

# Central Okanagan Family Hub - Kelowna

Monday, Wednesday, Friday, 9:00 am – 3:00 pm

Tuesday & Thursday, 9:00 am – 7:30 pm















Pearson Road Elementary (East side entrance), 700 Pearson Road

[www.cofh.ca](http://www.cofh.ca)



Early Years  
Centre

## September 2018

Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday	
	<p>3</p> <p><b>HUB is Closed</b></p>  <p><b>Happy Labour Day</b></p>	<p>4</p>	<p>5</p>  <p><b>Sunshine Play Group</b> 10:00 am - 1:00 pm</p>	<p>6</p>	<p>7</p>  <p><b>Nobody's Perfect</b> 11:30 am – 2:30 pm</p>	<p>If your agency would like to offer free programming at the HUB, email <a href="mailto:terri@cofh.ca">terri@cofh.ca</a></p>
	<p>10</p> <p><b>ASQ Screening</b> 10:00 am – 2:00 pm</p> 	<p>11</p>	<p>12</p>  <p><b>Sunshine Play Group</b> 10:00 am - 1:00 pm</p>	<p>13</p>	<p>14</p>  <p><b>Nobody's Perfect</b> 11:30 am – 2:30 pm</p>	<p>The Family Hub will be at...</p>  <p><b>WESTBANK FIRST NATION</b> <b>Aboriginal Family Gathering, Elders Hall</b> 12:00 pm – 4:30 pm</p>
	<p>17</p>	<p>18</p> <p><b>Kelowna Breastfeeding Café</b> 10:00 am – 12:00 pm</p> 	<p>19</p>  <p><b>Sunshine Play Group</b> 10:00 am - 1:00 pm</p>	<p>20</p> <p><b>Parent-Child Mother Goose &amp; Playtime</b> 10:00 am – 12:00 pm</p> 	<p>21</p>  <p><b>Nobody's Perfect</b> 11:30 am – 2:30 pm</p>	<p><b>Everything is always free at the Family Hub</b></p> <p><b>ASQ screening available daily</b></p>
<p><b>We have a great play area</b></p>	<p>24</p>	<p>25</p>	<p>26</p>  <p><b>Sunshine Play Group</b> 10:00 am - 1:00 pm</p>	<p>27</p> <p><b>Parent-Child Mother Goose &amp; Playtime</b> 10:00 am – 12:00 pm</p> 	<p>28</p>  <p><b>Nobody's Perfect</b> 11:30 am – 2:30 pm</p>	<p><a href="mailto:rich@cofh.ca">rich@cofh.ca</a> 250.317.0143</p>

[www.facebook.com/COFHP](https://www.facebook.com/COFHP) for up to date info

[www.cofh.ca](http://www.cofh.ca)

## Programs this Month:

### Parent-Child Mother Goose Program

A group experience for parents and their babies/young children, which focuses on the pleasure and power of using rhymes, songs, and stories together. Parents gain skills and confidence, which can enable them to create positive family patterns during their child's crucial early years, and give their children healthy early experiences with language and communication skills. Registration required through the HUB.

### Kelowna Breastfeeding Café, [www.kelownabreastfeedingcafe.com](http://www.kelownabreastfeedingcafe.com)

Kelowna Breastfeeding Café is a relaxed, non-judgmental and informative place to find breastfeeding support. Whether you are an expectant mom, brand new mom, or a more seasoned mom, we welcome you! Enjoy a tea/coffee and healthy snacks and come out to create relationships with other moms in your community. Join us to discuss challenges or concerns, share triumphs, and swap “secrets” you have discovered on your breastfeeding journey. Kelowna Breastfeeding Café offers two meetings per month, providing breastfeeding support and information to anyone who is interested in attending. Sessions are facilitated by trained breastfeeding helpers and there is no cost to attend.

### Ki-Low-Na Friendship Society: Nobody's Perfect Parenting Program

Please contact Elya to apply for this parenting program. It is designed to fit the needs of the group so our topics will be personalized to what YOU want support in! *This is a 6 week closed registration group and we ask you to attend EACH one.*

**Elya Martinson, CAPC Coordinator:** 250.763.4905 / Cell: 250.859.1051 / [capc@kfs.bc.ca](mailto:capc@kfs.bc.ca)

**Facebook Group:** [CAPC Family](#)

*\*this is where you can sign-up for groups and find additional info and updates*

### Ki-Low-Na Friendship Society: Sunshine Play Group

An Aboriginal Infant Development Educational Play Group for families with children under 5 years of age. Families need to pre-register.

**Register Now:** [Facebook Group](#), or via call/text to Lisa at 250.859.4275 or Raylene at 250.763.4905 ext 314

### ASQ, Ages & Stages Questionnaires – Check Early, Check Often.

Free development check-ups for children ages 2 months to 5 years. It's normal to have questions about your child's development and we're here to help! Come and learn more about supporting your child's skills: learning, behaviour, physical, speech and language, social emotional.