











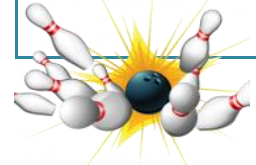





# COAST YOUNG ADULT PROGRAM CALENDAR

-For Intake Information please contact 778-222-5246

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p>1 10:30AM - Meditation &amp; Mandala 1:30PM - Community Kitchen</p>	 <p>2 10:00AM - Coffee Outing with Taylor 11:00AM - Virtual Brain Training 1:30PM - Outdoor Adventure</p>	 <p>3 10:30AM - Exercising the Body 1:30PM - Arts &amp; Crafts</p>	<p>4 10:30AM - Bus Outing <b>Sign Up Required</b></p>	<p>5 <b>OPEN TO 6PM</b></p> <p>10:00AM Breakfast Club 2:00PM - Thirfting</p>	<p>6</p>
7	<p>8 10:30AM - Meditation &amp; Mandala 1:30PM - Community Kitchen</p>	<p>9 10:00AM - Coffee Outing with Taylor 11:00AM - Virtual Brain Training 1:30PM - Outdoor Adventure</p>	 <p>10 10:30am - Stress Reducing Tips 1:30PM - Writing Workshop</p>	<p>Remembrance Day</p>  <p><b>CLUBHOUSE CLOSED</b></p>	<p>12 <b>OPEN TO 6PM</b></p> <p>10:00AM - Breakfast Club 2:00PM - Rabble Rousers</p>	<p>13</p>
14	 <p>15 10:30AM - Meditation &amp; Mandala 1:30PM - Community Kitchen</p>	 <p>16 10:00AM - Coffee Outing with Taylor 11:00AM - Virtual Brain Training <b>12:30PM - CLUBHOUSE CLOSED FOR CLEANING DAY!!!</b></p>	 <p>17 10:30AM - Setting Boundaries 1:30PM - Arts &amp; Crafts</p>	<p>18 10:30AM - Bus Outing <b>Sign Up Required</b></p>	<p>19 <b>OPEN TO 6PM</b></p>  <p>10:00AM - Breakfast Club 2:00PM - Thirfting</p>	<p>20</p>
21	 <p>22 10:30AM - Meditation &amp; Mandala 1:30PM - Community Kitchen</p>	 <p>23 10:00AM - Coffee Outing with Taylor 11:00AM - Virtual Brain Training 1:30PM - Outdoor Adventure</p>	 <p>24 10:30AM - Challenging Negative Thoughts 1:30PM - Writing Workshop</p>	 <p>25 10:30AM - Board Games 1:00PM - Bowling</p>	<p>26 <b>OPEN TO 6PM</b></p> <p>10:00am Breakfast Club 2:00PM - Rabble Rousers</p> 	<p>27</p>
28	 <p>29 10:30AM - Meditation &amp; Mandala 1:30PM - Community Kitchen</p>	<p>30 10:00aM - Coffee Outing with Taylor 11:00AM - Virtual Brain Training 1:30PM - Outdoor Adventure</p>	 <p><b>NOVEMBER</b></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>	

ALL ACTIVITIES and TIMES SUBJECT TO CHANGE