COAST MENTAL HEALTH
Compassion Courage Recovery

Nov 2026

Coast Mental Health Resource Centre 1225 Seymour Street	Open Tuesday - Saturday 8:45 AM - 4:30 PM	Main line: 604-683-3787 Fax: 604-683-3750

SUN	MON	TUE	WED	THU	FRI	SAT
 The RC is closed on Sundays and Mondays		3 Art With Mike 10 - 12 pm Bingo 1:30 - 2:30 pm	4 Digital Literacy 10 - 12 pm Brain Training 1 - 2 pm	5 Healthy Lifestyles 10:30 - 11:30 am Pottery 11:30 - 3:30 pm Body Doubling Buddies 1 - 3 pm	6 Art group 11:30 - 1:30 pm Karaoke 2 - 4 pm Smudging with Janaie 3 - 4 pm	7 Movie day 10 - 12:30 pm Soundbath Meditation 1 - 3 pm Games Group 2 - 4 pm
Please Note: All Groups Are Drop In 		10 Art With Mike 10 - 12 pm Bingo 1:30 - 2:30 pm	11 Digital Literacy 10 - 12 pm Brain Training 1 - 2 pm *Outing* 11 - 1 pm	12 Healthy Lifestyles 10:30 - 11:30 am Pottery 11:30 - 3:30 pm	13 Art group 11:30 - 1:30 pm Karaoke 2 - 4 pm Smudging with Janaie 3 - 4 pm	14 Movie day 10 - 12:30 pm Soundbath Meditation 1 - 3 pm Games Group 2 - 4 pm Women's Drop In Group 4:30 - 6:30 pm
		17 Art With Mike 10 - 12 pm Bingo 1:30 - 2:30 pm	18 Digital Literacy 10 - 12 pm Brain Training 1 - 2 pm Members Meeting 3 pm	19 Healthy Lifestyles 10:30 - 11:30 am Pottery 11:30 - 3:30 pm Body Doubling Buddies 1 - 3 pm	20 Art group 11:30 - 1:30 pm Karaoke 2 - 4 pm Smudging with Janaie 3 - 4 pm	21 Movie day 10 - 12:30 pm Soundbath Meditation 1 - 3 pm Games Group 2 - 4 pm
		24 Art With Mike 10 - 12 pm Bingo 1:30 - 2:30 pm	25 Digital Literacy 10 - 12 pm Brain Training 1 - 2 pm *Outing* 11 - 1 pm No Snack Staff Meeting Closing at 2:30pm	26 Healthy Lifestyles 10:30 - 11:30 am Pottery 11:30 - 3:30 pm	27 Art group 11:30 - 1:30 pm Karaoke 2 - 4 pm Smudging with Janaie 3 - 4	28 Movie day 10 - 12:30 pm Soundbath Meditation 1 - 3 pm Games Group 2 - 4 pm Art Workshop 11:30am - 3:30pm