












# July 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
	<b>Sign up for laundry: Tues—Sat 9 am, 11:30 am &amp; 2:15 pm</b> <b>Breakfast: \$1 Tues—Sat 9 am —10 am</b> <b>Lunch served indoors or to go: \$2 Tues—Sat 12 pm -1 pm</b>				<b>1 Canada Day</b>  10-12 Art with Shauna & Mary 1pm Art Group 1:30 Karaoke	<b>2 10am Games</b> 10:30 Tea Talk 2:30 Art Group 2:30 Hearing Voices group
	<b>3</b> RC closed	<b>4</b> RC closed	<b>5</b> 10-12 Art with Marcia & Robin 10am Games 11am Gardening Group 1pm Art Group 1:30 Women's Group 1:30 BINGO	<b>6</b> 2pm Music Appreciation 	<b>7</b> 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group  2pm Guitar Lessons	<b>8</b> 9:45 Acupuncture* 10-12 Art with Shauna & Mary 1pm Art Group 1:30 Karaoke*
<b>10</b> RC closed	<b>11</b> RC closed	<b>12</b> 10-12 Art with Marcia & Robin 10am Games 11am Gardening Group 1pm Art Group 1:30 Women's Group 1:30 BINGO 	<b>13</b> 10am Bus Trip  2pm Music Appreciation	<b>14</b> 10am Games 10am Members Meeting 10:30 Healthy Lifestyles 11 am Gardening Group 2pm Guitar Lessons	<b>15</b> 9:45 Acupuncture* 10-12 Art with Shauna & Mary 1pm Art Grp 1:30 Karaoke	<b>16</b> 10am Games 10:30 Tea Talk 2:30pm Art Group 2:30 Hearing Voices
<b>17</b> RC closed	<b>18</b> RC closed	<b>19</b> 10-12 Art with Marcia & Robin 10am Games 11am Gardening 1pm Art Group 1:30 Women's Group 1:30 BINGO 	<b>20</b> 2pm Music Appreciation 	<b>21</b> 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group RC closing at 2pm today	<b>22</b> 9:45-11:15 Acupuncture* 10-12 Art with Mary 1pm Art Group 1:30 Karaoke * 	<b>23</b> 10am Games 10:30 Tea Talk 2:30pm Art Group 2:30 Hearing Voices
<b>24</b> RC closed	<b>25</b> RC closed	<b>26</b> 10am Games 10-12 Art with Marcia & Robin 11am Gardening Group 1pm Art Group 1:30 Women's Group 1:30 BINGO	<b>27</b> 10am Bus Trip 2  2pm Music Appreciation	<b>28</b> 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group 2pm Guitar Lessons 	<b>29</b> 9:45- Acupuncture* 10-12 with Shauna & Mary 1pm Art Group 1:30 Karaoke * Closing at 3:30 today	<b>30</b> 10am Games 10:30 Tea Talk 2:30pm Art Group 2:30 Hearing Voices
<b>31</b> RC closed				* Karaoke in boardroom upstairs	* Hearing Voices Group is held in in the boardroom upstairs.	*Acupuncture is held in boardroom upstairs