






# COAST YOUNG ADULT PROGRAM CALENDAR

-For Intake Information please contact 778-222-5246

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 <b>BC DAY CLOSED</b>	 2 <b>CLOSED for STAFF DEVELOPMENT</b>	3 11AM - Wellness Group 1:30PM - Writing Group 3PM - Virtual Music Therapy 4PM - Quick Pickles	4 10:30AM - Van Dusen Picnic 1pm - 5pm - Talk to a Counsellor	5 10:30AM - Wellness Chat & Chew 2:30PM - Rabble Rousers	 6
<b>Open to 6PM</b> 8 11AM Neighbourhood Walk 2:00PM - Community Kitchen 4PM - Wellness Group	<b>Open to 8PM</b> 9 10:00AM - Coffee Outing 11:00AM - Brain Games 1:00PM - Outdoor Sports 4PM - Eating Healthy Snack 6PM - Body Moving	<b>Open to 8PM</b> 10 11AM - Wellness Group 1:30PM - Writing Group 3PM - Virtual Music Therapy 4:PM - Baking 6PM - Arts & Crafts	 11 <b>CLUBHOUSE CLOSED</b>	<b>Open to 8PM</b> 12 10:30AM - Food Sustainability 1PM - Outdoor Adventure 2:30PM - Rabble Rousers 4PM - Snack Attack 5PM - Movie @YA Space	13 10:00AM - Brunch Community Kitchen 1:00PM - Vancouver Mural Fest Block Party
<b>Open to 6PM</b> 15 11AM Neighbourhood Walk 2:00PM - Community Kitchen 4PM - Wellness Group	<b>Open to 8PM</b> 16 10:00AM - Coffee Outing 11:00AM - Brain Games 1:00PM - Bowling 4PM - Eating Healthy Snack 6PM - Body Moving	<b>Open to 8PM</b> 17 11AM - Wellness Group 1:30PM - Writing Group 3PM - Virtual Music Therapy 4PM - Baking 6PM - Arts & Crafts	<b>Open to 8PM</b> 18 1030AM - Bus Outing 2PM- News & Views 1PM - 5PM - Talk to a Counsellor 4PM - 20 Min Meals 6PM - Music Appreciation	<b>Open to 8PM</b> 19 10:30AM - Library Outing 2:30PM - Rabble Rousers 4PM - Snack Attack 5PM - Movie @ YA Space	20 10:00AM - Brunch Community Kitchen 1:00PM - Monstercat Compound Block Party
<b>Open to 6PM</b> 22 11AM Neighbourhood Walk 2:00PM - Community Kitchen 4PM - Wellness Group	<b>Open to 8PM</b> 23 10:00AM - Coffee Outing 11:00AM - Brain Games 1:00PM - Outdoor Sports 4PM - Eating Healthy Snack 6PM - Body Moving	<b>Open to 8PM</b> 24 11:00AM - Wellness Group 1:30PM - Writing Group 3PM - Virtual Music Therapy 4:PM - Baking 6PM - Arts & Crafts	<b>Open to 8PM</b> 25 1030AM - Bus Outing 2PM - News & Views 1PM - 5PM - Talk to a Counsellor 4PM - 20 Min Meals 6PM - Music Appreciation	<b>Open to 8PM</b> 26 10:30AM - Ask an Expert 2:30PM - Rabble Rousers 4PM - Snack Attack 5PM - Movie @ YA Space	27 10:00AM - Rabble Rousers Podcast Launch & Sticker Campaign @ Vancouver Art Gallery Plaza
<b>Open to 6PM</b> 29 11AM Neighbourhood Walk 2:00PM - Community Kitchen 4PM - Wellness Group	 30 <b>CLOSED for STAFF DEVELOPMENT</b>	<b>Open to 8PM</b> 31 11AM - Wellness Group 1:30PM - Writing Group 3PM - Virtual Music Therapy 4PM - Baking 6PM - Arts & Crafts	1 11AM - PNE Outing 2pm - News & Views 1PM - 5PM - Talk to a Counsellor 400PM - 20 Min Meals 6PM - Music Appreciation	<b>YA Program @ Coast Clubhouse</b> 295 East 11th Ave youngadults@coastmentalhealth.com <b>YA Program Direct 778-222-5246</b> <b>Clubhouse Reception 604-675-2357</b> <b>Call for Intake</b>	



ALL ACTIVITIES and TIMES SUBJECT TO CHANGE