

Sun

Mon

Tue

Wed

Thu

Fri

Sat



February

1
10:30 Art W/Mary
1:00 Budget group

2
10:45 Tea Talk*

3
9:00 Toasty Sunday
1:00 Sunday Movies
2:00 Writing Group

4
10—12 Acupuncture
10:30 Art w/ Beryl&Cheryl
1:00 Recovery Directions

5
10:30 Art w/Marcia&Robin
1:00 Community Garden
1:30 Bingo

Chinese New Year

6
10:30 Music Group W/Kelsey
1:00 Walking Group
3:30 Yoga*
1:00 Valentines' D Card Making and Beeswax Candles!

7
10:00 Outing Gardening Group Only
10:30 Art w/ Lorne
1:00 Healthy Lifestyle Support Group*
2:00 Tai Chi/Mindfulness

8
10:30 Art W/Mary
1:00 Budget group
2:00 Open Spaces

9
10:45 Tea Talk*

10
9:00 Toasty Sunday
1:00 Sunday Movies
2:00 Writing Group



11
10—12 Acupuncture
10:30 Art w/ Beryl&Cheryl
1:00 Recovery Directions
2:00 Women's Group

12
10:30 Art w/ Marcia&Robin
1:00 Community Garden
1:30 Bingo

13
10:30 Music Group W/Kelsey
1:00 Walking Group
3:30 Yoga*



14
10:30 Art w/ Lorne
1:00 Healthy Lifestyle Support Group*
1:00 Shuffleboard Competition
2:00 Tai Chi/Mindfulness

15
10:30 Art W/Mary
1:00 Budget group

16
10:45 Tea Talk*

17
9:00 Toasty Sunday
1:00 Sunday Movies
2:00 Writing Group



18
Sorry, RC closed for Family Day.

19
10:30 Art w/ Marcia&Robin
1:00 Community Garden
1:30 Bingo

20
10:30 Music Group W/Kelsey
1:00 Walking Group
3:30 Yoga*

Cheque Issue Day!

21
10:00 Outing Bowling@ REVS
10:30 Art w/ Lorne
1:00 Healthy Lifestyle Support Group*
2:00 Tai Chi/Mindfulness

22
10:30 Art W/Mary
1:00 Budget group

23
10:45 Tea Talk*
12:00 Birthday Gala!

24
9:00 Toasty Sunday
1:00 Sunday Movies
2:00 Writing Group

25
10—12 Acupuncture
10:30 Art w/ Beryl&Cheryl
1:00 Recovery Directions

26
10:30 Art w/ Marcia&Robin
1:00 Community Garden
1:30 Bingo

27
10:30 Music Group W/Kelsey
1:00 Walking Group
3:30 Yoga*

28
10:30 Art w/ Lorne
1:00 Healthy Lifestyle Support Group*
2:00 Tai Chi/Mindfulness

Coast Mental Health Resource Centre



Open Monday - Sunday - 9:00am to 4:45pm
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