

# June 2022

## Coast Mental Health Resource Centre

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



**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

			1  10am Bus Trip 2:30 Music Appreciation	2 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group RC Closing at 2:30	3 9:45 Acupuncture* 10-12 Art with Shauna & Mary 1pm Art Group 1:15 Karaoke *	4 10am Games 10:30 Tea Talk 2:30 Art Group 2:30 Hearing Voices group 
5 RC closed	6 RC closed	7 10-12 Art with Marcia & Robin 10am Games 11am Gardening Group 1pm Art Group 1:30 Women's Group 1:30 BINGO	8 2pm Music Appreciation 	9 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group 1:30 Members Meeting 2pm Guitar Lessons	10 9:45 Acupuncture* 10-12 Art with Shauna & Mary 12:00 COFFEE HOUSE 1pm Art Grp 1:15 Karaoke*	11 10am Games 10:30 Tea Talk 2:30pm Art Group 2:30 Hearing Voices
12 RC closed	13 RC closed	14 10-12 Art with Marcia & Robin 10am Games 11am Gardening 1pm Art Group 1:30 Women's Group 1:30 BINGO 	15  10am Bus Trip 2pm Music Appreciation	16 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group RC Closing early at 2:30	17 9:45-11:15 Acupuncture* 10-12 Art with Mary 1pm Art Group 1:15 Karaoke 	18 10am Games 10:30 Tea Talk 2:30pm Art Group 2:30 Hearing Voices
19 RC closed	20 RC closed	21 National Indigenous Peoples Day 10am Games 10-12 Art with Marcia & Robin 11am Gardening Group 1pm Art Group 1:30 Women's Group 1:30 BINGO 	22 2pm Music Appreciation 	23 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group 2pm Guitar Lessons 	24 9:45- Acupuncture* 10-12 with Shauna & Mary 1pm Art Group 1:15 Karaoke * Closing at 3:30 today	25 10am Games 10:30 Tea Talk 2:30pm Art Group 2:30 Hearing Voices
26 RC closed	27 RC closed	28 10-12 Art with Marcia & Robin 10am Games 11am Gardening Group 1pm Art Group 1:30 Women's Group 1:30 BINGO	29  10am Bus trip 2pm Music Appreciation	30 *Karaoke held upstairs in boardroom	* Hearing Voices Group is held in in the boardroom upstairs.	*Acupuncture is held in boardroom upstairs