

February 2026

COAST MENTAL HEALTH

Young Adult & Youth Recovery Program

YA Program@Coast Clubhouse
295 East 11th Ave.
youngadults@coastmentalhealth.com
YA Program Direct 236-982-7921
Clubhouse Reception 604-675-2357
Call for Tour and Intake

SUNDAY	9:30 AM- 5:15 PM	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
1		2		3		4		5		6		7	
10:00 AM - Breakfast		10:00 AM - Wellness Group		10:00 AM - Coffee Outing		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)		11:00 AM - Brain Training		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				12:00 PM - Healing Through Art (YR)		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		2:00 PM - D&D		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		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)		11:00 AM - Brain Training		12:00 PM - Healing Through Art (YR)		12:00 PM - Brain Training		1:00 PM - Expressive Arts		11:00 PM - Arts and Crafts	
2:00 PM - Make your own Smoothie				1:00 PM - D&D		1:00 PM - Educational Centre (YR)		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		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen				2:30 PM - EMDR x Healing Through Art		3:00 PM - Rabble Rousers		12:00 PM - Music Therapy	
15		16	PROGRAM CLOSED	17		18		19		20		21	
10:00 AM - Breakfast		BC Family Day		10:00 AM - Coffee Outing		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 - Brain Training		12:00 PM - Healing Through Art (YR)		12:00 PM - Brain Training		3:00 PM - Rabble Rousers		11:00 PM - Arts and Crafts	
2:00 PM - Make your own Smoothie				1:00 PM - D&D		1:00 PM - Vancouver Aquarium		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	
22		23		24		25		26		27		28	
10:00 AM - Breakfast		10:00 AM - Wellness Group		10:00 AM - Coffee Outing		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)		11:00 AM - Brain Training		12:00 PM - Healing Through Art (YR)		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		9:30 AM - SnowShoeing x Brain Training (Meet up at Waterfront Station)		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		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		1:00 PM - Music Therapy: 1 to 1s		3:00 PM - Community Kitchen		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	

PROGRAM OUTINGS

- February 11 - Kia'palano Educational Centre (Youth Recovery)
- February 18 - Vancouver Aquarium
- February 25 - Snowshoeing (meet @ Waterfront Station @ 9:30 am)

OPEN GYM

Joint Program with Clubhouse

- February 13 - Mt. Pleasant Community Center
- February 27 - Mt. Pleasant Community Center

LEGEND: *Programmings highlighted in gold are Youth Recovery Programs. Please connect with a staff member to participate.

THE SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.