November 2026

Programs Calendar for youth and parents

Childhood Connections
at the Strong Roots Centre

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Food Skills *Parent class* Cooking and Creations *Youth class*	3 Circle Of Security *Parent class*	4 VOICES *Youth class*	5	6 Nourish Connections *Parent class*	7
8	9 Food Skills *Parent class* Cooking and Creations *Youth class*	10 Circle Of Security *Parent class*	11 No Programs Today	12	13 Nourish Connections *Parent class* Family Night *Theme TBD*	14
15	16 Food Skills *Parent class* Cooking and Creations *Youth class*	17 Circle Of Security *Parent class*	18	19	20 Nourish Connections *Parent class* National Child's Day Youth Event	21
22	23 Food Skills *Parent class* Cooking and Creations *Youth class*	24 Circle Of Security *Parent class*	25	26	27 Nourish Connections *Parent class*	28
29	30 Cooking and Creations *Youth class*	1	2	3	4 Nourish Connections *Parent class*	5

Pre-registration Programs:

Family Night, 6pm-7:30pm *(various planned activities for the whole family)*
Food Skills, *(program for parents with a 6-10 year old, 6 weeks of nutrition education and skill building)*
Creations and Cooking, 3pm-5:30pm Mondays, 10am-12pm Friday Pro-D days *(social group for youth entering grades 4-6, at the Strong Roots Centre. Drop-off program.)*
Nourish Connections, 10:30am-12:30pm *(a social educational group for parents of children between 6 - 13 years old)*
VOICES, 6pm-7:30pm *An education based social group designed to empower youth to find their voice and use it wisely*

REGISTER NOW

Registration is required for all programs listed above.

Special Event - National Child's Day for Early Years, 9am-11:30am at the West Kelowna Sports Dome