

# COAST YOUNG ADULT PROGRAM CALENDAR

NEW

HOURS

MON 9AM to 6PM




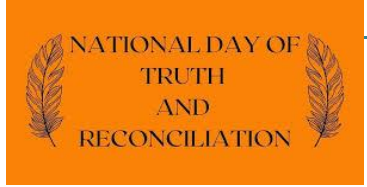
TUES 9am to 8PM

WED 9am to 8PM

THUR 9am to 8PM

FRI 9am to 8PM

SAT 10am to 6PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 11AM Neighbourhood Walk 2PM - Community Kitchen 4:30PM - Wellness Group	30  <b>CLOSED for STAFF DEVELOPMENT</b>	31 11AM - Wellness Group 1:30PM - Writing Group 2:30 - Brain Training 4PM - Baking 6PM - Arts & Crafts	1 11AM - PNE Outing 130PM Drum Circle <b>1PM - 7PM - Talk to a Counsellor</b> 4PM - 20 Min Meals 5PM - Music Appreciation	2  10:00AM - Chat & Chew 2PM - Outdoor Adventure <b>2:30PM - Rabble Rousers Wrap Up Party</b> 4PM - Snack Attack 5PM - Movie @YA Space	3 10:30AM - Brunch Community Kitchen 1:00PM - Huckle Buckle Beanstalk 3:00PM - Outing
5  <b>CLUBHOUSE CLOSED</b>	6 10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Outdoor Sports 4PM - Eating Healthy Snack <b>6PM - Expressive Arts Therapy</b>	7 11AM - Wellness Group 1:30PM - Writing Group 2:30 - Brain Training 4PM - Baking 6PM - Arts & Crafts	8 1030AM - Bus Outing <b>130PM - Drum Circle</b> <b>1PM - 5PM - Talk to a Counsellor</b> 4PM - 20 Min Meals <b>5PM - Music Appreciation</b>	9 10:30AM - Food Sustainability 2:00PM - Outdoor Adventure 2:30PM - Board Games 4PM - Snack Attack 5PM - Movie @ YA Space	10 10:30AM - Brunch Community Kitchen 1:00PM - Huckle Buckle Beanstalk 3:00PM - Outing
12 11AM Neighbourhood Walk <b>1:30PM Group Music Therapy</b> 2:00PM - Community Kitchen <b>3PM - 1:1 Music Therapy</b> 4:30PM - Wellness Group	13 10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Outdoor Sports 4PM - Eating Healthy Snack <b>6PM - Expressive Arts Therapy</b>	14 11AM - Wellness Group 1:30PM - Writing Group 2:30 - Brain Training 4PM - Baking 6PM - Arts & Crafts	15 1030AM - Granville Island 130PM - Drum Circle <b>1PM - 7PM - Talk to a Counsellor</b> 4PM - 20 Min Meals 5PM - Music Appreciation	16 10:30AM - Library Outing 2:00PM - Outdoor Adventure 2:30PM - Board Games 4PM - Snack Attack 5PM - Movie @ YA Space	17 10:30AM - Brunch Community Kitchen 1:00PM - Huckle Buckle Beanstalk 3:00PM - Outing
19 11AM Neighbourhood Walk <b>1:30PM Group Music Therapy</b> 2:00PM - Community Kitchen <b>3PM - 1:1 Music Therapy</b> 4:30PM - Wellness Group	20 10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Outdoor Sports 4PM - Eating Healthy Snack <b>6PM - Expressive Arts Therapy</b>	21 11AM - Wellness Group 1:30PM - Writing Group 2:30 - Brain Training 4PM - Baking 6PM - Arts & Crafts	22 1030AM - Apple Picking Outing <b>130PM - Drum Circle</b> <b>1PM - 5PM - Talk to a Counsellor</b> 4PM - 20 Min Meals <b>5PM - Music Appreciation</b>	23 10:30AM - Food Sustainability 1:00PM - Board Games 2:30PM - Ask an Expert 4PM - Snack Attack 5PM - Movie @ YA Space	24 10:30AM - Brunch Community Kitchen 1:00PM - Huckle Buckle Beanstalk 3:00PM - Outing
26 11AM Neighbourhood Walk <b>1:30PM Group Music Therapy</b> 2:00PM - Community Kitchen <b>3PM - 1:1 Music Therapy</b> 4:30PM - Wellness Group	27 10:00AM - Coffee Outing 11:00AM - Brain Training 1:30PM - Outdoor Sports 4PM - Eating Healthy Snack <b>6PM - Expressive Arts Therapy</b>	28 11AM - Wellness Group 1:30PM - Writing Group 2:30 - Brain Training 4PM - Baking 6PM - Arts & Crafts	29 10:30AM - Driving Range <b>130PM - Drum Circle</b> <b>1PM - 7PM - Talk to a Counsellor</b> 4PM - 20 Min Meals <b>5PM - Music Appreciation</b>	30  <b>CLUBHOUSE CLOSED</b>	1 <b>YA Program @ Coast Clubhouse</b> 295 East 11th Ave youngadults@coastmentalhealth.com <b>YA Program Manager 778-222-5246</b> <b>YA Members Phone 236-982-7921</b> Call for Intake

ALL ACTIVITIES and TIMES SUBJECT TO CHANGE