The Family Hub - Kelowna

www.facebook.com/KCRFamilyHub for up-to-date info or www.kcr.ca/family-services/the-hub

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

November 2026

KCR COMMUNITY RESOURCES
Enhancing Lives - Connecting Communities

The Family Hub
KELOWNA WEST KELOWNA

Monday	Tuesday	Wednesday	Thursday	Friday
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 **Family Friend,** 11:30am-2:00pm **Drop-in Play Time,** 2:00pm-3:30pm	**4** **Japanese Story Time,** 9:30am-11:30am **Drop-in Play Time,** 12:00pm-3:30pm	**5** **Drop-in Play Time,** 9:00am-11:30am **Drop-in Play Time,** 12:00pm-3:30pm	**6** **Parent Talk,** 9:30am-12:00pm **Drop-in Play Time,** 12:30pm-3:30pm
9 **Drop-in Play Time,** 9:00am-11:30am **Drop-in Play Time,** 12:00pm-3:30pm	**10** **Drop-in Play Time,** 9:00am-11:30am **Family Friend,** 11:30am-2:00pm **Drop-in Play Time,** 2:00pm-3:30pm	**11** **HUB CLOSED** Remembrance Day	**12** **Drop-in Play Time,** 9:00am-11:30am **Drop-in Play Time,** 12:00pm-3:30pm	***STORY WALK*** **13** **Parent Talk,** 9:30am-12:00pm **Drop-in Play Time,** 12:30pm-3:30pm
STORY WALK **16** **Drop-in Play Time,** 9:00am-11:30am **Physio with Melina,** 9:30am-11:30am **Drop-in Play Time,** 12:00pm-3:30pm	***STORY WALK*** **17** **Drop-in Play Time,** 9:00am-11:30am **Family Friend,** 11:30am-2:00pm **Drop-in Play Time,** 2:00pm-3:30pm	***STORY WALK*** **18** **Japanese Story Time,** 9:30am-11:30am **Health and Wellness Event,** 1:00pm-6:00pm **National Child Day,** 9:00am-11:30am ***West Kelowna Sports Dome***	***STORY WALK*** **19** **Drop-in Play Time,** 9:00am-11:30am **Drop-in Play Time,** 12:00pm-3:30pm	***STORY WALK*** **20** **Parent Talk,** 9:30am-12:00pm **Drop-in Play Time,** 12:30pm-3:30pm **National Child Day,** 3:30pm-6:30pm ***Parkinson Recreation Centre***
23 **Drop-in Play Time,** 9:00am-11:30am **Drop-in Play Time,** 12:00pm-3:30pm	**24** **Drop-in Play Time,** 9:00am-11:30am **Family Friend,** 11:30am-2:00pm **Drop-in Play Time,** 2:00pm-3:30pm	**25** **Short Term Food Support Market,** 9:30am-2:00pm **Drop-in Play Time,** 2:30pm-3:30pm	**26** **Drop-in Play Time,** 9:00am-11:30am **Drop-in Play Time,** 12:00pm-3:30pm	**27** **Parent Talk,** 9:30am-12:00pm **Drop-in Play Time,** 12:30pm-3:30pm
30 **Drop-in Play Time,** 9:00am-11:30am **Drop-in Play Time,** 12:00pm-3:30pm	**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 hadiya@kcr.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 or email hadiya@kcr.ca

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, November 16th, 9:30am-11:30am. To book please call 236-970-4567 or email hadiya@kcr.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

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. The program is for only participants of the Family Friend program.
Select 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-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

Kindergarten Health and Wellness Event

In collaboration with Interior Health. Parents/caregivers can book an immunization appointment at 250-980-4825 for their 4-6 years old or drop in and learn more about health services in our community. **Public health nurses will also be available to answer questions.**
Wednesday, November 18th, 1:00pm-6:00pm

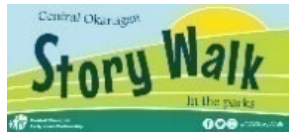
Community Programs Outside the Hub Location

National Child Day Celebration

Wednesday, November 18th, 9:00am-11:30am
West Kelowna Sports Dome
Join us for a fun celebration for young children ages 1–5 and their families! Enjoy child-friendly activities and connect with community organizations to learn about local programs and services.

Friday, November 20th, 3:30pm-6:30pm
Parkinson Recreation Centre
Families with school-age children and youth are invited to celebrate National Child Day! Come enjoy engaging activities, explore community resources, and discover programs and services available to support your family.

Story Walk - Central Okanagan Early Years Partnership



Books are displayed in parks around the Central Okanagan for park goers to enjoy. The story pages are stacked around the parks in page order for self-guided fun reading tours. Enjoy the stories together as you stroll through the park. To check which parks and books displayed, visit the website at **https://childhoodconnections.ca/earlyyearspartnership/story-walks**