

COAST YOUNG ADULT PROGRAM CALENDAR

-For Intake Information please contact 778-222-5246

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	 <p>130 - Community Kitchen</p>	<p>1</p> <p>1030 - Coffee Outing with Taylor</p>	 <p>2</p> <p>1030am - Brain Training 1pm - Movie afternoon (in YA space)</p>	 <p>3</p> <p>1230 - Bike the Seawall</p>	<p>4</p> <p>1030am Ping Pong 1pm Stroll in the park</p> 	<p>5</p>
6	 <p>7</p> <p>Clubhouse Closed</p>	 <p>8</p> <p>1030 - Coffee Outing with Taylor 1pm - DBT Skills</p>	<p>9</p> <p>1030am - Brain Training 130pm - Get Crafty</p>	<p>10</p> <p>1230 - Queen Elizabeth Park</p>	<p>11</p> <p>1030am Ping Pong 1pm Stroll in the park</p>	<p>12</p>
13	<p>13</p> <p>130 - Community Kitchen</p>	<p>14</p> <p>1030 - Coffee Outing with Taylor 1pm - DBT Skills</p>	<p>15</p> <p>1030am - Brain Training 1pm - Movie afternoon (in YA space)</p>	 <p>16</p> <p>Bowling!!</p>	<p>17</p> <p>1030am Ping Pong 1pm Stroll in the park</p> 	<p>18</p> <p>19</p>
20	<p>20</p> <p>130 - Community Kitchen</p> 	<p>21</p> <p>1030 - Coffee Outing with Taylor 1pm - DBT Skills</p>	 <p>22</p> <p>Cleaning Day!! 1130am - Fried Chicken Clubhouse Closed for afternoon</p> <p>1030am - Brain Training 130pm - Get Crafty</p>	<p>23</p> <p>10am - Steveston Village</p>	<p>24</p> <p>1030am Ping Pong 1pm Stroll in the park</p>	<p>25</p> <p>26</p>
27	<p>27</p> <p>130 - Community Kitchen</p>	<p>28</p> <p>1030 - Coffee Outing with Taylor 1pm - DBT Skills</p>	 <p>29</p> <p>1030am - Brain Training 1pm - Movie afternoon (in YA space)</p>	<p>30</p> <p>11am - Outing TBD</p>	<p>1</p> <p>2</p> <p>3</p> <p>YA Program @ Coast Clubhouse 295 East 11th Ave youngadults@coastmentalhealth.com YA Program Direct 778-222-5246 Clubhouse Reception 604-675-2357 Call for Intake</p>	<p>4</p> <p>5</p>

ALL ACTIVITIES and TIMES SUBJECT TO CHANGE