

Central Okanagan Family Hub - Kelowna

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



September/October 2020

Monday	Tuesday	Wednesday	Thursday	Friday	
28	29	30	OCTOBER 1	2	<p>Know of a park the Hub should visit? Let us know at facebook.com/COFHP</p> <p>If you are in need of assistance or referrals, email info@cofh.ca</p>
<p><u>Family Play Time</u> 9 am/10:20 am/11:45 am Kelowna Family Y</p> <p><u>Prenatal Yoga</u> 6:00pm, Kelowna Family Y The Bridge / YMCA / Interior Health</p> <p><u>Prenatal Wellness Support Group</u> 7:00pm, Online The Bridge / YMCA / Interior Health</p>	<p><u>Family Play Time</u> 9 am/10:20 am/11:45 am Kelowna Family Y</p>	<p><u>Family Play Time</u> 9 am/10:20 am/11:45 am Kelowna Family Y</p>	<p><u>Family Play Time</u> 9 am/10:20 am/11:45 am Kelowna Family Y</p>	<p><u>Family Play Time</u> 9 am/10:20 am/11:45 am Kelowna Family Y</p> <p><u>Mother Goose in the Park</u> 10-10:30 am, Barlee Park Childhood Connections</p>	
5	6	7	8	9	
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STAY TUNED:

The Family Hub is reopening soon! Up-to-date information will appear on our Facebook page at www.facebook.com/COFHP and our website at www.cofh.ca

FAMILY RESOURCES & CALENDAR OF EVENTS DURING THE COVID-19 PANDEMIC

Kelowna Family Y

Family Play Time (Ages 0-6)

Monday-Friday, 9am-10:10 am, 10:20am-11:30am, 11:45am-12:55pm

Explore, create, imagine, and play in a variety of activities for you and your child. Meet other families through group activities in a comfortable play environment and learn about services in your community. This is a parent-participation program. Work with knowledgeable professionals to explore and ask questions about your child's learning. Registration required.

The Bridge Youth and Family Services Society / YMCA Okanagan - YMCA Early Years Community / Interior Health

Prenatal Yoga

Tuesday, 6pm-6:45pm, Ages 18+, Kelowna Family Y (375 Hartman Road, Kelowna)

Attend fitness classes as early in your pregnancy as possible and stay with us after your baby is born! This yoga class features postures that are easily modified depending on your fitness level and baby bump. This free class is offered as part of the Prenatal Wellness Program. Registration required.

Prenatal Wellness, Prenatal Support Group

Tuesday, 7:00pm, Online

This wellness program includes nutrition support, answers to your questions around pregnancy, and healthy lifestyle tips from educators with a wealth of knowledge, as well as connections to other soon-to-be parents. Attend our virtual education services as early into your pregnancy as possible, and stay with us after your baby is born! With six rotating topics, choose when to attend each session for a program individualized to your needs. No registration required. Email chloe.baron@ymcaokanagan.ca for Zoom login info.

Creative Playtime

Friday, 10am-12pm, Cousin's Park, Peachland

Drop in outdoor physically distanced play & crafts for families with children birth to 6. Contact Jen Scott at 250.212.6353.

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Childhood Connections

Mother Goose in the Park

Friday, 10-10:30am, Barlee Park (1898 Barlee Road, Kelowna)

Enjoy the fresh-air and morning sunshine, pack your blankets, hats and sunscreen and come prepared to sing! For the month of August, we will be hosting Mother Goose: Parent-child classes in Barlee Park. This little park is located just around the corner from the Childhood Connections office. These classes are free, but pre-registration is required and everyone (including children) must have their own ticket as we are limited in numbers. Each session is capped at 15 guests and each family will be required to sit on their own picnic blanket, at a safe distance from others. (extra blankets will be available).

Boys & Girls Clubs of the Okanagan

Mother Goose

Wednesday, 9am, Armstrong Boys & Girls Clubs (3385 Pleasant Valley Road) / Virtual, Email capc@bgco.ca to register

Thursday, 9am, Vernon Boys & Girls Clubs (3300 37th Avenue, Vernon) / Virtual, Email crrvernon@bgco.ca to register

The Parent Child Mother Goose Program uses songs, rhymes and storytelling with parents and their children to promote oral language, social competence and emotional regulation in young children. Parents play with their children by engaging in songs and games with trained facilitators. Mother Goose strengthens the bond between parent and child and provides parents with the tools that make daily life with a young child more fulfilling while enhancing their child's development.

Additional Family Support Services offered in Kelowna during COVID-19

[The Bridge Youth and Family Services Society](#), 250-763-0456 / 1-855-760-0456, info@thebridgeservices.ca

The Bridge has adapted how we work to best support the people we serve, and to contribute to the health of the communities in which we work. Our dedication to the people who access our resources and programs however remains constant. Modifications to service delivery prioritize the health and wellness of our participants and our staff. We have tailored some programs to support the hospital and in particular, the acute care system in the Okanagan. We remain committed to the health of the communities we serve, and the resilience and transformative power of the children, youth, adults and families we are honoured to work with.

[Canadian Mental Health Association Kelowna](#), 250-861-3644, kelowna@cmha.bc.ca

Our main office remains open for phone or email inquiries Monday to Friday, 9:00 am - 4:00 pm.

[Central Okanagan Community Food Bank](#), 250-763-7161

[Central Okanagan Family Hub](#), 250-826-6264, info@cofh.ca

Offering online services Monday-Friday, 9:00 am - 3:00 pm. The facility is closed but the Central Okanagan Family Hub continues to offer support via phone, email, and video chat for: emotional support and community referrals, assistance with government subsidy forms, online services, referrals for housing, child care, counselling, food, mental health services, child development services, health services, etc. We will also be visiting local parks with our Little Red Wagon full of fun toys and games for the kids. You can also access our referrals and support at these times.

[Childhood Connections](#), 250-762-3536

Nourish Families Initiative: Free, locally made meals delivered to families in need! Families will receive weekly meals for 6 weeks with accompanying child development and parenting resources. To refer a family, please [fill out a referral form](#).

Playful Healing: Playful Healing supports children who are struggling in their day to day life with feelings of worry, uncertainty, isolation, and unhappiness and whose families are unable to afford expensive therapy. By providing FREE, one-to-one therapy, we help children manage and cope with behavioural struggles and anxiety. To refer a child, please [fill out our referral form](#).

[Foundry Kelowna](#), 236-420-2803

If you have any questions, please contact Foundry Kelowna staff. The Foundry is a wellness centre where young people can find hope, help and support, when they need it.

IMPORTANT NOTE: Foundry Kelowna does not provide emergency or crisis services. If you or someone you know is experiencing a mental health crisis or a medical emergency, please call 911, or go to the ER.

[Interior Crisis Line](#), 1-888-353-2273 (CARE)

The Interior Crisis Line Network is your community safety net of C.A.R.E., providing confidential, accessibly, research-based, empowering support. 24/7/365 days a year for people in the Interior Region of BC.

[KCR Community Resources](#), 250-763-8008, info@kcr.ca

Community Services, Employment Services, Family and Adoption Services & Immigrant Services

KCR Community Resources is here for you during the COVID-19 crisis. Our team is continuing to deliver the highest level of service possible. We are here to support and connect you with resources, services, information and referrals that you need to get through this.

For everyone's health and safety, we request that only those requiring urgent assistance come to our offices. For all other requests, please connect with us using technology tools such as video apps and phones as these will be safest for both you and our team's health. If you have been working with a specific person at KCR, please send them an email and they will contact you directly. If you are unsure of who to contact, please call our office at **250-763-8008** and we will connect you to the right person.

We take our responsibility to support the community very seriously and will do everything within our power to ensure we do that. Our team is staying current on issues, services and supports that are being made available or are changing during this crisis and can help you access them. Let us know how we can help.

[Ki-Low-Na Friendship Society](#), 250-763-4905

[Mamas for Mamas](#), 236-420-0075, [Facebook](#)

Open through phone requests for "food bundles" for families & "tiny bundles". Specifically, for infants. Phone for further details.

[Metis Community Services](#), 250-868-0351

[Rutland Salvation Army](#), 250-765-3450

Provides food hampers once a month, 12 times a year maximum, by pick up. The office & hampers are fully sanitized. If cannot pick up contact the office for further support. Monday-Friday.

[YMCA of Okanagan](#)

Our charity is responding to COVID-19 including temporarily closing all YMCA recreation facilities during this time. Child care, virtual early years community services and career development services will continue to run. Most recent information can be found at

www.ymcaokanagan.ca/COVID19