

MARCH 2026

COAST MENTAL HEALTH

Young Adult & Youth Recovery Program

Young Adult Program @ Clubhouse

295 East 11th Ave.

email address: youngadults@coastmentalhealth.com

YA Program Direct : 236-982-7921

Clubhouse Reception : 604-675-2357

CALL FOR TOUR & INTAKE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
9:30 AM- 5:15 PM	9:30 AM- 5:15 PM	9:30 AM- 5:15 PM	9:30 AM- 5:15 PM	9:30 AM- 5:15 PM	9:30 AM- 5:15 PM	9:30 AM- 5:15 PM		
1 10:00 AM - Breakfast 12:00 PM - Baking 2:00 PM - Make your own Smoothie 3:00 PM - Karaoke & Indoor Games	2 10:00 AM - Wellness Group 11:00 AM - CERAMIC Info-Session 1:00 PM - Theatresports 3:00 PM - Community Kitchen	3 10:00 AM - Coffee Outing 11:00 AM - Brain Training 12:00 PM - Healing Through Art 2:00 PM - D&D 3:00 PM - Community Kitchen	4 10:00 AM - Food Sustainability 11:30 AM - "Coastal Dance Festival 2026" 1:00 PM - Music Therapy: 1 to 1s 3:00 PM - Community Kitchen	5 Cleaning Day The Program is OPEN @ 8 AM only to members who will help with the cleaning. Program will be CLOSED @ 12:45 PM. Pizza will be served to those who participate in cleaning the space.	6 10:00 AM - Café Adventure + Neighborhood Wellness Walks 1:00 PM - Expressive Arts 2:00 PM - Rabble Rousers 3:00 PM - Community Kitchen	7 10:00 AM - Breakfast 11:00 PM - Arts and Crafts 1:00 PM - Soup Making 3:00 PM - Writing Group		
8 10:00 AM - Breakfast 12:00 PM - Baking 2:00 PM - Make your own Smoothie 3:00 PM - Karaoke & Indoor Games	9 10:00 AM - Wellness Group 11:00 AM - Indigenous Art Sessions 3:00 PM - Rabble Rousers 3:00 PM - Community Kitchen	10 10:00 AM - Coffee Outing 11:00 AM - Brain Training 12:00 PM - Healing Through Art 2:00 PM - D&D 3:00 PM - Community Kitchen	11 10:00 AM - Food Sustainability 1:00 PM - Music Therapy: 1 to 1s 3:00 PM - Members Meeting + Birthday Celebration Light meal will be offered to participating members in place of community kitchen.	12 10:00 AM - Food Sustainability (Only for those who can't attend on Wednesday.) 12:00 PM - Brain Training 1:00 PM - Rec Centre/ Swimming 2:30 PM - EMDR x Healing Through Art 3:00 PM - Community Kitchen	13 10:00 AM - Café Adventure + Neighborhood Wellness Walks 1:00 PM - Expressive Arts 1:00 PM - OPEN GYM - The Joint Program with Clubhouse 3:00 PM - Rabble Rousers 3:00 PM - Community Kitchen	14 10:00 AM - Breakfast 11:00 PM - Arts and Crafts 1:00 PM - Music Therapy 12:00 PM - Soup Making 3:00 PM - Writing Group		
15 10:00 AM - Breakfast 12:00 PM - Baking 2:00 PM - Make your own Smoothie 3:00 PM - Karaoke & Indoor Games	16 10:00 AM - Wellness Group 11:00 AM - Indigenous Art Sessions 1:00 PM - Theatresports 3:00 PM - Community Kitchen	17 10:00 AM - Coffee Outing 11:00 AM - Brain Training 12:00 PM - Healing Through Art 2:00 PM - D&D 3:00 PM - Community Kitchen	18 10:00 AM - Food Sustainability 12:00 PM - Boxing Class 1:00 PM - Music Therapy: 1 to 1s 3:00 PM - Community Kitchen	19 Program will be: OPEN @ 8 AM 9:30 AM - Food Sustainability (Only for those who can't attend on Wednesday.) CLOSED @ 12 PM	20 10:00 AM - Café Adventure + Neighborhood Wellness Walks 1:00 PM - Expressive Arts 3:00 PM - Rabble Rousers 3:00 PM - Community Kitchen	21 10:00 AM - Breakfast 11:00 PM - Arts and Crafts 1:00 PM - Music Therapy 12:00 PM - Soup Making 3:00 PM - Writing Group		
22 10:00 AM - Breakfast 12:00 PM - Baking 12:30 PM - Healing Thru Art PhotoWalk 2:00 PM - Make your own Smoothie 3:00 PM - Karaoke & Indoor Games	23 10:00 AM - Wellness Group 11:00 AM - Indigenous Art Sessions 1:00 PM - Theatresports 3:00 PM - Community Kitchen	24 10:00 AM - Coffee Outing 11:00 AM - Brain Training 12:00 PM - Healing Through Art 2:00 PM - D&D 3:00 PM - Community Kitchen	25 10:00 AM - Food Sustainability 1:00 PM - Clothing Essentials 1:00 PM - Music Therapy: 1 to 1s 3:00 PM - Community Kitchen	26 10:00 AM - Food Sustainability (Only for those who can't attend on Wednesday.) 12:00 PM - Brain Training 1:00 PM - Rec Centre/ Swimming 2:30 PM - EMDR x Healing Through Art 3:00 PM - Community Kitchen	27 10:00 AM - Café Adventure + Neighborhood Wellness Walks 1:00 PM - Expressive Arts 1:00 PM - OPEN GYM - The Joint Program with Clubhouse 3:00 PM - Rabble Rousers 3:00 PM - Community Kitchen	28 10:00 AM - Breakfast 11:00 PM - Arts and Crafts 1:00 PM - Music Therapy 12:00 PM - Soup Making 3:00 PM - Writing Group		
29 10:00 AM - Breakfast 12:00 PM - Baking 12:30 PM - Healing Thru Art PhotoWalk 3:00 PM - Karaoke & Indoor Games	30 10:00 AM - Wellness Group 11:00 AM - Indigenous Art Sessions 1:00 PM - Theatresports 3:00 PM - Community Kitchen	31 10:00 AM - Coffee Outing 11:00 AM - Brain Training 12:00 PM - Healing Through Art 3:30 PM - Rabble Rousers Launching Doors @ 3:30 PM Event Starts @ 4:00 PM	Venue to be determined				PROGRAM OUTINGS: • March 4 - Coastal Dance Festival 2026 • March 18 - Boxing Class • March 25 - Clothing Essentials.	OPEN GYM: • March 13 - Mt. Pleasant Community Center • March 27 - Mt. Pleasant Community Center

LEGEND: *Programmings highlighted in gold are Youth Recovery Programs. Please connect with a staff member to participate.

THE SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.