

# 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](http://www.cofh.ca)



## May 2019

Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2 Parent-Child Mother Goose & Playtime 10:00 am - 12:00 pm 	3	
5 	6	7	8	9 Parent-Child Mother Goose & Playtime 10:00 am - 12:00 pm 	10	Everything is always free at the Family Hub
ASQ screening available daily	13 Early Childhood Connections (ECC) Group 9:00 am - 11:30 am  ASQ Screening 11:30 am - 2:00 pm 	14 Kelowna Breastfeeding Café 10:00 am - 12:00 pm 	15	16 Parent-Child Mother Goose & Playtime 10:00 am - 12:00 pm 	17	If your agency would like to offer free programming at the HUB, email <a href="mailto:marlene@cofh.ca">marlene@cofh.ca</a>
We have a great play area	20 <b>HUB IS CLOSED</b> 	21	22	23 Parent-Child Mother Goose & Playtime 10:00 am - 12:00 pm 	24	<a href="mailto:marlene@cofh.ca">marlene@cofh.ca</a> 250.826.6264
	27 Early Childhood Connections (ECC) Group 9:00 am - 11:30 am 	28	29	30	31	

[www.facebook.com/COFHP](https://www.facebook.com/COFHP) for up to date info

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## 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](http://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