











Aug 2022

Coast Mental Health Resource Centre
1225 Seymour Street

Open Tuesday - Saturday
 9 am - 4pm (last Friday of the month
 close at 3:30)
 Main line: 604-683-3787
 RC Staff cell: 604-603-9151

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>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 BC Day	2 10am Games 10-12 Art with Marcia & Robin 11am Gardening Group 1pm Art Group 1:30 Women's Group 1:30 BINGO	3 10am members meeting 2:30 Music Appreciation	4 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group 2pm Guitar Lessons	5 9:45 Acupuncture* 10-12 Art with Shauna & Mary 1pm Art Group 1:15 Karaoke *	6 10am Games 10:30 Tea Talk  2:30 Art Group 2:30 Hearing Voices group
7 RC closed	8 RC closed	9 10am Games 10-12 Art with Marcia & Robin 11am Gardening Group 1pm Art Group 1:30 Women's Group 1:30 BINGO 	10 10 am Bus Trip  2pm Music Appreciation 	11 RC closed	12 9:45 Acupuncture* 10-12 Art w/ Shauna & Mary 1pm Art Group 1:15 Karaoke* 1:30pm VIDC CLINIC	13 10am Games 10:30 Tea Talk 2:30pm Art Group 2:30 Hearing Voices
14 RC closed	15 RC closed	16 10am Games 10-12 Art with Marcia & Robin 11am Gardening Group 1pm Art Group 1:30 Women's Group 1:30 BINGO	17 2pm Music Appreciation 	18 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group 2pm Guitar Lessons 	19 10-12 Art with Mary 1pm Art Group 1:15 Karaoke 	20 10am Games 10:30 Tea Talk 2:30pm Art Group 2:30 Hearing Voices group
21 RC closed	22 RC closed	23 10-12 Art Marcia & Robin 11am Gardening Group 12pm SUMMER BBQ 1pm Art Group 1:30 Women's Group 1:30 BINGO	24 10am Bus trip  2pm Music Appreciation	25 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group RC closing early at 2pm	26 9:45- Acupuncture* 10-12 with Shauna & Mary 1pm Art Group 1:15 Karaoke * Closing at 3:30 today	27 10am Games 10:30 Tea Talk 2:30pm Art Group 2:30 Hearing Voices
28 RC closed	29 RC closed	30 10am Games 10-12 Art with Marcia & Robin 11am Gardening Group 1pm Art Group 1:30 Women's Group 1:30 BINGO 	31 2pm Music Appreciation	*Karaoke held up- stairs in boardroom	* Hearing Voices Group is held in in the boardroom upstairs.	*Acupuncture is held in boardroom upstairs