

LOCAL MOMS GROUPS

RESOURCE LIST

<https://www.facebook.com/groups/KelownaMoms/>

A group made for local moms to meet friends, share stories, get advice or to just vent!

Central Okanagan Family Hub

<https://cofh.ca>

Free space for *parents/caregivers* to bring their children and play and meet other parents/kiddos. Play sessions are free and offer a welcoming space with plenty of toys for children to interact and have free play. *Children must be accompanied by an adult and supervised at all times.*

Mamas For Mamas

<https://www.mamasformamas.org/kelowna/>

Offer individualized support and resources including referrals. Mamas for Mamas also has a Facebook page for moms to connect and share resources.

Alive Counselling online moms group

<https://alivecounselling.com/online-group-counselling-and-support-groups-in-british-columbia/moms-group/>

For expectant moms, new moms, or seasoned moms to support Moms Mental Health & discuss all things motherhood, parenting, and more.



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Okanagan Family Fun

<https://okanaganfamilyfun.com/kelowna-drop-in-programs>

Find drop-in programs in Kelowna that you can join at the last minute with your kids. Most of these programs are free to join.

Crunchy Mama Meet-up

<https://www.themothertree.ca/mammameetups>

With the intention to grow holistically through the journey of Motherhood. At this circle, we discuss everything from Matrescence, or the profound physical and emotional changes that women go through when they become Mothers, to babywearing, nutrition and sleep with a little one.

Mom walks - Tides Wellness Collective

<https://www.tideswellnesscollective.ca/movement>

A time for moms to connect, walk and talk. Location changes weekly.

Kanga Training

<https://kangatraining.info/country/ca>

In Kangatraining classes Moms and Dads are active with their baby.

