

Central Okanagan Family Hub - Kelowna

www.facebook.com/COFHP, [instagram.com/cofhp](https://www.instagram.com/cofhp) for up-to-date info or www.cofh.ca

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



October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To schedule any activity, Call or text to 250-826-6264, or email info@cofh.ca</p>				<p>1 Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p>
<p>4 Registered Family Play Time, 9:30am-11:30am</p> 	<p>5 Registered Family Play Time, 9:30am-11:30am</p> 	<p>6 Food Support Program, 9am-1pm</p>   	<p>7 Fall Theme Day Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Story & Craft Time 9:30am-10:30am</p> 	<p>8 Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Story walk</p>
<p>11 Hub is Closed for Thanksgiving Day</p>  <p>Story walk</p>	<p>12 Registered Family Play Time, 9:30am-11:30am</p>  <p>Story walk</p>	<p>13 Food Support Program, 9am-1pm</p>    <p>Japanese Story Time おうたとおはなしの会 11am- 12:30pm</p>  <p>Story walk</p>	<p>14 Space Theme Day Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Story & Craft Time 9:30am-10:30am</p>  <p>Story walk</p>	<p>15 Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Healthy Eating Challenge</p>  <p>Story walk</p>
<p>18 Registered Family Play Time, 9:30am-11:30am</p>  <p>Story walk</p>	<p>19 Registered Family Play Time, 9:30am-11:30am</p> 	<p>20 Food Support Program, 9am-1pm</p>   	<p>21 Farm Animal Theme Day Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Story & Craft Time 9:30am-10:30am</p> 	<p>22 Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Healthy Eating Challenge</p> 
<p>25 Registered Family Play Time, 9:30am-11:30am</p> 	<p>26 Registered Family Play Time, 9:30am-11:30am</p> 	<p>27 Food Support Program, 9am-1pm</p>    <p>Japanese Story Time おうたとおはなしの会 11am- 12:30pm</p> 	<p>28 Paw Patrol Theme Day Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Story & Craft Time 9:30am-10:30am</p> 	<p>29 Costume Day Registered Family Play Time, 9:30am-11:30am & 12:30pm-2:30pm</p> <p>Healthy Eating Challenge</p> 

If you need information, navigation, referrals or support, email us at info@cofh.ca

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 & The Hub

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.

Mondays & Tuesdays, 9:30am. Thursdays & Fridays, 9:30am or 12:30pm. Email Ruba at info@cofh.ca, or call the Hub at [250-826-6264](tel:250-826-6264).

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 ruha@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 a Craft. This event is geared towards children between the ages of 3yrs-6yrs of age.

Thursdays, 9:30am-10:30am. [Register Now](#)

Outato Ohanashino Kai (Japanese Storytime for infants & 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)

Books are displayed (with permission from the authors and publishers) in parks around the Central Okanagan for park goers to enjoy. The story pages are staked around the parks in page order for a self-guided fun reading tour. Enjoy the story together as you stroll through the park!

October 8th - 18th, 2021. View which parks are participating and the books displayed at childhoodconnections.ca/earlyyearspartnership/story-walks

Healthy Eating Challenge, Eco Cook Club & the Hub

Share your favorite healthy recipe with the Hub for a chance to win prizes. The recipe can be a snack, breakfast idea, dinner, lunch, anything that you make for your family that they enjoy eating and that is healthy! Throughout the month we will be featuring family's recipes on our social media as well as other healthy recipes for you to try! For more details, follow us on Facebook or Instagram.

EcoCooks Club is a non-profit program with a mission to inspire and empower children through a fun plant-powered cooking program that connects how food choices impact their health, the planet, and its inhabitants. Find out more at www.ecocooksclub.org

Costume Day, the Hub

Dress up in your favorite costume and drop by the Family Hub anytime to pick up a Halloween treat!

Friday, October 29th, 9:00am-3:00pm.