

# JUNE 2024 COAST MENTAL HEALTH YOUNG ADULT PROGRAM

Monday 10AM-6PM	Tuesday 10AM-8PM	Wednesday 10AM-8PM	Thursday 10AM-8PM	Friday 10AM-8PM	Saturday 10AM-6PM
<b>YA Program @ Coast Clubhouse</b>  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					<b>1</b> 11:00AM - Breakfast! <b>1:00PM - Music with Min</b> <b>1:00PM: Cooking Club</b> 4:00PM - Karaoke / Indoor Games
<b>3</b> 10:30AM - Breakfast Outing <b>1:00PM - Rabble Rousers</b> 2:30PM - Community Kitchen <b>3:30PM - DnD with Claire!</b>	<b>4</b> 10:00AM - Coffee Outing <b>11:00AM - Brain Training</b> <b>1:00PM - Rec Centre</b> 4:00PM - Community Kitchen <b>5:30PM - Expressive Arts</b>	<b>5</b> 10:30AM - Writing Group <b>1:00PM - Bowling</b> <b>3:00PM - Brain Training</b> 4:00PM - Community Kitchen <b>5:00PM - Music Therapy</b>	<b>6</b> 11:00AM - Food Sustainability <b>1:00PM - Art Collage Group</b> 4:00PM - Baking <b>5:30PM - Theatresports</b>	<b>7</b> 10:30AM - Wellness Group <b>1:00PM - Lonsdale Quay</b> 4:00PM - Community Kitchen 5:00PM - Movie Night	<b>8</b> 11:00AM - Breakfast! 4:00PM - Karaoke / Indoor Games
<b>10</b> 10:30AM - Breakfast Outing <b>1:00PM - Rabble Rousers</b> 2:30PM - Community Kitchen <b>3:30PM - DnD with Claire!</b>	<b>11</b> 10:00AM - Coffee Outing <b>11:00AM - Brain Training</b> <b>1:00PM - Rec Centre</b> 4:00PM - Community Kitchen <b>5:30PM - Expressive Arts</b>	<b>12</b> 10:30AM - Writing Group <b>1:00PM - Bowling</b> <b>3:00PM - Brain Training</b> 4:00PM - Community Kitchen <b>5:00PM - Music Therapy</b>	<b>13</b> 11:00AM - Food Sustainability <b>1:00PM - Art Collage Group</b> 4:00PM - Baking <b>5:30PM - Theatresports</b>	<b>14</b> 10:30AM - Wellness Group <b>1:00PM - Fried Chicken Club</b> 4:00PM - Community Kitchen 5:00PM - Movie Night	<b>15</b> 11:00AM - Breakfast! <b>1:00PM - Music with Min</b> <b>1:00PM: Cooking Club</b> 4:00PM - Karaoke / Indoor Games
<b>17</b> 10:30AM - Breakfast Outing <b>1:00PM - Rabble Rousers</b> 2:30PM - Community Kitchen <b>3:30PM - DnD with Claire!</b>	<b>18</b> 10:00AM - Coffee Outing <b>11:00AM - Brain Training</b> <b>1:00PM - Rec Centre</b> 4:00PM - Community Kitchen <b>5:30PM - Expressive Arts</b>	<b>19</b> 10:30AM - Writing Group <b>1:00PM - Bowling</b> <b>3:00PM - Brain Training</b> 4:00PM - Community Kitchen <b>5:00PM - Music Therapy</b>	<b>20</b> 11:00AM - Food Sustainability <b>1:00PM - Art Collage Group</b> 4:00PM - Baking <b>5:30PM - Theatresports</b>	<b>21</b> 10:30AM - Wellness Group <b>1:00PM - National Indigenous People's Day Event</b> 4:00PM - Community Kitchen 5:00PM - Movie Night	<b>22</b> 11:00AM - Breakfast! <b>1:00PM - Music with Min</b> 4:00PM - Karaoke / Indoor Games
<b>24</b> 10:30AM - Breakfast Outing <b>1:00PM - Rabble Rousers</b> 2:30PM - Community Kitchen <b>3:30PM - DnD with Claire!</b>	<b>25</b> 10:00AM - Coffee Outing <b>11:00AM - Brain Training</b> <b>1:00PM - CLEAN-UP DAY</b> <b>4:00PM - PIZZA PARTY</b>	<b>26</b> 10:30AM - Writing Group <b>1:00PM - Bowling</b> <b>3:00PM - Brain Training</b> 4:00PM - Community Kitchen <b>5:00PM - Music Therapy</b>	<b>27</b> 11:00AM - Food Sustainability <b>1:00PM - Art Collage Group</b> 4:00PM - Baking <b>5:30PM - Theatresports</b>	<b>28</b> 10:30AM - Wellness Group <b>1:00PM - Disc Golf</b> 4:00PM - Community Kitchen 5:00PM - Movie Night	<b>29</b> 11:00AM - Breakfast! <b>1:00PM - Music with Min</b> <b>1:00PM: Cooking Club</b> 4:00PM - Karaoke / Indoor Games