

Mar 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



1
 10:30 Field Trip: Art Gallery
 2-4 Fems and Thems*

2
 10:30 Healthy Lifestyles
 11am Garden Group

3
 9:45-11:15 Acupuncture
 10-12 Art with Shauna and Mary
 1pm Pottery
 2-4pm Karaoke 

4
 1-3pm Polymer Clay Group

5
 RC closed

6
 RC closed

7
 10-12 Art with Marcia & Robin
 11am Garden Group

 1pm Art Group 1:30 BINGO

8
 2-4 pm Fems and Thems*

9
 10:30 Healthy Lifestyles
 11am Garden Group

10
 9:45-11:15 Acupuncture
 10-12 Art with Shauna and Mary
 1pm Pottery
 2-4pm Karaoke

11
 1-3pm Polymer Clay Group

12
 RC closed

13
 RC closed

14
 10-12 Art with Marcia & Robin
 11am Garden Group
 1pm Art Group
 1:30 BINGO


15
 10:30 Field Trip: Museum and Granville Island
 2-4pm Fems and Thems*

16
 10:30 Healthy Lifestyles
 11am Garden Group

17
 9:45-11:15 Acupuncture
 10-12 Art with Shauna and Mary
 1pm Pottery
 2-4pm Karaoke

18
 1-3pm Polymer Clay Group

19
 RC closed

20 Happy 1st day of Spring

 RC closed

21
 10-12 Art with Marcia & Robin
 11am Garden Group
 1pm Art Group
 1:30 BINGO 

22
 2-4 Fems and Thems*

23
 10:30 Healthy Lifestyles
 11am Garden Group

24
 9:45-11:15 Acupuncture
 10-12 Art with Shauna and Mary
 1pm Pottery
 2-4pm Karaoke

25
 1-3pm Polymer Clay Group

26
 RC closed

27
 RC closed

28
 10-12 Art with Marcia & Robin
 11am Garden Group
 1pm Art Group
 1:30 BINGO


29
 10:30 Field Trip: Stanley Park Lost Lagoon
 2-4 Fems and Thems*

30
 10:30 Healthy Lifestyles
 11am Garden Group

31
 9:45-11:15 Acupuncture
 10-12 Art with Shauna and Mary
 1pm Pottery
 2-4pm Karaoke

*Meeting in the boardroom, Fems and Thems is a safe space for self identifying women and gender non-conforming folks to explore fun topics