

Central Okanagan Family Hub - Kelowna

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



January 2021

| Monday | Tuesday | Wednesday | Thursday | Friday | |
|--|--|--|---|--|--|
| <p>4</p> <p>Self-Care Challenge</p>  | <p>5</p> <p>Self-Care Challenge</p>  | <p>6</p> <p>Hub Outreach Program</p> | <p>7</p> <p>Special Deliveries, 12:30-2:30pm By appointment only!</p>  <p>We transform lives and build community</p> | <p>8</p> <p>Family Matters, 10am Zoom Chat with Autism BC</p> | <p>Check out our Facebook page at facebook.com/COFHP</p> <p>If you need information, navigation, referrals or support email us at info@cofh.ca</p> <p>Call us at 250-826-6264, Monday-Friday, 9:00 am - 3:00 pm</p> |
| <p>11</p> <p>Self-Care Challenge</p>  | <p>12</p> <p>Self-Care Challenge</p>  | <p>13</p> <p>Hub Outreach Program</p> | <p>14</p> <p>Special Deliveries, 12:30-2:30pm By appointment only!</p>  <p>We transform lives and build community</p> | <p>15</p> <p>Family Matters, 10am Zoom Chat with Project Literacy Central Okanagan Society BC</p> | |
| <p>18</p> <p>Self-Care Challenge</p>  | <p>19</p> <p>Self-Care Challenge</p>  | <p>20</p> <p>Hub Outreach Program</p> | <p>21</p> <p>Special Deliveries, 12:30-2:30pm By appointment only!</p>  <p>We transform lives and build community</p> | <p>22</p> <p>Family Matters, 10am Zoom Chat with Legal Aid BC</p> | |
| <p>25</p> <p>Self-Care Challenge</p>  | <p>26</p> <p>Self-Care Challenge</p>  | <p>27</p> <p>Hub Outreach Program</p> | <p>28</p> <p>Special Deliveries, 12:30-2:30pm By appointment only!</p>  <p>We transform lives and build community</p> | <p>29</p> <p>Family Matters, 10am Zoom Chat with the Bridge Youth & Family Services</p> | |

With new COVID-19 restrictions in place, the Family Hub will now be offering Family Matters on Zoom with Community Guest Speakers. The Hub is also providing weekly DIY activities and challenges we invite you to post to our Facebook page at [facebook.com/COFHP](https://www.facebook.com/COFHP).

Call or text to 250-826-6264, or email info@cofh.ca for an in-person chat or to schedule an outreach appointment.

COFH Hours: Monday, Tuesday, Thursday & Friday, 9am - 3pm / Wednesday, 9am - 2pm

Programs this Month:

Self-Care Challenge

Suggested ideas and activities to do with your children. Follow our Facebook page for more ideas and details. Feel free to share your activities on our [Facebook page](#).

Special Deliveries, The Bridge Youth & Family Services, 12:30 - 2:30 pm

This is a Psycho-educational Prenatal/postnatal Program designed for pregnant women of any age who would benefit from additional information and support during pregnancy and up to 6 months after the birth of their baby. Weekly topics of discussion related to pregnancy, infant development, nutrition, self-care, community resources, etc.

For more details or if you would like to register, call [250-878-6331](tel:250-878-6331) or email: laura.banman@thebridgeservices.ca.

Outreach Program

Offering families extra support with food security, hygiene/life and baby essentials provided through our Family Hub outreach worker and the Bridge Youth and Family Services. Reach out if you need any support to info@cofh.ca.

Family Matters on Zoom, Visit with Community Partners, 10:00 am

Join our virtual gathering starting at 10:00 am on Fridays to learn more about community resources and services available for all families in the Okanagan area.

Registration is required. To register, please send an email to info@cofh.ca with the date(s) you'd like to attend.