

SEPTEMBER

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
<p>RUN IN BOARDROOM 2</p> <p>HEALTHY LIFESTYLES ACUPUNCTURE SOUNDBATH MEDITATION KARAOKE UBC WORKSHOPS</p>	<p>CLOSED</p>	<p>3</p> <p>CLOSED</p>	<p>4</p>	<p>5</p> <p>10:30 Healthy Lifestyles</p> <p>1:30 Bingo</p> 	<p>6</p>  <p>9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art with Shauna and Mary 1:00-4:00 Karaoke</p> 	<p>7</p>
<p>8</p> <p>CLOSED</p>	<p>9</p> <p>CLOSED</p>	<p>10</p> <p>10:00-12:00 Art w/h Marcia & Robin 1:30 BINGO</p> 	<p>11</p> <p>Berry Picking Outing</p> <p>Staff Meeting, Closing at 2:30</p>	<p>12</p> <p>10:30 Healthy Lifestyles</p> <p>1:30 Bingo</p> 	<p>13</p>  <p>9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art with Shauna and Mary 1:00-4:00 Karaoke</p> 	<p>14</p> <p>12:00-4:00 Pottery</p> 
<p>15</p> <p>CLOSED</p> 	<p>16</p> <p>CLOSED</p>	<p>17</p>  <p>10:00-12:00 Art w/h Marcia & Robin 1:30 BINGO</p> 	<p>18</p> <p>Member Meeting at 3pm</p>	<p>19</p> <p>10:30 Healthy Lifestyles</p> <p>1:30 Bingo</p> 	<p>20</p>  <p>9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art with Shauna and Mary 1:00-4:00 Karaoke</p>	<p>21</p> <p>12:00-4:00 Pottery</p>
<p>22</p> <p>CLOSED</p>	<p>23</p> <p>CLOSED</p>	<p>24</p> <p>10:00-12:00 Art w/h Marcia & Robin 1:30 BINGO</p> 	<p>25</p> <p>Historical Farm Outing</p>	<p>26</p> <p>10:30 Healthy Lifestyles</p> <p>1:30 Bingo</p> 	<p>27</p>  <p>9:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art with Shauna and Mary 1:00-4:00 Karaoke</p> 	<p>28</p> <p>12:00-4:00 Pottery</p> <p>4-8pm Whitecaps game!</p> 
<p>29</p> <p>CLOSED</p>	<p>30</p> <p>CLOSED</p>	<p>1</p> <p>10:00-12:00 Art w/h Marcia & Robin 1:30 BINGO</p> 	<p>2</p>	<p>3</p> <p>10:30 Healthy Lifestyles</p> <p>1:30 Bingo</p>  	<p>4</p>  <p>09:45-11:15 Acupuncture 10:00 Walking Group 10:00-12:00 Art with Shauna and Mary 1:00-4:00 Karaoke</p> 	<p>5</p> <p>12:00-4:00 Pottery</p> 