

# Central Okanagan Family Hub - Kelowna

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

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

**Location:** 700 Pearson Road, Kelowna, BC

## October 2025



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Program Key:</b> <b>Red = Registered program: Pre-registration required.</b> <b>Closed groups that run for several weeks.</b> <b>Green = Drop-in: Join without prior registration</b> <b>Call/text 236-970-4567 or Email <a href="mailto:maya@cofh.ca">maya@cofh.ca</a> for any Questions, Referral, or Navigation services.</b>				
<b>Drop-in Play Time, 9:00am-11:30am</b> <b>Drop-in Play Time, 12:00pm-3:30pm</b>	<b>Circle of Security, 9:30am-11:30am</b> <b>Drop-in Play Time, 12:00pm-3:30pm</b>	<b>Japanese Story Time, 9:30am-11:30am</b> <b>Drop-in Play Time, 12:00pm-3:30pm</b>	<b>Nobody's Perfect Parenting Program, 9:30am-11:30am</b> <b>Drop-in Play Time, 12:00pm-3:30pm</b>	<b>Parent Talk, 9:30am-12:00pm</b> <b>Drop-in Play Time, 12:30pm-3:30pm</b>
<b>Drop-in Play Time, 9:00am-11:30am</b> <b>Drop-in Play Time, 12:00pm-3:30pm</b>	<b>Circle of Security, 9:30am-11:30am</b> <b>Drop-in Play Time, 12:00pm-3:30pm</b>	<b>Short Term Food Support Market, 9:30am-1:00pm</b> <b>Drop-in Play Time, 2:00pm-3:30pm</b>	<b>Nobody's Perfect Parenting Program, 9:30am-11:30am</b> <b>Family Friend, 12:00pm-2:00pm</b> <b>Drop-in Play Time, 2:00pm-3:30pm</b>	<b>Parent Talk, 9:30am-12:00pm</b> <b>Drop-in Play Time, 12:30pm-3:30pm</b>
<b>HUB CLOSED</b> <b>Thanksgiving Day</b>	<b>Circle of Security, 9:30am-11:30am</b> <b>Family Friend, 12:00pm-2:00pm</b> <b>Drop-in Play Time, 2:00pm-3:30pm</b>	<b>Japanese Story Time, 9:30am-11:30am</b> <b>Drop-in Play Time, 12:00pm-3:30pm</b>	<b>Indigenous Drumming Circle, 9:30am-10:30am</b> <b>Nobody's Perfect Parenting Program, 9:30am-11:30am</b> <b>Drop-in Play Time, 12:00pm-3:30pm</b>	<b>Parent Talk, 9:30am-12:00pm</b> <b>Drop-in Play Time, 12:30pm-3:30pm</b>
<b>Physio with Melina, 9:30am-11:30am</b> <b>Drop-in Play Time, 9:00am-11:30am</b> <b>Drop-in Play Time, 12:00pm-3:30pm</b>	<b>Circle of Security, 9:30am-11:30am</b> <b>Family Friend, 12:00pm-2:00pm</b> <b>Drop-in Play Time, 2:00pm-3:30pm</b>	<b>Short Term Food Support Market, 9:30am-1:00pm</b> <b>Drop-in Play Time, 2:00pm-3:30pm</b>	<b>Nobody's Perfect Parenting Program, 9:30am-11:30am</b> <b>Drop-in Play Time, 12:00pm-3:30pm</b>	<b>Parent Talk, 9:30am-12:00pm</b> <b>Drop-in Play Time, 12:30pm-3:30pm</b>
<b>Drop-in Play Time, 9:00am-11:30am</b> <b>Drop-in Play Time, 12:00pm-3:30pm</b>	<b>Circle of Security, 9:30am-11:30am</b> <b>Family Friend, 12:00pm-2:00pm</b> <b>Drop-in Play Time, 2:00pm-3:30pm</b>	<b>Japanese Story Time, 9:30am-11:30am</b> <b>Drop-in Play Time, 12:00pm-3:30pm</b>	<b>Drop-in Play Time, 9:00am-11:30am</b> <b>Drop-in Play Time, 12:00pm-3:30pm</b>	<b>Halloween Party: Trick or treats! Dress Up &amp; Come! 9:00am-4:00pm</b> <b>Parent Talk, 9:30am-12:00pm</b> <b>Drop-in Play Time, 12:30pm-3:30pm</b>



## Program Details:

### Drop-in Programs:

#### Family Play Time at the Hub, The Bridge Youth and Family Services

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)



#### Indigenous Drumming Circle with Kookum Dawn & Auntie Chelsea

A drum circle represents balance, and connection where we all can remember our first sound of our mother's heartbeat.

An offering to community from Metis Community Services.

Every Third Thursday of the month, 9:30am-10:30am



#### Physio For Kids

If you have kids between newborn and 4 years of age, come and join Milena Perini, Pediatric Physiotherapist from VIVA Pediatric Physio, at the Hub! Milena will answer all your baby motor development questions, and more.

To book please call: [236-970-4567](tel:236-970-4567) or email: [maya@cofh.ca](mailto:maya@cofh.ca)



### Halloween Safety Tips:

#### Visibility & Walking Safety

**Walk, Don't Run:** Encourage kids to walk from house to house, not run, to prevent trips and falls.

**Be Seen:** Add reflective tape or stickers to costumes and trick-or-treat bags. Carry a **flashlight** or **glow sticks** so drivers can see you.

**Stay on Sidewalks:** Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic at the edge of the roadway.

**Cross Safely:** Cross the street at corners or designated crosswalks. Look left, right, and left again, and make eye contact with drivers before crossing. **Never dart out** between parked cars.

#### Costume Safety

**Safe Props:** Avoid sharp, long, or hard accessories like swords or canes, which could cause injury if a child falls.

**Prevent Trips:** Make sure costumes, pants, and skirts are **short enough** to prevent tripping. Avoid overly baggy or cumbersome outfits.

**Be Flame Resistant:** Look for costumes, wigs, and accessories labeled **flame resistant** and keep children away from open flames like candles in jack-o'-lanterns.

**Maintain Vision:** Choose **non-toxic face paint and makeup** over full face masks, as masks can obstruct a child's vision, especially peripheral vision.

#### Trick-or-Treating Safety

**Adult Supervision:** Kids under age 12 should always be accompanied by a responsible adult.

**Allergy Alert:** Be extra vigilant in checking labels if your child has a food allergy.

**Stranger Safety:** Teach children to **never enter a stranger's home or car** for a treat. Only go to homes with a porch light on.

**Group Up:** Older children who trick-or-treat alone should travel in groups and agree on a specific, familiar route and a return time with a parent.

**Inspect Candy:** Instruct kids **not to eat any treats** until they return home and an adult has had a chance to inspect them. Throw out anything that is unwrapped, homemade (unless from a trusted source), or has torn packaging.



## Community Partners:

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



### Circle of Security Parenting Course

Parenting training where you'll learn how to strengthen your bond with your child and nurture emotional security. This supportive program helps families understand their children's needs and build a foundation for lifelong trust.

To register, call [236-970-4567](tel:236-970-4567) or email Maya at [maya@cofh.ca](mailto:maya@cofh.ca)



### Nobody's Perfect Parenting Program:

Parenting training where you'll learn how to discover positive ways of parenting, discuss real life parenting situations and work together with the support of a trained facilitator.

To register, call [236-970-4567](tel:236-970-4567) or email maya at [maya@cofh.ca](mailto:maya@cofh.ca)



### 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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month, 9:30am-11:30am

### Short-Term Food Support Market

This market intends to provide families with genuine needs and provides an extra layer of support. The market will be open on the 2nd and 4th Wednesday of each month from 9:30 am to 1:00 pm.

No drop-ins – only registered families. Please submit a referral through a community partner organization to learn more about the program description and eligibilities. For more information call the HUB at [236-970-4567](tel:236-970-4567)

### 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](mailto:familyfriend@kcr.ca) or visit [www.kcr.ca/family-services/family-friend](http://www.kcr.ca/family-services/family-friend)

