

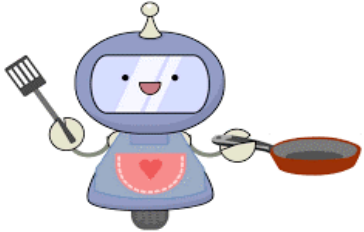




COAST YOUNG ADULT PROGRAM CALENDAR - March

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1:30 Community Kitchen	10:30 - "Coffee Talk" Out with Taylor 1:00 - Teach the Student : Anxiety	10:30am - Brain Training 1:00- Adulging 101 - Organization Skills	1pm - Out with Rick	 CLUBHOUSE CLOSED	
1pm - Peer Support Worker Info Session	10:30 - "Coffee Talk" Out with Taylor 1:00 - Teach the Student : Defensiveness	10:30am - Brain Training 1:00- Adulging 101 - DIY Picture Frames	10am - North Shore Outing	10:30 - YouTube DJ Challenge 2pm Rabble Rousers	
1:30 Community Kitchen	10:30 - "Coffee Talk" Out with Taylor 1:00 - Teach the Student : Anxiety	10:30am - Brain Training 1:00- Adulging 101 - At Your Best!	1pm - Mental Health Art Show Outing	10:30 - YouTube DJ Challenge 2pm Rabble Rousers	
1:30 Community Kitchen 	10:30 - "Coffee Talk" Out with Taylor 1:00 - Teach the Student : Self Confidence	10:30am - Brain Training 1:00- Adulging 101 - Coping Skills	10am - Outing with Bruce TBD	 10:30 - YouTube DJ Challenge 10am Rabble Rousers Wrap Up Outing	
1:30 Community Kitchen	10:30 - "Coffee Talk" Out with Taylor 1:00 - Teach the Student : Fitness	10:30am - Brain Training 1:00- Adulging 101 - Pneumonics			YA Program @ Coast Clubhouse 295 East 11th Ave youngadults@coastmentalhealth.com YA Program Direct 778-222-5246 Clubhouse Reception 604-675-2357 Call Jolene for Intake

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