



# JULY 2026 Calendar

# YOUNG ADULT Program

**Young Adult Program @ Clubhouse**  
295 East 11<sup>th</sup> Ave.  
email address: [youngadults@coastmentalhealth.com](mailto: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
		<b>1 PROGRAM CLOSED</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
			10:00 AM - Food Sustainability	10:30 AM - 2:30PM - Social Crust Community Art Event at 335 W Pender St, Vancouver, BC	10:00 AM - Breakfast	10:00 AM - Breakfast
			1:00 PM - Brain Training	2:00 PM - Tabletop games	12:00 PM - Wellness Walks & Stretching in the Park	12:00 PM - Wellness Walks & Stretching in the Park
			2:00 PM - Tabletop games	3:00 PM - Community Kitchen	1:00 PM - Drawing Skills and Doodles	1:00 PM - Baking Healthy Snacks
			3:00 PM - Community Kitchen	3:00 PM - Community Kitchen	3:00 PM - Karaoke & Indoor Games	3:00 PM - Karaoke & Indoor Games
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:30 AM - Wellness walk and surprise treat	10:00 AM - Coffee Outing	10:00 AM - Food Sustainability	10:30 AM - Drawing Skills and Doodles	10:00 AM - Café Adventure	10:00 AM - Breakfast	10:00 AM - Breakfast
1:00 PM - Healing Through Art	11:00 AM - Brain Training	12:30 PM - Pacific Spirit Park	1:00 PM - Brain Training	1:00 PM - Creative Writing at CH	12:00 PM - Wellness Walks & Stretching in the Park	12:00 PM - Wellness Walks & Stretching in the Park
3:00 PM - Community Kitchen	12:00 PM - Bowling	3:00 PM - Community Kitchen	1:00 PM - Basketball & Pickleball at the Park	2:00 PM - RABBLE ROUSERS	1:00 PM - Music Therapy	1:00 PM - Baking Healthy Snacks
	3:00 PM - Community Kitchen	3:00 PM - Community Kitchen	3:00 PM - Community Kitchen	3:00 PM - Community Kitchen	3:00 PM - Karaoke & Indoor Games	3:00 PM - Karaoke & Indoor Games
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:30 AM - Wellness walk and surprise treat	10:00 AM - Coffee Outing	10:00 AM - Food Sustainability	10:30 AM - Drawing Skills and Doodles	10:00 AM - Café Adventure	10:00 AM - Breakfast	10:00 AM - Breakfast
1:00 PM - D&D	11:00 AM - Brain Training	1:00 PM - Art and Material Handling (AMH)	1:00 PM - Brain Training	1:00 PM - Creative Writing at CH	12:00 PM - Wellness Walks & Stretching in the Park	12:00 PM - Wellness Walks & Stretching in the Park
3:00 PM - Community Kitchen	12:00 PM - Van Dusen Park	3:00 PM - Community Kitchen	2:00 PM - Tabletop games	2:00 PM - Street Art Workshop at Clubhouse x Rabble Rousers	1:00 PM - Drawing Skills and Doodles	1:00 PM - Baking Healthy Snacks
	3:00 PM - Community Kitchen	3:00 PM - Community Kitchen	3:00 PM - Community Kitchen	3:00 PM - Community Kitchen	3:00 PM - Karaoke & Indoor Games	3:00 PM - Karaoke & Indoor Games
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:00 AM - Wellness walk and surprise treat	10:00 AM - Coffee Outing	10:00 AM - Food Sustainability	10:30 AM - Drawing Skills and Doodles	10:00 AM - Café Adventure	10:00 AM - Breakfast	10:00 AM - Breakfast
1:00 PM - Healing Through Art	11:00 AM - Brain Training	12:30 PM - Mini Golf at Stanley Park	1:00 PM - Brain Training	1:00 PM - Creative Writing at CH	12:00 PM - Wellness Walks & Stretching in the Park	12:00 PM - Wellness Walks & Stretching in the Park
3:00 PM - Community Kitchen	1:00 PM - Bingo Shenanigans	3:00 PM - Community Kitchen	1:00 PM - Basketball & Pickleball at the Park	2:00 PM - RABBLE ROUSERS	1:00 PM - Music Therapy	1:00 PM - Baking Healthy Snacks
	3:00 PM - Community Kitchen	3:00 PM - Community Kitchen	3:00 PM - Community Kitchen	3:00 PM - Community Kitchen	3:00 PM - Karaoke & Indoor Games	3:00 PM - Karaoke & Indoor Games
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
10:00 AM - Wellness walk and surprise treat	10:00 AM - Coffee Outing	10:00 AM - Food Sustainability	10:30 AM - Drawing Skills and Doodles	10:00 AM - Café Adventure		
1:00 PM - D&D	11:00 AM - Brain Training	1:00 PM - Art and Material Handling (AMH)	1:00 PM - Brain Training	1:00 PM - Creative Writing at CH		
3:00 PM - Community Kitchen	12:00 PM - Kits Pool	3:00 PM - Music Therapy "YA Concert Practice"	1:00 PM - Pool Outing	2:00 PM - Street Art Workshop at Clubhouse x Rabble Rousers		
	3:00 PM - Community Kitchen	3:00 PM - Community Kitchen	3:00 PM - Community Kitchen	3:00 PM - Community Kitchen		

**THE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.**