

<div>February 2026</div>		<div>COAST MENTAL HEALTH</div> <div>Young Adult &amp; Youth Recovery Program</div>								<div>YA Program@Coast Clubhouse</div> <div>295 East 11<sup>th</sup> Ave.</div> <div>youngadults@coastmentalhealth.com</div> <div>YA Program Direct 236-982-7921</div> <div>Clubhouse Reception 604-675-2357</div> <div>Call for Tour and Intake</div>			
SUNDAY9:30 AM- 5:15 PM		MONDAY9:30 AM- 5:15 PM		TUESDAY9:30 AM- 5:15 PM		WEDNESDAY9:30 AM- 5:15 PM		THURSDAY9:30 AM- 5:15 PM		FRIDAY9:30 AM- 5:15 PM		SATURDAY9:30 AM- 5:15 PM	
1		2		3		4		5		6		7	
10:00 AM - Breakfast		10:00 AM - Wellness Group		10:00 AM - Coffee Outing 11:00 AM - Brain Training		10:00 AM - Food Sustainability		10:00 AM - Food Sustainability (Only for those who can't attend Food Sustainability on Wednesday.)		10:00 AM - Café Adventure + Neighborhood Wellness Walks)		10:00 AM - Breakfast	
12:00 PM - Baking		11:00 AM - Indigenous Art Sessions (YR)		12:00 PM - Healing Through Art (YR)		3:00 PM - Members Meeting + February B-day Celebration		12:00 PM - Brain Training		1:00 PM - Expressive Arts		11:00 PM - Arts and Crafts	
2:00 PM - Make your own Smoothie						Light meal will be offered to participating members in place of community kitchen.		1:00 PM - Rec Centre/ Swimming		2:00 PM - Rabble Rousers		1:00 PM - Soup Making	
3:00 PM - Karaoke & Indoor Games		1:00 PM - Theatresports 3:00 PM - Community Kitchen		2:00 PM - D&D 3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Writing Group	
8		9		10		11		12		13		14	
10:00 AM - Breakfast		10:00 AM - Wellness Group		10:00 AM - Coffee Outing 11:00 AM - Brain Training		10:00 AM - Food Sustainability		10:00 AM - Food Sustainability (Only for those who can't attend Food Sustainability on Wednesday.)		10:00 AM - Café Adventure + Neighborhood Wellness Walks)		10:00 AM - Breakfast	
12:00 PM - Baking		11:00 AM - Indigenous Art Sessions (YR)		12:00 PM - Healing Through Art (YR)		1:00 PM - Kia'palano Educational Centre (YR)		12:00 PM - Brain Training		1:00 PM - Expressive Arts		11:00 PM - Arts and Crafts	
2:00 PM - Make your own Smoothie						3:00 PM - Community Kitchen		1:00 PM - Rec Centre/ Swimming		1:00 PM - OPEN GYM - The Joint Program with Clubhouse		1:00 PM - Soup Making	
3:00 PM - Karaoke & Indoor Games		1:00 PM - Theatresports 3:00 PM - Community Kitchen		2:00 PM - D&D 3:00 PM - Community Kitchen				2:30 PM - EMDR x Healing Through Art		3:00 PM - Rabble Rousers		12:00 PM - Music Therapy	
								3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Writing Group	
15		16		17		18		19		20		21	
10:00 AM - Breakfast		PROGRAM CLOSED		10:00 AM - Coffee Outing 11:00 AM - Brain Training		10:00 AM - Food Sustainability		10:00 AM - Food Sustainability (Only for those who can't attend Food Sustainability on Wednesday.)		10:00 AM - Café Adventure + (Neighborhood Wellness Walks)		10:00 AM - Breakfast	
12:00 PM - Baking		BC Family Day		12:00 PM - Healing Through Art (YR)		1:00 PM - Vancouver Aquarium		12:00 PM - Brain Training		3:00 PM - Rabble Rousers		11:00 PM - Arts and Crafts	
2:00 PM - Make your own Smoothie				2:00 PM - D&D		1:00 PM - Music Therapy: 1 to 1s		1:00 PM - Rec Centre/ Swimming		1:00 PM - Expressive Arts		11:30 PM - Soup Making	
3:00 PM - Karaoke & Indoor Games				3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		12:00 PM - Music Therapy	
												3:00 PM - Writing Group	
22		23		24		25		26		27		28	
10:00 AM - Breakfast		10:00 AM - Wellness Group		10:00 AM - Coffee Outing 11:00 AM - Brain Training		10:00 AM - Food Sustainability		10:00 AM - Food Sustainability (Only for those who can't attend Food Sustainability on Wednesday.)		10:00 AM - Café Adventure + (Neighborhood Wellness Walks)		10:00 AM - Breakfast	
12:00 PM - Baking		11:00 AM - Indigenous Art Sessions (YR)		12:00 PM - Healing Through Art (YR)		9:30 AM - SnowShoeing x Brain Training (Meet up at Waterfront Station)		12:00 PM - Brain Training		1:00 PM - Expressive Arts		11:00 PM - Arts and Crafts	
2:00 PM - Make your own Smoothie				2:00 PM - D&D		1:00 PM - Music Therapy: 1 to 1s		1:00 PM - Rec Centre/ Swimming		1:00 PM - OPEN GYM - The Joint Program with Clubhouse		11:30 PM - Soup Making	
3:00 PM - Karaoke & Indoor Games		1:00 PM - Theatresports 3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Rabble Rousers		12:00 PM - Music Therapy	
										3:00 PM - Community Kitchen		3:00 PM - Writing Group	
<div>PROGRAM OUTINGS</div> <div><div>February 11 - Kia'palano Educational Centre (Youth Recovery)</div><div>February 18 - Vancouver Aquarium</div><div>February 25 - Snowshoeing (meet @ Waterfront Station @ 9:30 am)</div></div>						<div>OPEN GYM</div> <div>Joint Program with Clubhouse</div> <div><div>February 13 - Mt. Pleasant Community Center</div><div>February 27 - Mt. Pleasant Community Center</div></div>							
LEGEND: *Programmings hightlighted in gold are Youth Recovery Programs. Please connect with a staff member to participate.								THE SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.					