Time , 2:00pm-3:30pm	27 Drop-in Play Time , 9:30am-11:30am Drop-in Play Time , 12:00pm-3:30pm	28 Drop-in Play Time , 9:30am-11:30am Drop-in Play Time , 12:00pm-3:30pm	29 Parent Talk , 9:30am-12:00pm Language Cafe , 12:30pm- 2:00pm Drop-in Play Time , 2:30pm-3:30pm



Program Details:

Drop-in Programs:

Family Play Time at the Hub,

Parents/caregivers with children are welcome to drop-in for a family play time in the HUB playroom. For more information call the HUB at [236-970-4567](tel:236-970-4567)

Parent Talk: The Bridge Youth and Family Services

Support and information group for parents of children 0-6 years old. Opportunity for parents to share and gather information about issues that are impacting their lives and their parenting, create connections, and be a part of a supportive parenting community.

Childcare is provided. Please bring a snack for your child(ren).

Select Fridays, 9:30am-11:30 am If you are new to this group and would like to join, call Laura at [250-878-6331](tel:250-878-6331)



Language Café

For newcomers! It's a free program where you learn fundamental English skills. Specifically designed for individuals with zero English proficiency. We provide childcare support for your convenience.

Fridays, 12:30pm-2:30pm

Indigenous Learning at The Hub, The Bridge Youth and Family Services

Parents/caregivers with children are welcome to drop-in for Indigenous learning activities in the HUB playroom.

Opportunity for children to learn and create Indigenous crafts and treats.

Last Tuesday of the month 9:30am-11:30am



Community Partners:

Circle of Security in Arabic – The Bridge Youth and Family Services

At times families feel lost or without a clue about what our child might need from us. Circle of security is parenting program based on decades of research about secure parent-child relationships can be supported and strengthened.



Registered Outato Ohanashino Kai (Japanese Story Time for infants & toddlers)

A space where children can practice and reinforce the Japanese language and culture. This space is 100% Japanese.

Every 1st and 3rd Wednesday of the month, 10:30am-1:00pm

Registered Connect & Play - KCR Family Friend Program

Playtime for moms and children is part of the Family Friend Program. Meet other moms in the program and let your children play.

Select Tuesdays, 12:00pm-2:00pm, Email familyfriend@kcr.ca or visit www.kcr.ca/family-services/family-friend

