COAST MENTAL HEALTH
Compassion Courage Recovery

NOVEMBER 2026

YOUNG ADULT Program

Young Adult Program @ Clubhouse
295 East 11th Ave.
email address: youngadults@coastmentalhealth.com
YA Program Direct : 236-982-7921
Clubhouse Reception : 604-675-2357
CALL FOR TOUR & INTAKE

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	SUNDAY 9:30 AM - 5:15 PM
						1 10:00 AM - Breakfast 12:00 PM - Wellness Walks 1:00 PM - Baking Healthy Snacks 3:00 PM - Karaoke & Indoor Games
2 10:00 AM - Wellness walk and surprise treat 1:00 PM - Healing Through Art 3:00 PM - Community Kitchen	3 10:00 AM - Coffee Outing 11:00 AM - Brain Training 1:00 PM - Science World 3:00 PM - Community Kitchen	4 10:00 AM - Food Sustainability 1:30 PM - Member's Meeting and November Birthday Celebrations 3:00 PM - Community Kitchen	5 10:00 AM - Rec. Centre & Gym 1:00 PM - Brain Training 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	6 10:00 AM - Café Adventure 11:30 AM - Show and Tell 1:00 PM - Mt. Pleasant Community Centre(Pickleball, Basketball etc.) 2:30 PM - RABBLE ROUSERS 3:00 PM - Community Kitchen	7 10:00 AM - Breakfast 12:00 PM - Wellness Walks 1:00 PM - Baking Healthy Snacks 3:00 PM - Karaoke & Indoor Games	8 10:00 AM - Breakfast 12:00 PM - Wellness Walks 1:00 PM - Baking Healthy Snacks 3:00 PM - Karaoke & Indoor Games
9 10:00 AM - Wellness walk and surprise treat 1:00 PM - D&D with Claire 3:00 PM - Community Kitchen	10 10:00 AM - Coffee Outing 11:00 AM - Brain Training 1:00 PM - Wellness Smoothie 3:00 PM - Community Kitchen	11 PROGRAM CLOSED 	12 10:00 AM - Food Sustainability 1:00 PM - Brain Training 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	13 8:00 AM - Cleaning Day starts 12:00 PM - FREE PIZZA LUNCH AFTER CLEANING 12:45 PM - Due to Operational Reasons, the center will be CLOSED EARLY THIS DAY.	14 10:00 AM - Breakfast 12:00 PM - Wellness Walks 1:00 PM - Music Therapy 3:00 PM - Karaoke & Indoor Games	15 10:00 AM - Breakfast 12:00 PM - Wellness Walks 1:00 PM - Baking Healthy Snacks 3:00 PM - Karaoke & Indoor Games
16 10:00 AM - Wellness walk and surprise treat 1:00 PM - Healing Through Art 3:00 PM - Community Kitchen	17 10:00 AM - Coffee Outing 11:00 AM - Brain Training x SAUNA COLD PLUNGE (Distress Rolerance Community Outing) 3:00 PM - Community Kitchen	18 10:00 AM - Food Sustainability 1:00 PM - The Clothing Rework Workshop 2:00 PM - Path to Employment: Work Skills Workshop 3:00 PM - Community Kitchen	19 10:00 AM - Rec. Centre & Gym 1:00 PM - Brain Training 2:00 PM - Tabletop games 3:00 PM - Community Kitchen	20 10:00 AM - Café Adventure 11:30 PM - Poetry Workshop 1:00 PM - Mt. Pleasant Community Centre(Pickleball, Basketball etc.) 2:30 PM - RABBLE ROUSERS 3:00 PM - Community Kitchen	21 10:00 AM - Breakfast 12:00 PM - Wellness Walks 1:00 PM - Baking Healthy Snacks 3:00 PM - Karaoke & Indoor Games	22 10:00 AM - Breakfast 12:00 PM - Wellness Walks 1:00 PM - Baking Healthy Snacks 3:00 PM - Karaoke & Indoor Games
23 10:00 AM - Wellness walk and surprise treat 1:00 PM - Theatre Sports 3:00 PM - Community Kitchen	24 10:00 AM - Coffee Outing 11:00 AM - Brain Training 11:00 PM - Aberdeen Mall 3:00 PM - Community Kitchen	25 10:00 AM - Food Sustainability 1:00 PM - The Clothing Rework Workshop 3:00 PM - Community Kitchen	26 10:00 AM - Rec. Centre & Gym 1:00 PM - Brain Training 2:00 PM - Street Art Workshop 3:00 PM - Community Kitchen	27 10:00 AM - Café Adventure 11:30 AM - Show and Tell 2:30 PM - RABBLE ROUSERS 3:00 PM - Community Kitchen	28 10:00 AM - Breakfast 1:00 PM - Music Therapy 3:00 PM - Karaoke & Indoor Games	29 10:00 AM - Breakfast 12:00 PM - Wellness Walks 1:00 PM - Baking Healthy Snacks 3:00 PM - Karaoke & Indoor Games
30 10:00 AM - Wellness walk and surprise treat 1:00 PM - D&D with Claire 3:00 PM - Community Kitchen						

THE SCHEDULE IS SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.