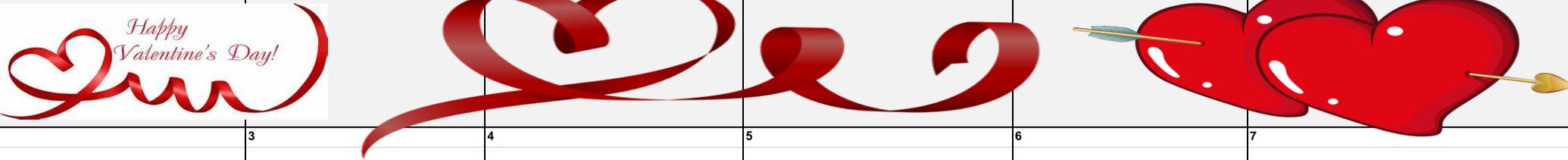


February 2025 Calendar

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

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
												1	10:00 AM - Breakfast 12:00 PM - Hillcrest Aquatic Centre 3:30 PM - Karaoke / Indoor Games
2	10:00 AM - Breakfast 12:00 PM - Music with Min 3:00 PM - Karaoke / Indoor Games	3	10:00 AM - Food Sustainability 1:00 PM - Theatresports 3:00 PM - Community Kitchen	4	10:00 AM - Coffee Outing 11:00 AM - Brain Training 1:00 PM - D&D 3:00 PM - Community Kitchen	5	10:00 AM - Wellness Group & Smoothies 11:00 PM - Brain Training 1:00 PM - Music Therapy 3:00 PM - Community Kitchen	6	10:00 AM - Breakfast Outing & Career Talks 1:00 PM - Expressive Arts 3:00 PM - Community Kitchen	7	10:00 AM - Rabble Rousers 1:00PM - Mini Golf 3:00 PM - Community Kitchen	8	 10:00 AM - Breakfast 12:00 PM - Hillcrest Aquatic Centre 3:30 PM - Karaoke / Indoor Games
9	10:00 AM - Breakfast 12:00 PM - Music with Min 3:00 PM - Karaoke / Indoor Games	10	10:00 AM - Food Sustainability 1:00 PM - Theatresports 3:00 PM - Community Kitchen	11	9:30 AM - Snowshoeing at Grouse *please RSVP* 10:00 AM - Coffee Outing 11:00 AM - Brain Training 3:00 PM - Community Kitchen	12	10:00 AM - Wellness Group & Smoothies 11:00 PM - Brain Training 1:00 PM - Music Therapy 3:00 PM - MEMBERS MEETING	13	10:00 AM - Breakfast Outing & Career Talks 1:00 PM - Expressive Arts 3:00 PM - Community Kitchen	14	Happy Valentine's Day! 10:00 AM - Rabble Rousers 1:30 PM - Brain Training Valentine's Day Art Popup: Sensory Boards! 3:00 PM - Community Kitchen	15	10:00 AM - Breakfast 12:00 PM - Hillcrest Aquatic Centre 3:30 PM - Karaoke / Indoor Games
16	10:00 AM - Breakfast 1:00 PM - Cooking Club 3:00 PM - Karaoke / Indoor Games	17	PROGRAM CLOSED: Family Day 	18	10:00 AM - Coffee Outing 11:00 AM - Brain Training 1:00 PM - D&D 3:00 PM - Community Kitchen	19	10:00 AM - Wellness Group & Smoothies 11:00 PM - Brain Training 1:00 PM - Music Therapy 3:00 PM - Community Kitchen	20	10:00 AM - Breakfast Outing & Career Talks 11:00 AM - Food Sustainability 1:00 PM - Expressive Arts 3:00 PM - Community Kitchen	21	10:00 AM - Rabble Rousers 1:00PM - Rock Climbing 3:00 PM - Community Kitchen	22	10:00 AM - Breakfast 12:00 PM - Hillcrest Aquatic Centre 3:30 PM - Karaoke / Indoor Games
23	10:00 AM - Breakfast 12:00 PM - Music with Min 3:00 PM - Karaoke / Indoor Games	24	10:00 AM - Food Sustainability 1:00 PM - Theatresports 3:00 PM - Community Kitchen	25	10:00 AM - Coffee Outing 11:00 AM - Brain Training 1:00PM - Cat Café 3:00 PM - Community Kitchen	26	10:00 AM - Wellness Group & Smoothies 11:00 PM - Brain Training 1:00 PM - Music Therapy 3:00 PM - Community Kitchen	27	10:00 AM - Breakfast Outing & Career Talks 1:00 PM - Expressive Arts 3:00 PM - Community Kitchen	28	10:00 AM - Rabble Rousers 1:00 PM - Cleaning day/Task choice Please note there's no community kitchen on this day. Pizza will be ordered for members who help with cleaning.		

FOOD PROGRAMS:

NOTE: The schedule may be subject to change without prior notice.

Community Kitchen: Simple light meals prepared with members to practice cooking skills, and build community. The recipes have a 15-minute prep time and use ingredients that are available in the pantry

Cooking Club: International cuisines to practice advanced cooking skills with longer prep times. online shopping, with a scheduled pickup

Food Sustainability: Members will discuss healthy eating, meal planning, and budgeting. Participants will receive a \$25 food order offer through on the following day or week from Young Adult Program Centre.

Secret Ingredient Bake Off: Participants will be given a secret ingredient to bake with. Those who taste the baked goods will guess what the secret ingredient is

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THERAPEUTIC PRACTICES:

Brain Training: Exercise your brain and improve cognition while playing fun and interactive games and learning strategies to help with daily living

Wellness group: Neighborhood walk, and smoothies

Expressive Arts: Creative practices that allow individuals to express themselves through various artistic forms

Music Therapy: A music therapist leads various musical activities in group or 1:1 setting based on the members' preferences and needs, such as drum circles, singalongs, music games, music lessons, recording sessions, band practice, to music together! or simply relaxing and listening. Whether or not you have musical talents, all members are welcome to the Bird Studio!

D&D: Dungeons & Dragons is a tabletop role-playing game where players create characters and embark on adventures in a fantasy setting, guided by a Dungeon Master.

Theatresports: An improvisational theatre format. Participants engage in short and fun games, and scenes

MENTAL HEALTH AWARENESS PROJECT:

Rabble Rousers: Participants engage in various community initiatives to raise awareness about mental health and combat stigma. You can show up in session to get more information and join the project.

OUTINGS AND PHYSICAL FITNESS:

Coffee Outing: Neighborhood walk to a local coffee shop and conversation with peers

Breakfast Outing: Neighborhood walk to get breakfast right before the brain training session.

Rec Centre: Mount Pleasant Community Centre, amenities include gym with climbing wall, and fitness centre with steam room

Hillcrest Aquatic Centre: Amenities include aquatic centre, fitness centre, ice rink, gymnasium, indoor cycling

Bowling: Grandview Lanes

OUTINGS(RSVP & DEPOSIT REQUIRED & LIMITED CAPACITY) :

Vancouver Aquarium: RSVP on a first-come, first-served basis. A \$2 deposit is required. Cancellations made at least 24 hours before the event are eligible for a deposit refund.

NOTE: The schedule may be subject to change without prior notice.