

JULY 2025



COAST MENTAL HEALTH

YOUNG ADULT 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			
								CANADA DAY: program closed				10:00 AM - Wellness Group 11:00 AM 5 Pin Bowling 1:00 PM - Music Therapy 3:00 PM - Community Kitchen				10:00 AM - Breakfast Outing 12:00 PM - Brain Training 1:00 PM - Expressive Arts 3:00 PM - ASSYST EMDR (YR) 3:00 PM - Community Kitchen				10:00 AM - Food Sustainability 1:00 PM - Brain Training 2:00 PM - Writing Group 3:00 PM - Rabble Rousers 3:00 PM - Community Kitchen				10:00 AM - Breakfast 12:00 PM - Cooking Club 2:00 PM - Outdoor / Indoor Games			
6		10:00 AM - Breakfast 12:00 PM - Karaoke / Indoor Games 2:00PM - Wellness Group		7		10:00 AM - Indigenous Art Sessions (YR) 10:00 AM - Rec Centre & Swimming 1:00 PM - Theatresports 3:00 PM - Community Kitchen 3:30 PM - Music Therapy: 1 to 1s		8		10:00 AM - Coffee Outing 11:00 AM - ASSYST EMDR (YR) 12:00 PM - Healing Through Art (YR) 1:00 PM - D&D 3:00 PM - Community Kitchen		9		10:00 AM - Wellness Group 1:00 PM - Music Therapy 3:00 PM - MEMBER'S MEETING Bring your ideas for the YA program, and learn updates!		10		10:30 AM - Pitch & Putt @ Stanley Park 12:00 PM - Brain Training 1:00 PM - Expressive Arts 3:00 PM - ASSYST EMDR (YR) 3:00 PM - Community Kitchen		11		10:00 AM - Food Sustainability 1:00 PM - Brain Training 2:00 PM - Writing Group 3:00 PM - Rabble Rousers 3:00 PM - Community Kitchen		12		10:00 AM - Breakfast 12:00 PM - Baking 2:00 PM - Outdoor / Indoor Games	
13		10:00 AM - Breakfast 12:00 PM - Karaoke / Indoor Games 2:00PM - Wellness Group		14		10:00 AM - Indigenous Art Sessions (YR) 10:00 AM - Rec Centre & Swimming 1:00 PM - Theatresports 3:00 PM - Community Kitchen 3:30 PM - Music Therapy: 1 to 1s		15		10:00 AM - Coffee Outing 11:00 AM - ASSYST EMDR (YR) 12:00 PM - Healing Through Art (YR) 3:00 PM - Community Kitchen		16		10:00 AM - Wellness Group 1:00 PM - Music Therapy 3:00 PM - Community Kitchen		17		10:00 AM - Breakfast Outing 11:00 AM - Museum of Vancouver 12:00 PM - Brain Training 1:00 PM - Expressive Arts 3:00 PM - ASSYST EMDR (YR) 3:00 PM - Community Kitchen		18		10:00 AM - Food Sustainability 11:00 AM - Brain Training x YA: Cold Plunge 2:00 PM - Writing Group 3:00 PM - Rabble Rousers 3:00 PM - Community Kitchen		19		10:00 AM - Breakfast 12:00 PM - Cooking Club 3:00 PM - Karaoke / Indoor Games	
20		10:00 AM - Breakfast 12:00 PM - Karaoke / Indoor Games 2:00PM - Wellness Group		21		10:00 AM - Indigenous Art Sessions (YR) 10:00 AM - Rec Centre & Swimming 1:00 PM - Theatresports 3:00 PM - Community Kitchen 3:30 PM - Music Therapy: 1 to 1s		22		10:00 AM - Coffee Outing 11:00 AM - ASSYST EMDR (YR) 12:00 PM - Healing Through Art (YR) 1:00 PM - D&D 3:00 PM - Community Kitchen		23		10:00 AM - Wellness Group 1:00 PM - Music Therapy 3:00 PM - ASSYST EMDR Meet n' Greet with Kara Learn about EMDR from facilitator Kara		24		10:00 AM - Breakfast Outing 11:00 AM - UBC Treewalk 12:00 PM - Brain Training 1:00 PM - Expressive Arts 3:00 PM - ASSYST EMDR (YR) 3:00 PM - Community Kitchen		25		10:00 AM - Food Sustainability 1:00 PM - Brain Training Pride Tie-Dye Party 2:00 PM - Writing Group 3:00 PM - Rabble Rousers 3:00 PM - Community Kitchen		26		10:00 AM - Breakfast 12:00 PM - Secret Ingredient Bake Off 3:00 PM - Karaoke / Indoor Games	
27		10:00 AM - Breakfast 12:00 PM - Karaoke / Indoor Games 2:00PM - Wellness Group		28		10:00 AM - Indigenous Art Sessions (YR) 10:00 AM - Rec Centre & Swimming 1:00 PM - U Paint I Fire 3:00 PM - Community Kitchen 3:30 PM - Music Therapy: 1 to 1s		29		10:00 AM - Coffee Outing 11:00 AM - ASSYST EMDR (YR) 12:00 PM - Healing Through Art (YR) 3:00 PM - Community Kitchen		30		10:00 AM - Wellness Group 1:00 PM - Music Therapy 3:00 PM - Community Kitchen		31		10:00 AM - Breakfast Outing 12:00 PM - Brain Training 1:00 PM - Expressive Arts 3:00 PM - ASSYST EMDR (YR) 3:00 PM - Community Kitchen									

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

The schedule is subject to change without notice

