


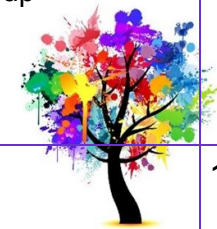




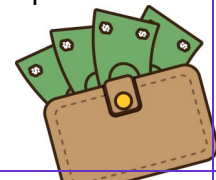




Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>Coast Mental Health Resource Centre</b>	Open Monday - Sunday - 9am to 4:45pm 1225 Seymour Street, Vancouver, BC Staff Phone: 604.683.3787 Member's Line: 604.683.3752 Fax: 604.683.3750			1  10:45 Tea Talk* 1:00 Meditation <b>PROM</b>
2  9:00 Toasty Sunday <b>PROM</b>	3 10 -12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Recovery Directions* 1:00 <i>Community Kitchen</i> <b>PROM</b>	4 10:30 Art w/Marcia&Robin 1:00 Community Garden 1:30 Bingo <b>PROM</b> 	5 1:00 Walking group  Sorry, RC closes at 2:30	6 <b>10:00 Outing: Emma Lea Farm/Berry Picking</b> 10:30 Art w/ Lorne 1:00 Healthy Lifestyle Support Group*	7 10:30 Art W/Mary 1:00 Budget group <b>PROM</b> 	8 10:45 Tea Talk* 1:00 Meditation 
9  9:00 Toasty Sunday	10 10 -12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Recovery Directions* 	11 10:30 Art w/Marcia&Robin 1:00 Community Garden 1:30 Bingo-In Bob's Memory 	12 1:00 Walking group  	13 10:30 Art w/ Lorne 1:00 Healthy Lifestyle Support Group*	14 10:30 Art W/Mary 1:00 Budget group 	15 10:45 Tea Talk* 1:00 Meditation
16 9:00 Toasty Sunday 	17 10 -12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Recovery Directions*	18 10:30 Art w/Marcia&Robin 1:00 Community Garden 1:30 Bingo 3:00 Women's Group	19 1:00 Walking group	20 <b>10:00 Outing: Golden Ears Park</b> 10:30 Art w/ Lorne 1:00 Healthy Lifestyle Support	21 10:30 Art W/Mary 1:00 Budget group <b>National Indigenous Peoples Day</b>	22 10:45 Tea Talk* 1:00 Meditation 
23 9:00 Toasty Sunday  9:00 Toasty Sunday	24 10 -12 Acupuncture 10:30 Art w/ Beryl&Cheryl 1:00 Recovery Directions*	25 10:30 Art w/Marcia&Robin 1:00 Community Garden 1:00 Medicine Wheel 1:30 Bingo	26 1:00 Walking group <b>Cheque -IA &amp; PWD CPP &amp; OAS</b>	27 10:30 Art w/ Lorne 1:00 Healthy Lifestyle Support Group*	28 10:30 Art W/Mary 1:00 Budget group	29 10:45 Tea Talk* 12:00 Birthday Gala 1:00 Meditation