

Sept 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



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

SUN	MON	TUE	WED	THU	FRI	SAT
				1 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group 2pm Guitar Lessons	2 9:45 Acupuncture* 1pm Art Group 1:15 Karaoke * 1pm Art Group 1:15	3 10am Games 10:30 Tea Talk 2:30 Art Group 2:30 Hearing Voices group
4 RC closed	5 Labour Day RC closed	6 10-12 Art with Marcia & Robin 10am Bus Trip 10am Games 11am Gardening Group 1pm Art Group 1:30 Women's Group BINGO	7 2pm Music Appreciation	8 10am Games 10am Members Meeting 10:30 Healthy Lifestyles 11 am Gardening Group 2pm Guitar Lessons	9 9:45 Acupuncture* 1pm Art Grp 1:15 Karaoke*	10 10am Games 10:30 Tea Talk 2:30pm Art Group 2:30 Hearing Voices group
11 RC closed	12 RC closed	13 10-12 Art with Marcia & Robin 10am Games 11am Gardening 1pm Art Group 1:30 Women's Group 1:30 BINGO	14 2pm Music Appreciation	15 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group 2pm Guitar Lessons	16 9:45-11:15 Acupuncture* 10-12 Art with Mary 1pm Art Group 1:15 Karaoke	17 10am Games 10:30 Tea Talk 2:30pm Art Group 2:30 Hearing Voices group
18 RC closed	19 RC closed	20 10am Games 10-12 Art with Marcia & Robin 11am Gardening Group 1pm Art Group 1:30 Women's Group 1:30 BINGO	21 10am Bus Trip 2pm Music Appreciation	22 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group RC closing early at 2pm for staff meeting	23 9:45- Acupuncture* 10-12 with Shauna & Mary 1pm Art Group 1:15 Karaoke	24 10am Games 10:30 Tea Talk 2:30pm Art Group 2:30 Hearing Voices group
25 RC closed	26 RC closed	27 10-12 Art with Marcia & Robin 10am Games 11am Gardening Group 1pm Art Group 1:30 Women's Group 1:30 BINGO	28 2pm Music Appreciation	29 10am Games 10:30 Healthy Lifestyles 11 am Gardening Group 2pm Guitar Lessons	30 National Day for Truth and Reconciliation 10-12 with Shauna & Mary 1pm Art Group 1:15 Karaoke	31 10am Games 10:30 Tea Talk 2:30pm Art Group 2:30 Hearing Voices group