

September 2025

Coast Mental Health
Young Adult Program

YA Program @ Coast Clubhouse
295 East 11th Ave.
youngadults@coastmentalhealth.com
YA Program Direct 236-982-7921
Clubhouse Reception 604-675-2357
Call for Tour and Intake

LEGEND: *Programmings highlighted in yellow are Youth Recovery Programs. Please connect with a staff member to participate.

The schedule is subject to change without notice

Sunday 9:30 AM – 5:15 PM	Monday 9:30 AM – 5:15 PM	Tuesday 9:30 AM – 5:15 PM	Wednesday 9:30 AM – 5:15 PM	Thursday 9:30 AM – 5:15 PM	Friday 9:30 AM – 5:15 PM	Saturday 9:30 AM – 5:15 PM
	<div>1</div> <div>PROGRAM CLOSED</div> <div></div>	<div>2</div> <div>10:00 AM - Rec Centre & Swimming</div> <div>11:00 AM - ASSYST EMDR (YR)</div> <div>12:00 PM - Healing Through Art (YR)</div> <div>2:00 PM - D&D</div> <div>3:00 PM - Community Kitchen</div>	<div>3</div> <div>10:00 AM - Food Sustainability</div> <div>1:00 PM - Music Therapy</div> <div>1:00 PM - Bike The Seawall</div> <div>3:00 PM - Community Kitchen</div>	<div>4</div> <div>10:00 AM - Coffee Outing</div> <div>12:00 PM - Brain Training</div> <div>1:00 PM - Expressive Arts</div> <div>3:00 PM - ASSYST EMDR (YR)</div> <div>3:00 PM - Community Kitchen</div>	<div>5</div> <div>10:00 AM - Wellness Group</div> <div>Brain Training x RR - BC</div> <div>1:00 PM - Cancer Presentation Rehearsal</div> <div>2:00 PM - Writing Group</div> <div>3:00 PM - Rabble Rousers</div> <div>3:00 PM - Community Kitchen</div>	<div>6</div> <div>10:00 AM - Breakfast</div> <div>12:00 PM - Baking</div> <div>2:00 PM - Outdoor / Indoor Games</div>
<div>7</div> <div>10:00 AM - Breakfast</div> <div>Make your own smoothie at centre!</div> <div>12:00 PM - Karaoke / Indoor Games</div> <div>2:00 PM - Karaoke / Indoor Games</div>	<div>8</div> <div>10:00 AM - Coffee Outing</div> <div>11:00 AM - Indigenous Art Sessions (YR)</div> <div>1:00 PM - Pitch & Putt</div> <div>3:00 PM - Community Kitchen</div> <div>3:30 PM - Music Therapy: 1 to 1s</div>	<div>9</div> <div>10:00 AM - Rec Centre & Swimming</div> <div>11:00 AM - ASSYST EMDR (YR)</div> <div>12:00 PM - Healing Through Art (YR)</div> <div>2:00 PM - D&D</div> <div>3:00 PM - Community Kitchen</div>	<div>10</div> <div>10:00 AM - Food Sustainability</div> <div>1:00 PM - Music Therapy</div> <div>3:00 PM - Community Kitchen</div>	<div>11</div> <div>10:00 AM - Coffee Outing</div> <div>12:00 PM - Brain Training</div> <div>1:00 PM - Expressive Arts</div> <div>3:00 PM - ASSYST EMDR (YR)</div> <div>3:00 PM - Community Kitchen</div>	<div>12</div> <div>10:00 AM - Wellness Group</div> <div>1:00 PM - Writing Group</div> <div>YR Coffee & Chat</div> <div>2:00 PM - Rabble Rousers</div> <div>3:00 PM - Community Kitchen</div>	<div>13</div> <div>10:00 AM - Breakfast</div> <div>12:00 PM - Baking</div> <div>2:00 PM - Outdoor / Indoor Games</div>
<div>14</div> <div>10:00 AM - Breakfast</div> <div>Make your own smoothie at centre!</div> <div>12:00 PM - Karaoke / Indoor Games</div> <div>2:00 PM - Karaoke / Indoor Games</div>	<div>15</div> <div>10:00 AM - Coffee Outing</div> <div>11:00 AM - Indigenous Art Sessions (YR)</div> <div>1:00 PM - Private Boxing Class</div> <div>3:00 PM - Community Kitchen</div> <div>3:30 PM - Music Therapy: 1 to 1s</div>	<div>16</div> <div>10:00 AM - Rec Centre & Swimming</div> <div>11:00 AM - ASSYST EMDR (YR)</div> <div>12:00 PM - Healing Through Art (YR)</div> <div>2:00 PM - D&D</div> <div>3:00 PM - Community Kitchen</div>	<div>17</div> <div>10:00 AM - Food Sustainability</div> <div>1:00 PM - Music Therapy</div> <div>3:00 PM - Member's Meeting</div> <div>Pizza offered to participating members in place of community kitchen</div>	<div>18</div> <div>11:00 PM - Musqueam Garden</div> <div>1:00 PM - Expressive Arts</div> <div>3:00 PM - ASSYST EMDR (YR)</div> <div>3:00 PM - Community Kitchen</div>	<div>19</div> <div>10:00 AM - Wellness Group</div> <div>Brain Training x Rabble Rousers - Baking for the Word Vancouver</div> <div>11:30 AM - Community Kitchen</div> <div>3:00 PM - Community Kitchen</div>	<div>20</div> <div>10:00 AM - Breakfast</div> <div>The Word Vancouver Fair @ Robson Square (Ask staff for details)</div> <div>10:00 AM - Outdoor / Indoor Games</div> <div>2:00 PM - Outdoor / Indoor Games</div>
<div>21</div> <div>10:00 AM - Breakfast</div> <div>Make your own smoothie at centre!</div> <div>12:00 PM - Karaoke / Indoor Games</div> <div>2:00 PM - Karaoke / Indoor Games</div>	<div>22</div> <div>10:00 AM - Coffee Outing</div> <div>11:00 AM - Indigenous Art Sessions (YR)</div> <div>1:00 PM - Sun Yat Sen Garden</div> <div>3:00 PM - Community Kitchen</div> <div>3:30 PM - Music Therapy: 1 to 1s</div>	<div>23</div> <div>10:00 AM - Rec Centre & Swimming</div> <div>11:00 AM - ASSYST EMDR (YR)</div> <div>12:00 PM - Healing Through Art (YR)</div> <div>2:00 PM - D&D</div> <div>3:00 PM - Community Kitchen</div>	<div>24</div> <div>10:00 AM - Food Sustainability</div> <div>2:00 PM - Member's Meeting</div> <div>Pizza offered to participating members in place of community kitchen</div>	<div>25</div> <div>10:00 AM - Berry Picking (YR)</div> <div>1:00 PM - Expressive Arts</div> <div>3:00 PM - ASSYST EMDR (YR)</div> <div>Info Session &A</div> <div>3:00 PM - Community Kitchen</div>	<div>26</div> <div>10:00 AM - Wellness Group</div> <div>Brain Training x Pacific Spirit Park</div> <div>12:00 PM - Writing Group</div> <div>2:00 PM - Rabble Rousers</div> <div>3:00 PM - Community Kitchen</div>	<div>27</div> <div>10:00 AM - Breakfast</div> <div>12:00 PM - Baking</div> <div>2:00 PM - Outdoor / Indoor Games</div>
<div>28</div> <div>10:00 AM - Breakfast</div> <div>Make your own smoothie at centre!</div> <div>12:00 PM - Karaoke / Indoor Games</div> <div>2:00 PM - Karaoke / Indoor Games</div>	<div>29</div> <div>10:00 AM - Coffee Outing</div> <div>11:00 AM - Indigenous Art Sessions (YR)</div> <div>1:00 PM - Bowling</div> <div>3:00 PM - Community Kitchen</div> <div>3:30 PM - Music Therapy: 1 to 1s</div>	<div>30</div> <div>PROGRAM CLOSED</div> <div></div>	<div>OUTINGS:</div> <div>September 3 – Wednesday @ 1 pm: Bike the Seawall</div> <div>September 8 – Monday @ 1 pm: Pitch & Putt</div> <div>September 15 – Monday @ 1 pm: Private Boxing Class (RSVP)</div> <div>September 18 – Monday @ 11 am: Musqueam Garden</div> <div>September 22 – Monday @ 1 pm: Sun Yat Sen Garden</div> <div>September 25 – Thursday @ 10 am: Berry Picking</div> <div>September 29 – Monday @ 1 pm: Bowling</div>			