

Central Okanagan Community Connections



Boys and Girls Club of Okanagan

Giving young people and their families a safe place to belong and opportunities for a great future. 1434 Graham Street, (250) 762-3914



The Bridge Youth & Family Services

Inspiring healthy communities and resilience through services for youth, parents, foster homes and caregivers. Beyond the Blues offers support for moms experiencing Postpartum Depression and Anxiety. 2604 Enterprise Way #8, (250) 763-0456



Central Okanagan Family Hub

A safe, barrier free, inclusive place for families with children to access information and referrals for services and community supports including drop-in playtime and a food support program. Pearson Elementary, 700 Pearson Road, (250) 826-6264



Central Okanagan Food Bank

Serving Kelowna, West Kelowna and the Central Okanagan with support of food drives, fundraisers & volunteers. 2310 Enterprise Way, (250) 763-7161 and 3711 Elliott Rd, West Kelowna, (250) 768-1559



Childhood Connections

Provides services and resources to help children and those who care for them grow and thrive including family programs and drop-in childcare. 1505 Harvey Ave #101, (250) 762-3536



City of Kelowna

Financial assistance to support the needs of our locally-based sports & event through community grants/programs. Sport Kelowna Centre, 645 Dodd Road, (250) 469-8500



Early Learning For Families (ELFF)

ELFF is a district program for parents and children 3-5 years old, designed to help families with preschoolers make early connections with their neighbourhood school. (778) 214-0649



Family Support Institute of BC (FSI)

Supports families who have a family member with a disability by connecting them with trained Resource Parents/Peers sharing experiences, expertise, and guidance. 227 Sixth St, New Westminster, (604) 540-8374



Foundry Kelowna

Virtual, phone, and in-person mental health and substance use services for young people 12-24 including housing, income assistance, and employment support. 100-1815 Kirschner Rd, (236) 420-2803



Interior Health

Child Health Clinics are available to all families with young children. 505 Doyle Avenue, (250) 469-7070



Jordan's Principle

Ensures that all Indigenous children are able to access the products, services and supports they need, when they need it. ONA, 101-3535 Old Okanagan Hwy, (250) 869-6391



Kelowna Community Resources

A socially-responsive agency dedicated to meeting community, government and individual needs. 620 Leon Avenue, (250) 763-8008



Ki-Low-Na Friendship Society

Community services for mental, emotional, physical and spiritual well-being while encouraging preservation, sharing and promotion of Indigenous cultural distinctiveness. 442 Leon Avenue, (250) 763-4905



Central Okanagan Community Connections

	Mamas for Mamas Offers food support, individual counselling and mental health supports, referrals to free dental care, clothing, and parenting supplies. 1735 Dolphin Ave Unit 120, (236) 420-0075	
	Métis Community Services of BC Holistic services for the well being of the Metis Community including Mamawapowin Early Years Centre and Awasisak Achakos Head Start. 147 Park Road, (250) 868-0351	
	Okanagan Nation Alliance Cultural teachings, education, awareness & understanding of cultural identity through a holistic worldview. #101, 3535 Old Okanagan Hwy, Westbank, 250.707.0095	
	Okanagan Regional Library Public library with 29 branches with books, music, movies for all ages including a summer reading club and story time. 1380 Ellis Street, (250) 762-2800	
	Parent Support BC Free services for parents, grandparents & kinship caregivers to provide emotional, educational, legal, & child-minding support. Support circles are offered in 7+ languages. Located in Burnaby but services offered in Kelowna. 1 (877) 345-9777	
	Pacific PostPartum Support Society Free texting and phone support for new parents and families navigating the PostPartum journey. Online group support classes, podcasts, a blog, and Indigenous parent support groups. Burnaby. Toll Free (855) 255-7999, Texting support 604-255-7999	
	Project Literacy Free tutoring support in math, English, and financial literacy for children and adults including a summer reading program. 1635 Bertram Street, (250) 762-2163	
	Regional District of the Central Okanagan A wide variety of free, drop-in, nature-based programs and events. 1450 KLO Road, (250) 763-4918	
	Starbright Children's Development Centre In the Central Okanagan, Starbright offers early intervention programs and therapy services to families with children from birth to school age eligibility. 1546 Bernard Avenue, (250) 763-5100	
	Salvation Army Food Support Food assistance, clothing and essential household items, children's backpack program (seasonal), caseworker for 1:1 approach. 200 Rutland Road South, (250) 765-3450	
	StrongStart at Central Okanagan Public Schools A free drop-in play-based early learning program for children aged 0 to 5 accompanied by their parents or caregivers. (778) 214-0649	
	Westbank First Nation Provides programs and services that support families and their children from birth to 12 years including Family Programming. Access to a nurse practitioner for any Indigenous child. 1880 Quail Lane, Westbank, (250) 768-4838	
	YMCA of Okanagan Promoting healthy lifestyles through a wide range of programs and services including child care, child minding 375 Hartman Road, (250) 491-9622	