

Central Okanagan Family Hub - Kelowna

www.facebook.com/COFHP for up-to-date info or www.cofh.ca

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

Location: 700 Pearson Road, Kelowna, BC



October 2026

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 hadiya@cofh.ca for any Questions, Referral, or Navigation services.			1	2
			Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm
5	6	7	8	9
Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Family Friend, 11:30am-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Japanese Story Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
12	13	14	15	16
HUB CLOSED Thanksgiving Day	Drop-in Play Time, 9:00am-11:30am Family Friend, 11:30am-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Short Term Food Support Market, 9:30am-2:00pm Drop-in Play Time, 2:30pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
19	20	21	22	23
Drop-in Play Time, 9:00am-11:30am Physio with Melina, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Family Friend, 11:30am-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Japanese Story Time, 9:30am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Multicultural Family Day, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
26	27	28	29	30
Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Family Friend, 11:30am-2:00pm Drop-in Play Time, 2:00pm-3:30pm	Short Term Food Support Market, 9:30am-2:00pm Drop-in Play Time, 2:30pm-3:30pm	Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	Parent Talk, 9:30am-12:00pm Halloween Party Trick or Treat Dress-Up & Come, 12:30pm-3:30pm Drop-in Play Time, 12:30pm-3:30pm



Program Details:

Drop-in Programs:

Family Play Time at the Hub, The Bridge Youth & 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)



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 Family Hub! Milena will answer all your baby motor development questions, and more.

Monday, October 19th 2026, 9:30am-11:30am. To book please call [236-970-4567](tel:236-970-4567) or email hadiya@cofh.ca



Multicultural Family Day

A multicultural event designed to bring families together to celebrate culture, diversity and play. Families are encouraged to dress up and bring their traditional food or snacks, or cultural symbols to share and showcase.

Thursday, October 22, 12:00pm-2:00pm

Halloween Party – Trick or Treats

Come and dress up for a fun afternoon to celebrate Halloween! You can immerse in the Halloween atmosphere, enjoy snacks, and connect with the community.

Friday, October 30th 2026, 12:30pm-3:30pm

Check out our Halloween Safety Tips on the last page!



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).

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)



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.

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



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, 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 9:30am to 2:00pm.

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)

SPOOKY SAFE HALLOWEEN ADVENTURES!

Safety Tips for Ghouls and Goblins

VISIBILITY & WALKING SAFETY



WALK, DON'T RUN:

Skip, don't race!
Move calmly to
avoid stumbles.



BE SEEN:

Glow in the dark! Use
flashlights, glow sticks,
& reflective tape.



STAY ON SIDEWALKS:

Follow the safe paths,
not the road.



CROSS SAFELY:

Look left, right, left
again. Use crosswalks
and cross carefully.

COSTUME SAFETY



SAFE PROPS:

Choose soft and
flexible accessories.
No sharp objects!



PREVENT TRIPS:

Costumes should fit
well and be high
off the ground.



BE FLAME RESISTANT:

Select fire-safe
materials. Stay away
from open flames.



MAINTAIN VISION:

Use face paint instead
of masks so you
can see properly.



TRICK-OR-TREATING SAFETY



ADULT SUPERVISION:

Young ones (under 12)
go with a parent or
guardian.



ALLERGY ALERT:

Carefully check labels if
you have food allergies.



STRANGER SAFETY:

Never go inside a house
or car. Stay with groups!



GROUP UP:

Teens travel in bands,
share routes, & check in.



GROUP UP:

Teens in bands, share
routes, & check in.



INSPECT CANDY:

No eating treats until
an adult looks! Check
for open wrappers.

HAPPY & SAFE
HALLOWEEN!