

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>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  <b>Coast Mental Health            Resource Centre</b></p>		<h1>AUGUST</h1>			<p><b>1 10:00 Outing: Movies</b>            10:30 Art w/ Lorne            1:00 Healthy Lifestyle Support Group*            2:00 Tai -Chi  <i>Prom-Connect with RC Staff</i></p> 	<p><b>2</b>            10:30 Art W/Mary  <b>3:00 Celebrating pride at RC</b>  <i>PROM-Connect with RC Staff</i></p>	<p><b>3</b>            10:45 Tea Talk*            1:00 Meditation  <i>PROM-Connect with RC Staff</i></p>
<p><b>49:00 Toasty Sunday</b>  <i>PROM-Connect with RC Staff</i></p> 	<p style="text-align: center;"><b>5</b></p> <p style="text-align: center;"><b>RC CLOSED FOR BC DAY</b></p>	<p><b>6</b>            10:30 Art w/Marcia&amp;Robin            1:00 Community Garden            2:00 Bingo</p>	<p><b>7</b>            12:00 Women's Group-Join us for Lunch            1:00 Walking group</p> 	<p><b>8</b>            10:30 Art w/ Lorne            1:00 Healthy Lifestyle Support Group*            2:00 Tai -Chi</p> 	<p><b>9</b>            10:30 Art W/Mary  <b>2:00 Open Spaces</b></p>	<p><b>10</b>            10:45 Tea Talk*            1:00 Meditation</p> 	
<p><b>11</b>            9:00 Toasty Sunday</p> 	<p><b>12</b>            10 -12 Acupuncture            10:30 Art w/ Beryl&amp;Cheryl            1:00 Recovery Directions*</p> 	<p><b>13</b>            10:30 Art w/Marcia&amp;Robin            1:00 Community Garden            2:00 Bingo</p> 	<p><b>14</b>  <b>9:30 Special Hot Breakfast</b>            1:00 Walking group</p> 	<p><b>15</b>  <b>10:00 Outing-CANCELLED</b>            10:30 Art w/Lorne            1:00 Healthy Lifestyle Support Group*            2:00 Tai-Chi</p> 	<p><b>16</b>            10:30 Art W/Mary</p> 	<p><b>17</b>            10:45 Tea Talk*            1:00 Meditation</p> 	
<p><b>18</b>            9:00 Toasty Sunday</p>	<p><b>19</b>            10 -12 Acupuncture            10:30 Art w/ Beryl&amp;Cheryl            1:00 Recovery Directions*</p>	<p><b>20</b>  <b>10:00-PNE OUTING</b>            10:30 Art w/Marcia&amp;Robin            1:00 Community Garden            2:00 Bingo</p>	<p><b>21</b> 1:00 Walking group  <b>1:15 Community Kitchen</b>  <i>Cheque : IA &amp; PNL</i></p> 	<p><b>22</b>            10:30 Art w/ Lorne            1:00 Healthy Lifestyle Support Group*            2:00 Tai Chi</p>	<p><b>23</b>            10:30 Art W/Mary</p>	<p><b>24</b>            10:45 Tea Talk*            1:00 Meditation</p>	
<p><b>25</b>            9:00 Toasty Sunday</p>	<p><b>26</b>            10 -12 Acupuncture            10:30 Art w/ Beryl&amp;Cheryl            1:00 Recovery Directions*</p>	<p><b>27</b>            10:30 Art w/Marcia&amp;Robin            1:00 Community Garden            1:00 Medicine Wheel            2:00 Bingo</p>	<p><b>28</b>            1:00 Walking group  <i>Cheque: CPP/OAS</i></p>	<p><b>29</b>            10:30 Art w/ Lorne            1:00 Healthy Lifestyle Support Group*            2:00 Tai Chi</p>	<p><b>30</b>            10:30 Art W/Mary</p>	<p><b>31</b>            10:45 Tea Talk*            1:00 Meditation            12:00 Birthday Gala</p> 	