

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

September 2025



Monday	Tuesday	Wednesday	Thursday	Friday
1 HUB CLOSED Labor Day	2 Drop-in Play Time, 9:30am-11:30 am Drop-in Play Time, 12:00pm-3:30pm	3 Drop-in Play Time, 9:30am -11:30am Drop-in Play Time, 12:00pm-3:30pm	4 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	5 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
8 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	9 Drop-in Play Time, 9:30am-11:30 am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	10 Short Term Food Support Market, 9:30am-1:00pm Drop-in Play Time, 2:00pm-3:30pm	11 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	12 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
15 Physio with Melina, 9:30am-11:30am Teddy Bear Picnic Ben Lee park 10 – 11:30 am Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	16 Drop-in Play Time, 9:30am -11:30am Teddy Bear Picnic Julia's Junction 10 – 11:30 am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	17 Japanese Story Time, 9:30am-11:30am Teddy Bear Picnic Dehart park 10 – 11:30 am Drop-in Play Time, 12:00pm-3:30pm	18 Indigenous Drumming Circle, 9:30am-10:30am Teddy Bear Picnic Beasley park 10 – 11:30 am Nobody's perfect parenting program, 9:30am-11:30pm Drop-in Play Time, 12:00pm-3:30pm	19 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
22 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	23 Circle of Security, 9:30am-11:30am Family Friend, 12:00pm-2:00pm Drop-in Play Time, 2:00pm-3:30pm	24 Short Term Food Support Market, 9:30am-1:00pm FCC Community Partner Visit, 9:30am-11:30am Drop-in Play Time, 2:00pm-3:30pm	25 Nobody's perfect parenting program, 9:30am-11:30pm Drop-in Play Time, 12:00pm-3:30pm	26 Parent Talk, 9:30am-12:00pm Drop-in Play Time, 12:30pm-3:30pm
29 Drop-in Play Time, 9:00am-11:30am Drop-in Play Time, 12:00pm-3:30pm	30 HUB CLOSED National Day for Truth and Reconciliation	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, or Navigation services.		



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)



FCC - Family Connections Centre

With specialized services in speech and language pathology, Behavior's consultations, family support services and many more. They are here to answer all your questions. You can just drop in for any question during this time.



Indigenous Drumming Circle with Kookum Dawn and Aunty 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 or email: [maya @cofh.ca](mailto:maya@cofh.ca)

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 or email Maya at Maya@cofh.ca

Nobody's Perfect Parenting Program: Shine On 

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 or email Maya at 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 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 9:30 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 or visit www.kcr.ca/family-services/family-friend.



Teddy bear picnic:

Parents/caregivers and children are invited to bring a favourite stuffy and a picnic blanket! Join us for *beary* fun activities including parachute games, songs, and stories. After the program, families are welcome to enjoy their own picnic on the grass. *(Please note: supervision of children is the responsibility of parents/caregivers.)*

When:

10am - 11:30am ,Mon, Sept 15th at Ben Lee Park: 900 Houghton Rd, Kelowna

10am - 11:30am ,Tues, Sept 16th at Julia's Junction- 2569 May St, West Kelowna

10am - 11:30am ,Wed, Sept 17th at Dehart Park- 687 DeHart Road., Kelowna, BC

10am - 11:30am ,Thurs., Sept 18th at Beasley Park - 3450 Woodsdale Rd, Lake Country

 **Scan the QR code to register.**

