

May 2023

Coast Mental Health Resource Centre
1225 Seymour Street

Open Tuesday - Saturday
 8:30am - 4:30pm
 Main line: 604-683-3787
 RC Staff cell: 604-603-9151
 Fax: 604.683.3750









SUN MON TUE WED THU FRI SAT



Sign up for laundry: Tues—Sat 9 am, 11:30 am & 2:15 pm

Breakfast: \$1 Tues—Sat 9 am —10 am

Lunch served indoors or to go: \$2 Tues—Sat 12 pm -1 pm **Snack** 2:30—3:30

	<p>1 RC closed</p>	<p>2 10-12 Art with Marcia & Robin 10-1 Felting Group 1pm Art Group 1:30 BINGO</p> 	<p>3 Open for drop in 8:30-4:30!</p>	<p>4 10:30 Healthy Lifestyles</p>	<p>5 9:45-11:15 Acupuncture 10-12 Art with Shauna and Mary 1pm Pottery 2-4 Karaoke</p>	<p>6 1-3pm Polymer Clay Group</p> 
<p>7 RC closed</p>	<p>8 RC closed</p>	<p>9 10-12 Art with Marcia & Robin 10-1pm Felting Group 1pm Art Group 1:30 BINGO</p> 	<p>10 10:30 Field Trip- destination TBD</p>	<p>11 10:30 Healthy Lifestyles</p> 	<p>12 9:45-11:15 Acupuncture 10-12 Art with Shauna and Mary 1-4 Pottery 2-4 Karaoke</p>	<p>13 1-3pm Polymer Clay Group</p>
<p>14 RC closed</p>	<p>15 RC closed</p>	<p>16 10-12 Art with Marcia & Robin 10-1pm Felting Group 1pm Art Group 1:30 BINGO</p>	<p>17 RC Closing Early at 2pm for Staff Meeting</p>	<p>18 10:30 Healthy Lifestyles</p>	<p>19 9:45-11:15 Acupuncture 10-12 Art with Shauna and Mary 1-4pm Pottery 2-4 Karaoke</p>	<p>20 1-3pm Polymer Clay Group</p>
<p>21 RC closed</p>	<p>22 RC closed</p>	<p>23 10-12 Art with Marcia & Robin 10-1pm Felting Group 1pm Art Group 1:30 BINGO</p> 	<p>24 10:30 Field Trip-destination TBD 1:15 Members Meeting</p>	<p>25 10:30 Healthy Lifestyles</p>	<p>26 9:45-11:15 Acupuncture 10-12 Art with Shauna and Mary 1-4 Pottery 2-4pm Karaoke</p> 	<p>27 1-3pm Polymer Clay Group</p> 
<p>28 RC closed</p>	<p>29 RC closed</p>	<p>30 10-12 Art with Marcia & Robin 10-1pm Felting Group 1pm Art Group 1:30 BINGO</p>	<p>31 Open for drop in 8:30-4:30!</p>			