

FEBRUARY

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
  						1 Start of Members Only Service
2 	3  	4 10:00-12:00 Art w/h Marcia & Robin 1:30 BINGO 	5 OUTING 10:00-12:00 Digital Literacy 	6 10:30 Healthy Lifestyles 12:00-4:00 Pottery 1:30 Bingo 	7 9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art Group 1:00-4:00 Karaoke 	8  
9 	10 	11 10:00-12:00 Art w/h Marcia & Robin 1:30 BINGO 	12 Staff Meeting Closing 2:30pm 10:00-12:00 Digital Literacy	13 10:30 Healthy Lifestyles 12:00-4:00 Pottery 1:30 Bingo 	14  9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art Group 	15 
16  	17  	18 10:00-12:00 Art w/h Marcia & Robin 1:30 BINGO 	19 OUTING 10:00-12:00 Digital Literacy 3pm Members Meeting	20 10:30 Healthy Lifestyles 12:00-4:00 Pottery 1:30 Bingo 	21 9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art Group 1:00-4:00 Karaoke 	22  
23  	24  	25 10:00-12:00 Art w/h Marcia & Robin 1:30 BINGO 	26 10:00-12:00 Digital Literacy 	27 10:30 Healthy Lifestyles 12:00-4:00 Pottery 1:30 Bingo 	28  9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art Group 1:00-4:00 Karaoke	RUN IN BOARDROOM HEALTHY LIFESTYLES ACUPUNCTURE KARAOKE UBC WORKSHOPS