

Central Okanagan Family Hub - Kelowna

Monday - Friday, 9:00 am – 3:00 pm

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

www.cofh.ca



Early Years
Centre

December 2018

| Weekly Theme | Monday | Tuesday | Wednesday | Thursday | Friday | |
|---------------------------------------|---|---|-----------|---|--------|---|
| | 3 | 4 | 5 | 6 Parent-Child Mother Goose & Playtime 10:00 am – 12:00 pm  | 7 | |
| ASQ screening available daily | 10 ASQ Screening 10:00 am - 2:00 pm  | 11 VISIT & STORYTIME WITH SANTA 10:00 am – 12:00 pm  | 12 | 13 Parent-Child Mother Goose & Playtime 10:00 am – 12:00 pm  | 14 | Everything is always free at the Family Hub |
| We have a great play area | 17 | 18  Kelowna Breastfeeding Café 10:00 am – 12:00 pm | 19 | 20 Parent-Child Mother Goose & Playtime 10:00 am – 12:00 pm  | 21 | If your agency would like to offer free programming at the HUB, email terri@cofh.ca |
| December 24 – 27 | | | | | | |
| Hub Closed for Christmas Break | | | | | | |
| | 31 | | | | | terri@cofh.ca 250.826.6264 |

www.facebook.com/COFHP for up to date info

www.cofh.ca

Programs this Month:

Santa Meet and Greet

Come visit with Santa and listen to a story read by Santa himself. There is an option of photos for those wanting. An electronic copy will be emailed to you if you choose.

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

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.

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.