



**OCTOBER
2026**

YOUNG ADULT Program

Young Adult Program @ Clubhouse
295 East 11th Ave.
email address: youngadults@coastmentalhealth.com
YA Program Direct : 236-982-7921
Clubhouse Reception : 604-675-2357

 **CALL FOR TOUR & INTAKE**

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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	SUNDAY	9:30 AM - 5:15 PM
						1		2		3		4	
						10:00 AM - Food Sustainability		10:00 AM - Café Adventure		10:00 AM - Breakfast		10:00 AM - Breakfast	
						1:00 PM - Brain Training		Mt. Pleasant Community Centre(Pickleball, Basketball etc.) 1:00 PM -		12:00 PM - Wellness Walks & Stretching in the Park			
						2:00 PM - Tabletop games		1:00 PM - RABBLE ROUSERS		1:00 PM - Baking Healthy Snacks			
						3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Karaoke & Indoor Games		3:00 PM - Karaoke & Indoor Games	
5		6		7		8		9		10		11	
10:00 AM - Wellness walk and surprise treat		10:00 AM - Coffee Outing		10:00 AM - Food Sustainability		10:00 AM - Rec Centre & Gym		Young Adult Program will be closed. You can attend Clubhouse for Lunch and Street Art Workshop @2pm.		10:00 AM - Breakfast		10:00 AM - Breakfast	
		11:00 AM - Brain Training				1:00 PM - Brain Training				1:00 PM - Music Therapy		12:00 PM - Wellness Walks & Stretching in the Park	
		1:00 PM - Healing Through Art				2:00 PM - Tabletop games				1:00 PM - RABBLE ROUSERS		1:00 PM - Baking Healthy Snacks	
		3:00 PM - Community Kitchen				3:00 PM - Community Kitchen				3:00 PM - Karaoke & Indoor Games		3:00 PM - Karaoke & Indoor Games	
1:30 PM - Cleaning Day - Food will be provided.				3:00 PM - Community Kitchen				3:00 PM - Karaoke & Indoor Games		3:00 PM - Karaoke & Indoor Games			
12		13		14		15		16		17		18	
HAPPY THANKSGIVING STAT HOLIDAY: WE'RE CLOSED		10:00 AM - Coffee Outing		10:00 AM - Food Sustainability		10:00 AM - Rec Centre & Gym		10:00 AM - Café Adventure		10:00 AM - Breakfast		10:00 AM - Breakfast	
		11:00 AM - Brain Training				1:00 PM - Brain Training		1:00 PM - Show and Tell		1:00 PM - Dumplings with Dayley		12:00 PM - Wellness Walks & Stretching in the Park	
		12:00 PM	Hogan's Alley Walking Tour with Lama Mugabo			2:00 PM - Tabletop games		Mt. Pleasant Community Centre(Pickleball, Basketball etc.) 1:00 PM -		1:00 PM - RABBLE ROUSERS		1:00 PM - Baking Healthy Snacks	
		3:00 PM - Community Kitchen				3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Karaoke & Indoor Games	
19		20		21		22		23		24		25	
10:00 AM - Wellness walk and surprise treat		10:00 AM - Pumpkin Patch RSVP only		10:00 AM - Food Sustainability		10:00 AM - Rec Centre & Gym		10:00 AM - Café Adventure		10:00 AM - Breakfast		10:00 AM - Breakfast	
		10:00 AM - Coffee Outing		1:00 PM - Indigeneous Art Sessions - Beverly is back!!! :)		1:00 PM - Brain Training		1:00 PM - Show and Tell		1:00 PM - Music Therapy		12:00 PM - Wellness Walks & Stretching in the Park	
		11:00 AM - Brain Training		2:00 PM - Path to Employment: Work Skills Workshop		2:00 PM - Tabletop games		2:00 PM - Street Art Workshop		1:00 PM - RABBLE ROUSERS		1:00 PM - Pumpkin Carving	
		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Karaoke & Indoor Games	
26		27		28		29		30		31			
10:00 AM - Wellness walk and surprise treat		10:00 AM - Coffee Outing		10:00 AM - Food Sustainability		10:00 AM - Rec Centre & Gym		10:00 AM - Café Adventure		10:00 AM - Breakfast			
		11:00 AM - Brain Training Halloween Extravaganza		The Clothing Rework Workshop - Halloween Edition 1:00 PM -		1:00 PM - Brain Training		1:00 PM - Show and Tell		Halloween Party! - Music, fun, and games. Special Guest: Min 1:00 PM -			
		1:00 PM - D&D with Claire		1:00 PM - Hallown Custome Shopping		2:00 PM - Tabletop games		2:00 PM - Street Art Workshop					
		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Community Kitchen		3:00 PM - Karaoke & Indoor Games	

THE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.