

JANUARY



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 	2 10:30 Healthy Lifestyles 12:00-4:00 Pottery 1:30 Bingo	3 9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art Group 1:00-4:00 Karaoke	4 1:00-3:00 Soundbath Meditation
5 	6 	7 10:00-12:00 Art w/h Marcia & Robin 1:30 BINGO 	8 Staff Meeting Closing early at 2:30pm	9 10:30 Healthy Lifestyles 12:00-4:00 Pottery 1:30 Bingo 	10 9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art Group 1:00-4:00 Karaoke 11:30-12:30 UBC Workshop	11 1:00-3:00 Soundbath Meditation
12 	13 	14 10:00-12:00 Art w/h Marcia & Robin 1:30 BINGO 	15 Outing	16 10:30 Healthy Lifestyles 12:00-4:00 Pottery 1:30 Bingo	17 9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art Group 1:00-4:00 Karaoke	18 1:00-3:00 Soundbath Meditation
19 	20 	21 10:00-12:00 Art w/h Marcia & Robin 1:30 BINGO 	22 3:00 Members Meeting	23 10:30 Healthy Lifestyles 12:00-4:00 Pottery 1:30 Bingo 	24 9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art Group 1:00-4:00 Karaoke 11:30-12:30 UBC Workshop	25 1:00-3:00 Soundbath Meditation
26 	37 	28 10:00-12:00 Art w/h Marcia & Robin 1:30 BINGO 	29 Outing	30 10:30 Healthy Lifestyles 12:00-4:00 Pottery 1:30 Bingo 	31 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 SOUNDBATH MEDITATION KARAOKE UBC WORKSHOPS