

Central Okanagan Family Hub - Kelowna

Monday/Wednesday/Friday, 9:00am – 3:00pm | Tuesday/Thursday, 9:00am – 7:30pm

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

www.cofh.ca



Early Years
Centre

May 2018

Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday	
		1 Peetigway Famii 10:00am – 2:00pm Bond to Literacy 4:45pm – 7:15pm	2 Family HUB at Raymer Elementary School 8:30am – 11:00am	3 Kelowna Breastfeeding Café 10:00am - Noon Parent-Child Mother Goose & Playtime 10:00am – Noon ASQ Screening 10:00am – 2:00pm Family HUB at A.S. Matheson School 8:30am – 11:00am	4 Closed for spring cleaning 	
	7	8 Peetigway Famii 10:00am – 2:00pm Bond to Literacy 4:45pm – 7:15pm	9 Family HUB at Raymer Elementary School 8:30am – 11:00am	10 Parent-Child Mother Goose & Playtime 10:00am – Noon Family HUB at A.S. Matheson School 8:30am – 11:00am	11	ASQ Screening available daily
♥☀♥☀♥ Mothers Day ♥☀♥☀♥	14	15	16 Family HUB at Raymer Elementary School 8:30am – 11:00am	17 Parent-Child Mother Goose & Playtime 10:00am – Noon Family HUB at A.S. Matheson School 8:30am – 11:00am	18	We have a great play area
🎵🎵🎵🎵 BIG Teds Birthday 🎵🎵🎵🎵	21 HUB is Closed	22 Bond to Literacy 4:45pm – 7:15pm	23 Family HUB at Raymer Elementary School 8:30am – 11:00am	24 Parent-Child Mother Goose & Playtime 10:00am – Noon Family HUB at A.S. Matheson School 8:30am – 11:00am	25	Everything is always free at the Family Hub
	28	29 Bond to Literacy 4:45pm – 7:15pm	30 Family HUB at Raymer Elementary School 8:30am – 11:00am	31 Parent-Child Mother Goose & Playtime 10:00am – Noon Family HUB at A.S. Matheson School 8:30am – 11:00am		rich@cofh.ca 250.317.0143

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

Check out our brand new website at www.cofh.ca

Programs this Month:

Project Literacy - Bond to Literacy

A free 12-week program where parents and a facilitator meet once a week and practise activities that parents then do with their children at home. Parents get 6 free books through the program. Activities are related to books and foster social, emotional and physical development in children, helping prepare them for school and encouraging a love for literacy. Childminders, bus tickets, and food is all provided free of charge.

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.

Metis Community Services Society – Peetigway. Fami.

Early childhood learning drop-in program. Aboriginal children 0-6 years and parents/caregivers welcome. For more information, please call the program at [250.718.4568](tel:250.718.4568).

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.