COAST MENTAL HEALTH
Compassion Courage Recovery

AUGUST 2026

YOUNG ADULT Program

Young Adult Program @ Clubhouse
295 East 11th Ave.
email address: youngadults@coastmentalhealth.com
YA Program Direct : 236-982-7921
Clubhouse Reception : 604-675-2357
CALL FOR TOUR & INTAKE

MONDAY 9:30 AM - 5:15 PM	TUESDAY 9:30 AM - 5:15 PM	WEDNESDAY 9:30 AM - 5:15 PM	THURSDAY 9:30 AM - 5:15 PM	FRIDAY 9:30 AM - 5:15 PM	SATURDAY 9:30 AM - 5:15 PM	SUNDAY 9:30 AM - 5:15 PM
					1 10:00 AM - Breakfast 12:00 PM - Music Therapy "YA Concert Practice" 1:00 PM - Drawing Skills and Doodles 3:00 PM - Karaoke & Indoor Games	2 PROGRAM CLOSED 9:00 AM - Meet Up @ Clubhouse Staff and Members attending the parade will meet at the Clubhouse The group will depart at 9:30 AM for breakfast before proceeding to the Parade Assembly Area.
3 PROGRAM CLOSED 	4 10:00 AM - Coffee Outing 11:00 AM - Brain Training 1:00 PM - North Vancouver Art Gallery 3:00 PM - Community Kitchen	5 10:00 AM - Food Sustainability 11:30 AM - BBQ (FREE Hotdogs & Burgers, Ice Cream, etc) 1:30 PM - Clubhouse Summer Concert 3:00 PM - Community Kitchen	6 10:30 AM - Drawing Skill & Doodles 1:00 PM - Brain Training 1:00 PM - Basketball & Pickleball at the Park 3:00 PM - Community Kitchen	7 10:00 AM - Café Adventure 1:00 PM - Creative Writing at CH 2:00 PM - RABBLE ROUSERS 3:00 PM - Community Kitchen	8 10:00 AM - Breakfast 12:00 PM - Wellness Walks & Stretching in the Park 1:00 PM - Drawing Skill & Doodles 3:00 PM - Karaoke & Indoor Games	9 10:00 AM - Breakfast 12:00 PM - Wellness Walks & Stretching in the Park 1:00 PM - Baking Healthy Snacks 3:00 PM - Karaoke & Indoor Games
10 10:00 AM - Wellness walk and surprise treat 1:00 PM - Healing Thru Art 3:00 PM - Community Kitchen	11 10:00 AM - Coffee Outing 11:00 AM - Brain Training 10:00 AM - U-Pick Blueberries 3:00 PM - Community Kitchen	12 10:00 AM - Food Sustainability 1:00 PM - Member's Meeting & B-Day Celebration 2:00 PM - Show and Tell 3:00 PM - Community Kitchen	13 10:30 AM - Drawing Skill & Doodles 1:00 PM - Brain Training 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	14 10:00 AM - Café Adventure 1:00 PM - CHESS DAY w/ Tyler 2:00 PM - RABBLE ROUSERS 3:00 PM - Community Kitchen	15 10:00 AM - Breakfast 12:00 PM - Wellness Walks & Stretching in the Park 1:00 PM - Drawing Skill & Doodles 3:00 PM - Karaoke & Indoor Games	16 10:00 AM - Breakfast 12:00 PM - Wellness Walks & Stretching in the Park 1:00 PM - Baking Healthy Snacks 3:00 PM - Karaoke & Indoor Games
17 10:00 AM - Wellness walk and surprise treat 1:00 PM - DnD with Claire 3:00 PM - Community Kitchen	18 10:00 AM - Coffee Outing 11:00 AM - Brain Training 12:00 PM - Pacific Spirit Park 3:00 PM - Community Kitchen	19 10:00 AM - Food Sustainability 1:00 PM - Art and Material Handling (AMH) 1:30 PM - Tabletop games 3:00 PM - Community Kitchen	20 10:30 AM - Drawing Skill & Doodles 1:00 PM - Brain Training 1:00 PM - Basketball & Pickleball at the Park 3:00 PM - Community Kitchen	21 10:00 AM - Café Adventure 1:00 PM - Creative Writing at CH 2:00 PM - RABBLE ROUSERS 3:00 PM - Community Kitchen	22 10:00 AM - Breakfast 1:00 PM - Music Therapy 2:00 PM - Drawing Skill & Doodles 3:00 PM - Karaoke & Indoor Games	23 10:00 AM - Breakfast 12:00 PM - Wellness Walks & Stretching in the Park 1:00 PM - Baking Healthy Snacks 3:00 PM - Karaoke & Indoor Games
24 11:00 AM - PNE 1:00 PM - Healing Thru Art 3:00 PM - Community Kitchen	25 **Cleaning Day** The Program is OPEN @ 8 AM only to members who will help with the cleaning. Program will be CLOSED @ 12:45 PM Pizza will be served to those who participate in cleaning the space.	26 10:00 AM - Food Sustainability 1:00 PM - Art and Material Handling (AMH) 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	27 10:30 AM - Drawing Skill & Doodles 1:00 PM - Brain Training 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	28 10:00 AM - Café Adventure 2:00 PM - Show and Tell 2:00 PM - RABBLE ROUSERS 3:00 PM - Community Kitchen	29 10:00 AM - Breakfast 12:00 PM - Wellness Walks & Stretching in the Park 1:00 PM - Drawing Skill & Doodles 3:00 PM - Karaoke & Indoor Games	30 10:00 AM - Breakfast 12:00 PM - Wellness Walks & Stretching in the Park 1:00 PM - Baking Healthy Snacks 3:00 PM - Karaoke & Indoor Games
31 10:00 AM - Wellness walk and surprise treat 1:00 PM - DnD with Claire 3:00 PM - Community Kitchen						

THE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.