

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 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Drop-in Play Time , 9:00am-11:30am Family Friend , 11:30am-2:00pm Drop-in Play Time , 2:00pm-3:30pm	2 Drop-in Play Time , 9:00am-11:30am Drop-in Play Time , 12:00pm-3:30pm	3 Drop-in Play Time , 9:00am-11:30am Drop-in Play Time , 12:00pm-3:30pm	4 Parent Talk , 9:30am-12:00pm Drop-in Play Time , 12:30pm-3:30pm
7 Hub Closed Labour Day	8 Drop-in Play Time , 9:00am-11:30am Family Friend , 11:30am-2:00pm Drop-in Play Time , 2:00pm-3:30pm	9 Short Term Food Support Market , 9:30am-2:00pm Drop-in Play Time , 2:30pm-3:30pm	10 Drop-in Play Time , 9:00am-11:30am Drop-in Play Time , 12:00pm-3:30pm	11 Parent Talk , 9:30am-12:00pm Drop-in Play Time , 12:30pm-3:30pm
14 Drop-in Play Time , 9:00am-11:30am Physio with Melina , 9:30am-11:30am Drop-in Play Time , 12:00pm-3:30pm	15 Teddy Bear Picnic , Ben Lee Park, 10:00am-11:30am Drop-in Play Time , 9:00am-11:30am Family Friend , 11:30am-2:00pm Drop-in Play Time , 2:00pm-3:30pm	16 Teddy Bear Picnic , Julia's Junction, 10:00am-11:30am Japanese Story Time , 9:30am-11:30am Drop-in Play Time , 2:00pm-3:30pm	17 Teddy Bear Picnic , Dehart Park, 10:00am-11:30am Drop-in Play Time , 9:00am-11:30am Indigenous Drumming Circle , 9:30am-10:00am Drop-in Play Time , 12:00pm-3:30pm	18 Teddy Bear Picnic , Beasley Park, 10:00am-11:30am Parent Talk , 9:30am-12:00pm Drop-in Play Time , 12:30pm-3:30pm
21 Drop-in Play Time , 9:00am-11:30am Drop-in Play Time , 12:00pm-3:30pm	22 Drop-in Play Time , 9:00am-11:30am Family Friend , 11:30am-2:00pm Drop-in Play Time , 2:00pm-3:30pm	23 Short Term Food Support Market , 9:30am-2:00pm Drop-in Play Time , 2:30pm-3:30pm	24 Drop-in Play Time , 9:00am-11:30am Drop-in Play Time , 12:00pm-3:30pm	25 Parent Talk , 9:30am-12:00pm Drop-in Play Time , 12:30pm-3:30pm
28 Drop-in Play Time , 9:00am-11:30am Drop-in Play Time , 12:00pm-3:30pm	29 Drop-in Play Time , 9:00am-11:30am Family Friend , 11:30am-2:00pm Drop-in Play Time , 2:00pm-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 Orange = Drop-in program outside the Hub location 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 & 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 Aunty Kim

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-10am



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, September 14th 2026, 9:30am-11:30am. To book please call [236-970-4567](tel:236-970-4567) or email maya@cofh.ca



Community Programs Outside the Hub Location

Teddy bear picnic:

Parents/caregivers and children are invited to bring a favourite stuffy and a picnic blanket! Join us for *bear* 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:

10:00am-11:30am, Tuesday, September 15th at Ben Lee Park: 900 Houghton Road, Kelowna

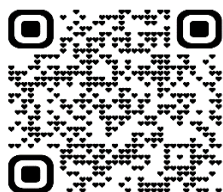
10:00am-11:30am, Wednesday, September 16th at Julia's Junction- 2569 May Street, West Kelowna

10:00am-11:30am, Thursday, September 17th at Dehart Park- 687 DeHart Road., Kelowna, BC

10:00am-11:30am, Friday, September 18th at Beasley Park - 3450 Woodsdale Road, Lake Country



Scan the QR code or [click the link to register](#)



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)



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)

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.

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

