










COAST YOUNG ADULT PROGRAM CALENDAR

-For Intake Information please contact 778-222-5246

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | | | | |
|--------|---|---------|--|----------|---|----------|--|----|--|----|---------------------------|
| 2 |  <p>CLUBHOUSE CLOSED</p> | 3 |  <p>10:00AM - Coffee Outing 11:00AM - Virtual Brain Training 1:30PM - Movie in YA Space</p> | 4 | <p>10:30AM - Managing Conflict 1:30PM - Writing Group</p> | 5 | <p>10:30AM - Board Games 12:30PM - Metrotown</p> | 6 | <p>10:00AM - Breakfast Club 2:00PM - Thrifting</p>  | 8 | <p>Open to 6pm</p> |
| 9 | <p>11AM Hearing Voices Group 1:30PM - Community Kitchen</p> | 10 |  <p>10:00AM - Coffee Outing 11:00AM - Virtual Brain Training 1:30PM - Outdoor Adventure</p> | 11 | <p>10:30AM - Confidence Building 1:30PM - Arts & Crafts</p> | 12 | <p>Outing TBD</p> | 13 | <p>10:30AM - Wellness Chat & Chew 2:30PM - Rabble Rousers</p> | 15 | <p>Open to 6pm</p> |
| 16 | <p>11AM - Hearing Voices Group 1:30PM - Community Kitchen</p> | 17 | <p>10:00AM - Coffee Outing 11:00AM - Virtual Brain Training 12:30 Club Closed</p> | 18 | <p>10:30AM - Coping with Depression 1:30PM - Writing Group</p> | 19 |  <p>10:30AM - Museum of Anthropology Outing</p> | 20 | <p>10:00AM - Breakfast Club 2:30PM - Movie in YA Space 3pm - Work With Us Employment Info Session</p> | 22 | <p>Open to 6pm</p> |
| 23 | <p>11AM Hearing Voices Group 1:30PM - Community Kitchen</p>  | 24 | <p>10:00AM - Coffee Outing 11:00AM - Virtual Brain Training 1:00PM - Bowling</p> | 25 | <p>10:30am - Personal Empowerment 1:30pm - Art & Crafts</p> | 26 |  <p>Outing TBD</p> | 27 | <p>10:30AM - Wellness Chat & Chew 2:30PM - Rabble Rousers</p>  | 29 | <p>Open to 6pm</p> |
| 30 | <p>11AM Hearing Voices Group 1:30PM - Community Kitchen</p> | 31 | <p>10:00AM - Coffee Outing 11:00AM - Virtual Brain Training 1:30PM - Outdoor Adventure</p> | 1 |  | | | 3 | <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> | 5 | |

ALL ACTIVITIES and TIMES SUBJECT TO CHANGE