


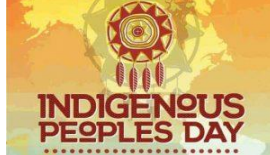




COAST YOUNG ADULT PROGRAM CALENDAR

-For Intake Information please contact 778-222-5246

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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	CLOSED @ 4PM 1	2		3 4
			11:00AM - Money Management 1:30PM - Arts & Crafts 3:00 - Virtual Music Therapy	10:30AM - Bus Outing 	10:30AM - Wellness Chat & Chew 2:30PM - Rabble Rousers	
		7	8	9		10 11
	11AM Neighbourhood Walk 1:30PM - Community Kitchen	10:00AM - Coffee Outing 11:00AM - Virtual Brain Training 1:30PM - Outdoor Adventure	11:00AM - Distorted Thinking 1:30PM - Writing Group 3:00 - Virtual Music Therapy 4:00 - Woven Bracelets	10AM - Movie Morning (The Outsiders) 1PM - Driving Range	10am - Breakfast Club 230 - Food Sustainability 	
12		13	14	15	16	17 18
	11AM Neighbourhood Walk 1:30PM - Community Kitchen	10:00AM - Coffee Outing 11:00AM - Virtual Brain Training 1:00PM - Bowling	11:00AM - Name the Emotion 1:30PM - Arts & Crafts 3:00 - Virtual Music Therapy 4:00 - DIY Hygiene Products	10:30AM - Bus Outing	10:30AM - Wellness Chat & Chew 2:30PM - Rabble Rousers	
19		20	21	22	23	24 25
	11AM Neighbourhood Walk 1:30PM - Community Kitchen		11:00AM - Self Care 1:30PM - Writing Group 3:00 - Virtual Music Therapy 4:00 - Rock Painting	11:00AM - Sunset Beach Picnic		10am - Breakfast Club 2:30PM - Food Sustainability
26		27	28	29	30	1 2
	11AM Neighbourhood Walk 1:30PM - Community Kitchen	10:00AM - Coffee Outing 11:00AM - Virtual Brain Training 1:30PM - Outdoor Adventure	11:00AM - What's Your Communication Style 1:30PM - Arts & Crafts 3:00 - Virtual Music Therapy 4:00 - Quick Jam Making	10:30AM - Bus Outing		Clubhouse Closed

ALL ACTIVITIES and TIMES SUBJECT TO CHANGE