



COAST
MENTAL HEALTH
Compassion Courage Recovery

*Dec
2025*

Coast Mental Health
Resource Centre
1225 Seymour Street

Open Tuesday - Saturday
8:45AM - 4:30 PM
Main line: 604-683-3787

RC Staff
Cell: 604-603-9151
Fax: 604-683-3750

SUN	MON	TUE	WED	THU	FRI	SAT
 The RC is closed on Sundays and Mondays  : No snack this day RC is closed on Dec 26th Jan 1st 		2 <u>Art w/ Marcia & Robin</u> 10 pm - 12 pm <u>Bingo</u> 1:30 - 2:30 pm	3 <u>Digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm *Outing* 11 - 1 pm	4 <u>Healthy Lifestyle</u> 10:30 - 11:30 am <u>Pottery</u> 11:30 - 3:30 pm	5 <u>Walking Group</u> 10 - 11 am <u>Art group</u> 10 - 12 pm <u>Karaoke</u> 1 - 4 pm	6 <u>Knowledge Keeper Lesley George</u> 9-11am <u>Movie day</u> 10 - 12:30 pm <u>Soundbath Meditation</u> 1 - 3 pm <u>Games Group</u> 2 - 4 pm
		9 <u>Art w/ Marcia & Robin</u> 10 pm - 12 pm <u>Bingo</u> 1:30 - 2:30 pm	10 <u>digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm  Staff meeting Closing at 2:30pm	11 <u>Healthy Lifestyle</u> 10:30 - 11:30 am <u>Pottery</u> 11:30 - 3:30 pm	12 <u>WalkingGroup</u> 10 - 11 am <u>Art group</u> 10 - 12 pm <u>Karaoke</u> 1 - 4 pm	13 <u>Movie day</u> 10 - 12:30 pm <u>Soundbath Meditation</u> 1 - 3 pm <u>Games Group</u> Women's Drop In Group 2 - 4 pm 4:30 - 6:30 pm
		16 <u>Art w/ Marcia & Robin</u> 10 pm - 12 pm <u>Bingo</u> 1:30 - 2:30 pm	17 <u>Digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm *Outing* 11 - 1 pm Members meeting 3 pm	18 <u>Healthy Lifestyle</u> 10:30 - 11:30 am <u>Pottery</u> 11:30 - 3:30 pm	19 <u>Walking Group</u> 10 - 11 am <u>Art group</u> 10 - 12 pm <u>Karaoke</u> 1 - 4 pm	20 <u>Knowledge Keeper Lesley George</u> 9-11am <u>Movie day</u> 10 - 12:30 pm Xmas Turkey Lunch 12:30 - 2pm <u>Soundbath Meditation</u> 1 - 3 pm <u>Games Group</u> 2 - 4 pm 
		23 <u>Art w/ Marcia & Robin</u> 10 pm - 12 pm <u>Bingo</u> 1:30 - 2:30 pm	24 <u>Digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm  Closing at 2:30pm	25 <u>Healthy Lifestyle</u> 10:30 - 11:30 am RC is Open 10 am -2 pm Brunch only	26 	27 <u>Movie day</u> 10 - 12:30 pm <u>Soundbath Meditation</u> 1 - 3 pm <u>Games Group</u> 2 - 4 pm Art Workshop 11:30am - 3:30pm
		30 <u>Art w/ Marcia & Robin</u> 10 pm - 12 pm <u>Bingo</u> 1:30 - 2:30 pm	31 <u>Digital Literacy</u> 10 - 12 pm <u>Brain Training</u> 1 - 2 pm	Jan 1 		