

Central Okanagan Family Hub - Kelowna

Monday to Friday, 9:00 am – 3:00 pm

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

www.cofh.ca



March 2020

www.facebook.com/COFHP for up to date info or www.cofh.ca

Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday	
We have a great play area	2 Craft Theme Day 	3 Childhood Connections Nobody's Perfect Parenting Group, 9:00am-11:00am 	4	5 Parent-Child Mother Goose & Playtime 10:00am - 12:00pm Farm Theme Day	6 The Bridge Parent Talk, 9:30am-11:30am <small>Youth & Family Services We transform lives and build community</small>	Everything is always free at the Family Hub
Daylight Savings <i>Don't forget to Spring Forward!</i>	9 Music Theme Day 	10 Okanagan Regional Library Story Time, 9:15am-9:45am Childhood Connections Nobody's Perfect Parenting Group, 9:00am-11:00am 	11 Japanese Story Time, 11:00am-12:00pm 	12 Parent-Child Mother Goose & Playtime 10:00am - 12:00pm Ocean Theme Day 	13 The Bridge Parent Talk, 9:30am-11:30am <small>Youth & Family Services We transform lives and build community</small>	If your agency would like to offer free programming at the HUB, email val@cofh.ca
	16 Safari Theme Day 	17 Childhood Connections Nobody's Perfect Parenting Group, 9:00am-11:00am 	18	19 CANCELLED: Mother Goose Craft Theme Day	20 CANCELLED: The Bridge Parent Talk	
The Hub is always open for drop in Monday-Friday 9am-3pm	23 Science Theme Day 	24 Childhood Connections Nobody's Perfect Parenting Group, 9:00am-11:00am 	25	26 CANCELLED: Mother Goose Fairytale Theme Day 	27 The Bridge Parent Talk, 9:30am-11:30am <small>Youth & Family Services We transform lives and build community</small>	For more info please contact val@cofh.ca 250-826-6264
	30 Sensory Table Theme Day	31 Childhood Connections Nobody's Perfect Parenting Group, 9:00am-11:00am 				

Programs this Month:

Central Okanagan Family Hub - Kelowna Theme Days

Two child friendly theme days are offered each week on a drop-in basis at the Hub. Simple, free activities that correspond with the theme of the day will be provided for children aged 0-12 years old.

The Bridge-Parent Talk

Weekly drop-in sessions for parents and caregivers with children under age 6. Adults meet while the children are supervised in our playroom to talk about parenting, wellness and child development. No cost drop-in sessions, child care provided, coffee, tea & healthy snacks provided for adults. Please bring a water bottle and healthy nut-free snack for your children.

Japanese Story Time

We sing Japanese songs and read Japanese books with our children. We support one another in a friendly, welcoming environment where caregivers and their children can meet and make friends. Japanese Storytime is meant to provide a space where children can practice and reinforce the Japanese language and culture, the group asks that caregivers are fluent in Japanese. If you have any questions or inquires please email val@cofh.ca.

Okanagan Regional Library Story Time

Join us as the Okanagan Regional Library makes a visit to the Hub for story time! Story time will be for approximately 20 minutes and then there will be a short information session about the library. For children ages 0-5.

Childhood Connections - Nobody's Perfect Parenting Group *(Tuesday Mornings, February 25th – March 31st)*

A facilitated, community-based parenting program for parents of children from birth to age five. The program is designed to meet the needs of parents who are young, single, socially or geographically isolated, or who have low income or limited formal education. Please contact val@cofh.ca or 250-826-6264 if you are interested in registering for this program.

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.