






# COAST YOUNG ADULT PROGRAM CALENDAR

-For Intake Information please contact Jolene @ 778-222-5246

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
1	 <p><b>HAPPY LABOUR DAY</b></p> <p><b>CLUBHOUSE CLOSED</b></p>	2	 <p>10:30 am - Parks &amp; Recreation 1:00- Adulting 101 - Building Self Esteem</p>	3	4	5	6	7	
8	<p>10am - DIY Projects 1:30 Community Kitchen</p>	9	<p>10:30 - The Social Hour with Taylor 1:30 - Mural'n Up the Wall Project</p>	10	11	12	13	14	
15	 <p>10:00 Breakfast Social 1:30 Community Kitchen</p>	16	<p>9:30am - YA Program Makes Breakfast for Lunch! 1:30 - Mural'n Up the Wall Project</p>	17	18	19	20	21	
22	<p>10am - DIY Projects 1:30 Community Kitchen</p>	23	<p>10:30 - The Social Hour with Taylor 1:30 - Mural'n Up the Wall Project</p>	24	<p>10:30 am - Parks &amp; Recreation 1:00 Adulting 101 - Natural Cleaning Products</p>	25	26	27	28
29	 <p>10:00 Breakfast Social 1:30 Community Kitchen</p>	30	<p><b>CLEANING DAY</b> 12:30 Movie Outing</p>	1	<p><b>CHEQUE DAY</b> 10:30 am - Parks &amp; Recreation 1:00 Adulting 101 - Dealing with Anger</p>	2	3	<p>10:30 The Gaming Hour with Taylor 1pm Seawall Adventure</p>	
						<p>Youth Program @ Coast Clubhouse 295 East 11th Ave youngadults@coastmentalhealth.com Youth Program Direct 778-222-5246 Clubhouse Reception 604-675-2357 Call Jolene for Intake</p>	 <p><b>SEPTEMBER</b></p>		

Young Adult Space is open Mon - Thurs 8:30am to 3:30pm Fri 10am - 5:30pm (unless otherwise noted)

ALL ACTIVITIES and TIMES SUBJECT TO CHANGE