

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



Early Years
Centre

April 2019

Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday	
	1 Early Childhood Connections (ECC) Group, 9:00am - 11:30am 	2 Circle of Mothers Wellness Group, 5:45 pm - 7:30 pm Hub is open until 7:30 pm 	3	4 Parent-Child Mother Goose & Playtime, 10:00 am - 12:00 pm 	5	
	8 Early Childhood Connections (ECC) Group, 9:00am - 11:30am ASQ Screening, 11:30 am - 2:00 pm 	9 Circle of Mothers Wellness Group, 5:45 pm - 7:30 pm Hub is open until 7:30 pm 	10	11 Parent-Child Mother Goose & Playtime, 10:00 am - 12:00 pm 	12	Everything is always free at the Family Hub
ASQ screening available daily	15 Early Childhood Connections (ECC) Group, 9:00am - 11:30am 	16 Kelowna Breastfeeding Café, 10:00 am - 12:00 pm  Circle of Mothers Wellness Group, 5:45 pm - 7:30 pm Hub is open until 7:30 pm 	17	18 Parent-Child Mother Goose & Playtime, 10:00 am - 12:00 pm 	19 HUB IS CLOSED 	If your agency would like to offer free programming at the HUB, email terri@cofh.ca
We have a great play area	22 HUB IS CLOSED 	23 Circle of Mothers Wellness Group, 5:45 pm - 7:30 pm Hub is open until 7:30 pm 	24	25 Parent-Child Mother Goose & Playtime, 10:00 am - 12:00 pm 	26	terri@cofh.ca 250.826.6264
	29 Early Childhood Connections (ECC) Group, 9:00am - 11:30am 	30				

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

www.cofh.ca

Programs this Month:

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.

**this is where you can sign-up for groups and find additional info and updates*

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.

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

Circle of Mothers Wellness Group

KCR - Family Friend Program, in partnership with our friends at Central Okanagan Family Hub - Kelowna and Childhood Connections, would like to invite you to Circle of Mother's Wellness Group, starting April 2nd and running every Tuesday evening until April 23rd. This 4 session series explores health and wellness for women. All interested mothers are welcome and there is no cost to attend. Registration required. It is recommended that you attend all 4 sessions, but we can offer flexibility. Onsite childcare is available.

Topics include: April 2: Mindfulness and Self-care; April 9: Making Sense of “Money Matters”; April 16: Expressive Art; April 23: What's New in Nutrition?

Save your spot and register today! We look forward to learning and sharing with you. For information and registration email Laura: laura@kcr.ca