

Central Okanagan Family Hub - Kelowna


















Monday to Friday, 9:00 am – 1:00 pm

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

www.cofh.ca



September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	
Drop-in is always available, Mon-Fri, 9:00am-1:00pm	2 Labour Day <i>The Hub is Closed</i> 	3	4 Early Childhood Connections (ECC) Group, 9:00am - 11:30am 	5 Story Time Day Child Care Resource & Referral Outreach Day, 9:00am - 12:00pm  	6 The Bridge Parent Talk, 9:30am - 11:30am  <small>We transform lives and build community</small>	
We have a great play area!	9 Jungle Theme Day 	10	11 Early Childhood Connections (ECC) Group, 9:00am - 11:30am  Japanese Story Time 11:00am - 12:00pm 	12 Rainbow Theme Day 	13 The Bridge Parent Talk, 9:30am - 11:30am  <small>We transform lives and build community</small>	Everything is always free at the Family Hub 😊
For more info, please contact Val at val@cofh.ca or 250.826.6264	16 Craft Day 	17 Kelowna Breastfeeding Café 10:00am - 12:00pm 	18 Early Childhood Connections (ECC) Group, 9:00am - 11:30am 	19 Say Something Nice Day Parent-Child Mother Goose & Playtime 10:00am - 12:00pm 	20	If your agency would like to offer free programming at the HUB, email val@cofh.ca
	23 Painting Day Japanese Story Time 11:00am - 12:00pm 	24	25 Early Childhood Connections (ECC) Group, 9:00am-11:30am 	26 WRITE & Decorate your Name Day Parent-Child Mother Goose & Playtime 10:00am - 12:00pm 	27 The Bridge Parent Talk, 9:30am - 11:30am  <small>We transform lives and build community</small>	
	30 Board Game Day 					

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

www.cofh.ca

Programs this Month:

Central Okanagan Family Resource Program: Early Childhood Connections (ECC) Group

A free drop-in program for parents, grandparents and family childcare-providers of children aged 0-6 years old.

The ECC Group will engage the participants in positive, creative play and family and child social interaction to support *early childhood development*.

Adult participants will have the opportunity to:

- Engage with their child in a new environment
- Meet other parents, grandparents, and childcare-providers, chat, connect and exchange information
- Learn about other resources in the community
- Discuss topics of interest
- Learn about childhood developmental milestones and ASQ
- Join in on circle time and family reading opportunity

Child Care Resource & Referral / Childhood Connections Outreach Day

CCRR staff will be at the Hub providing services. Services will include toy lending library, how to find childcare and learn about the different types of childcare, help with Affordable Childcare Benefits (Subsidy) and as well as Ages and Stages Questionnaires.

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. Questions, please email val@cofh.ca.

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 in Kelowna, 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.