

May 2026

Family Programs Calendar



Childhood Connections
at the Strong Roots Centre

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Song, Story & Connect	2 Nourish Families	1 Early Nourish Nourish Connection Family Night	2
3	4 Family Food Fun	5 Artful Adventures	6 Song, Story & Connect	7 Nourish Families	8 Early Nourish Nourish Connection	9
10	11 Family Food Fun	12 Artful Adventures	13 Song, Story & Connect	14 Nourish Families	15 Early Nourish Nourish Connection	16
17	18 Office Closed	19 Artful Adventures	20 Song, Story & Connect	21 Nourish Families	22	23
24 Colours for Caring Fundrasier Run	25 Family Food Fun	26 Artful Adventures	27 Song, Story & Connect	28 Nourish Families	29 Early Nourish Nourish Connection	30

Early Years Programs

Family Food Fun - geared for ages 2-5 years: 10:30-11:30

Artful Adventures - geared for ages 2-5 years: 10:00- 11:00

Song, Story & Connect - open to ages 6 month to 5 years: 11:30- 12:30

**Registration is required
for ALL programs**

Parent Connection Programs

Nourish Families with Childminding - 10 month parenting education program

Early Nourish - ongoing parent connection program for moms with newborns to 2.5 year olds

Nourish Connection - attachment based parenting support for parents with 6-13 year olds

Food Skills for Families - 6 class series for parents wanting to increase nutrition knowledge and kitchen skills



Colours for Caring Run 2026

This exciting event creates unforgettable memories with your loved ones, and makes a meaningful impact. All proceeds from the event will go directly to Childhood Connections – Strong Roots Centre, supporting essential programs and resources for children, youth and families in Kelowna.

Date: Sunday May 24th, 2026 **Time** -10:00am - 1:00pm

Location: Ben Lee Park, 900 Houghton Road, Kelowna, BC

Register Here - <https://trellis.org/colours-for-caring-2026-run>