COAST MENTAL HEALTH
Compassion Courage Recovery

SEPTEMBER 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 - Coffee Outing 11:00 AM - Brain Training 11:00 AM - PNE 3:00 PM - Community Kitchen	**2** 10:00 AM - Food Sustainability 1:30 PM - Member's Meeting & B-Day Celebration 3:00 PM - Community Kitchen	**3** 10:00 AM - Rec Centre & Gym 1:00 PM - Brain Training PLEASE NOTE: DUE TO OPERATIONAL REASONS, THE CENTRE WILL BE CLOSED @2PM	**4** 10:00 AM - Café Adventure 1:00 PM - Show and Tell 1:00 PM - Mt. Pleasant Community Centre(Pickleball, Basketball etc.) 3:00 PM - Community Kitchen	**5** 10:00 AM - Breakfast 1:00 PM - Dumplings with Dayley 1:00 PM - RABBLE ROUSERS 3:00 PM - Karaoke & Indoor Games	**6** 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
7 PROGRAM CLOSED 	**8** 10:00 AM - Coffee Outing 11:00 AM - Brain Training 12:00 PM - Bowling 3:00 PM - Community Kitchen	**9** 10:00 AM - Food Sustainability 1:30 PM - Tabletop games 3:00 PM - Community Kitchen	**10** 10:00 AM - Rec Centre & Gym 1:00 PM - Brain Training 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	**11** 10:00 AM - Café Adventure 1:00 PM - Show and Tell 2:00 PM - Street Art Workshop 3:00 PM - Community Kitchen	**12** 10:00 AM - Breakfast 1:00 PM - Music Therapy 1:00 PM - RABBLE ROUSERS 3:00 PM - Karaoke & Indoor Games	**13** 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
14 10:00 AM - Wellness walk and surprise treat 1:00 PM - D&D with Claire 3:00 PM - Community Kitchen	**15** 10:00 AM - Coffee Outing 11:00 AM - Brain Training 12:00 PM - Vancouver Art Gallery 3:00 PM - Community Kitchen	**16** 10:00 AM - Food Sustainability 1:30 PM - Tabletop games 3:00 PM - Community Kitchen	**17** 10:00 AM - Rec Centre & Gym 1:00 PM - Brain Training 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	**18** 10:00 AM - Café Adventure 1:00 PM - Show and Tell 1:00 PM - Mt. Pleasant Community Centre(Pickleball, Basketball etc.) 3:00 PM - Community Kitchen	**19** 10:00 AM - Breakfast 11:00 AM–5:00 PM: Rabble Rousers at Word Vancouver 2026 (Location: UBC Robson Square). Please note the center may close early on this day. Call 236-982-7921 if you plan to visit after 4:30 PM	**20** 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
21 10:00 AM - Wellness walk and surprise treat 1:00 PM - Healing Through Art 3:00 PM - Community Kitchen	**22** 10:00 AM - Coffee Outing 11:00 AM - Brain Training 12:00 PM - Cat Café 3:00 PM - Community Kitchen	**23** 10:00 AM - Food Sustainability 1:30 PM - Tabletop games 3:00 PM - Community Kitchen	**24** 10:00 AM - Rec Centre & Gym 1:00 PM - Brain Training 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	**25** 10:00 AM - Café Adventure 1:00 PM - Show and Tell 2:00 PM - Street Art Workshop 3:00 PM - Community Kitchen	**26** 10:00 AM - Breakfast 1:00 PM - Music Therapy 1:00 PM - RABBLE ROUSERS 3:00 PM - Karaoke & Indoor Games	**27** 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
28 10:00 AM - Wellness walk and surprise treat 1:00 PM - Healing Through Art 3:00 PM - Community Kitchen	**29** 10:00 AM - Coffee Outing 11:00 AM - Brain Training 12:00 PM - Rolla Skate Club 3:00 PM - Community Kitchen	**30** PROGRAM CLOSED 				

THE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.