



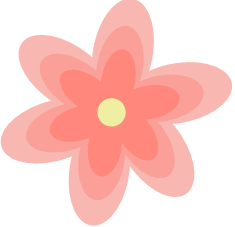
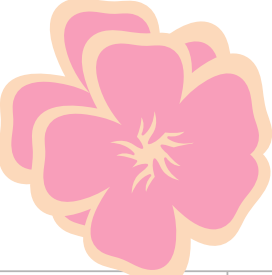
COAST
MENTAL HEALTH
Compassion Courage Recovery

AUGUST
2025

Coast Mental Health
Resource Centre
1225 Seymour Street

Open Tuesday - Saturday
8:30 AM - 4:30 PM
Main line: 604-683-3787

RC Staff
Cell: 604-603-9151
Fax: 604-683-3750

SUN	MON	TUE	WED	THU	FRI	SAT
 The RC is closed on Sundays and Mondays  Note one: Vancouver Canadians Baseball meet at RC 12 pm		    10 pm - 12 pm Art w/ Marcia & Robin 1:30 - 2:30 pm Bingo 5	Outing: MacMillan Bloedel Conservatory meet at RC 10:30 am 10 - 12 pm Digital Literacy 1 - 2 pm Brain Training 6	10:30 - 11:30 am Healthy Lifestyle 11:30 - 3:30 pm Pottery 7	9:45 - 11:15 am Acupuncture 10 - 11 am Walking Group 10 - 12 pm Art group 1 - 4 pm Karaoke 1	10 - 12:30 pm Movie day 12 - 2pm Gardening Group 1 - 3 pm Soundbath Meditation 2
		10 pm - 12 pm Art w/ Marcia & Robin 1:30 - 2:30 pm Bingo 12	10 - 12 pm Digital Literacy 1 - 2 pm Brain Training 13 *Staff meeting* RC Closing at 2:30 pm	10:30 - 11:30 am Healthy Lifestyle 11:30 - 3:30 pm Pottery 14	9:45 - 11:15 am Acupuncture 10 - 11 am Walking Group 10 - 12 pm Art group 1 - 4 pm Karaoke 8	10 - 12:30 pm Movie day 12 - 2pm Gardening Group 1 - 3 pm Soundbath Meditation 9
		10 pm - 12 pm Art w/ Marcia & Robin 1:30 - 2:30 pm Bingo 19	10 - 12 pm Digital Literacy 1 - 2 pm Brain Training 20	10:30 - 11:30 am Healthy Lifestyle 11:30 - 3:30 pm Pottery 21	9:45 - 11:15 am Acupuncture 10 - 11 am Walking Group 10 - 12 pm Art group 1 - 4 pm Karaoke 22	10 - 12:30 pm Movie day 12 - 2pm Gardening Group 1 - 3 pm Soundbath Meditation 23 *Women's Night* 4:30 - 6:30 pm
		10 pm - 12 pm Art w/ Marcia & Robin 1:30 - 2:30 pm Bingo 26	10 - 12 pm Digital Literacy 1 - 2 pm Brain Training 27 *Members meeting* 3 pm	10:30 - 11:30 am Healthy Lifestyle 11:30 - 3:30 pm Pottery 28	9:45 - 11:15 am Acupuncture 10 - 11 am Walking Group 10 - 12 pm Art group 1 - 4 pm Karaoke 29	10 - 12:30 pm Movie day 12 - 2pm Gardening Group 1 - 3 pm Soundbath Meditation 30 *Art Workshop* 11:30am - 3:30pm