



Central Okanagan Family Hub – Kelowna

Pearson Road Elementary (east side entrance) 700 Pearson Rd

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

March 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Open Monday – Friday 10:00am – 3:00pm Drop in or book an appointment for community information 250-317-0143</p>		1 Nobody's Perfect Parenting 10:30 – 1:00pm	2 Parent – Child Mother Goose and Playtime 10:00 - Noon Kelowna Breastfeeding Café 10:00 - Noon	3 Tumble Bumble 10:30 - Noon	4
5 Everything is always free at the Family Hub	6 Circle of Mother's Wellness 10:00 – Noon Story Time 1:00 – 2:00	7 Peetigway Familii 11:00 – 2:00pm	8 Nobody's Perfect Parenting 10:30 – 1:00pm	9 Parent- Child Mother Goose and Playtime 10:00 - Noon	10 Tumble Bumble 10:30 - Noon	11
12 We have a great play area for children	13 Circle of Mother's Wellness 10:00 – Noon Story Time 1:00 – 2:00	14	15 Nobody's Perfect Parenting 10:30 – 1:00pm (last session)	16 Parent- Child Mother Goose and Playtime 10:00 - Noon	17 Tumble Bumble 10:30 - Noon	18
19 Need information about community services? Email rich@cofh.ca 250-317-0143	20 Circle of Mother's Wellness 10:00 - Noon Story Time 1:00 – 2:00	21	22	23 Parent – Child Mother Goose and Playtime 10:00 - Noon	24 Tumble Bumble 10:30 - Noon	25
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Story Time- Ki-Low-Na Friendship Society – Drop in for stories and fun for parents and children – up to age 6 years – Everyone welcome
Parent-Child Mother Goose and Playtime – The Club House – rhymes, songs and stories – birth to 4 years – register in person
Peetigway Familii – Metis Community Services Society – Michelle or Carmen 250-718-4568 for up to date programming information and registration
Kelowna Breastfeeding Café – Breastfeeding Support and Resources – Drop in
Nobody's Perfect Parenting – Interior Health – 6 week registered program Feb 8 – March 15th Kathryn Carmichael 250-980-5157 for future programs
Tumble Bumble – Ki-lo-Na Friendship Society – New - Active play for parents and children – up to 6 years – Everyone welcome. Drop in.
Circle of Mother's Wellness – registered program Feb 20th – March 27th. Registration info contact Sarah at sarah@cofh.ca Register for each session