










January 2022

Coast Mental Health Resource Centre

Open Tuesday - Saturday
 9 am - 1pm & 2:30pm - 4pm
 Main line: 604-683-3787
 RC Staff cell: 604-603-9151



Sign up for laundry: Tues—Sat 9 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

SUN	MON	TUE	WED	THU	FRI	SAT
						1  2:30 pm Games 2:30pm Art Group
2 RC closed	3 RC closed	4 10-12 Art Group 2:30 pm Art group 2:30 Pottery 2 :30 BINGO 2:30 Creative Writing 	5  2:30 pm Games 2:30pm Music appreciation 2:30 pm Walking Group	6 2:30 Art Group 2:30pm Games 2:30pm Guitar lessons	7 9:45-11:15 Acupuncture* 10-12:30 Art group 10am-12pm Cycling Clinic 2:30pm Crafts and Games	8 2:30 pm Games 2:30pm Art Group 
9 RC closed	10 RC closed	11 10-12 Art Group 2:30 pm Art group 2:30 Pottery 2 :30 BINGO 2:30 Creative Writing	12 2:30 pm Games 2:30 pm Music appreciation 2:30 pm Walking Group	13 2:30 Art Group 2:30pm Games 2:30pm Guitar lessons	14 9:45-11:15 Acupuncture* 10-12:30 Art group 10am-12pm Cycling Clinic	15 2:30pm Games 2:30 pm Art Group
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