

Monday	Tuesday	Wednesday	Thursday	Friday
			1 1 – 3 pm Individual Fitness 1 – 4 pm Social Work Drop In 3 – 4 pm Crafts 4 – 5:30 pm Stop Motion 5:30 – 7:30 pm Queer 2 Peer	2 12 – 3 pm Addiction Counsellor Drop In 2 – 3:15 pm Mindfulness
5 CIVIC HOLIDAY	6 12 – 3 pm Employment & Education Drop in 12 – 4 pm Family Support Drop in 1 – 3 pm Art Group 2 – 3:30 pm Peer Connect 3 – 4 pm Come & Hang Out 4 – 5:30 pm ACCESS Youth Council	7 11:30 – 12:30 pm YAS group overview 12 – 3 pm Addiction Counsellor Drop In 12 – 5 pm Peer Support Drop In 1 – 3 pm Skill Development: Friendships & Connections	8 1 – 3 pm Individual Fitness 1 – 4 pm Social Work Drop In 3 – 4 pm Crafts 4 – 5:30 pm Stop Motion	9 12 – 3 pm Addiction Counsellor Drop In 2 – 3:15 pm Mindfulness
12 12 – 3 pm Employment & Education Drop In 1 – 3 pm Group Exercise- spin 3 – 4 pm Moving Meditation & Wolfgang	13 12 – 4 pm Family Support Drop In 1 – 3 pm Art Group 2 – 3:30 pm Peer Connect 3 – 4 pm Come & Hang Out	14 11:30 – 12:30 pm YAS group overview 12 – 3 pm Addiction Counsellor Drop in hours 12 – 5 pm Peer Support Drop In 1 – 3 pm Skill Development: Friendships & Connections	15 1 – 3 pm Individual Fitness 1 – 4 pm Social Work Drop In Hours 5:30 – 7:30 pm Queer 2 Peer	16 12 – 3 pm Addiction Counsellor Drop In 2 – 3:15 pm Mindfulness
19 12 – 3 pm Employment & Education Drop In 1 – 3 pm Group Exercise- spin 3 – 4 pm Moving Meditation & Wolfgang	20 12 – 4 pm Family Support Drop In 1 – 3 pm Art Group 2 – 3:30 pm Peer Connect 3 – 4 pm Come & Hang Out	21 11:30 – 12:30 pm YAS group overview 12 – 3 pm Addiction Counsellor Drop in hours 12 – 5 pm Peer Support Drop In 1 – 3 pm Skill Development: Friendships & Connections	22 1 – 3 pm Individual Fitness 1 – 4 pm Social Work Drop In	23 12 – 3 pm Addiction Counsellor Drop In 2 – 3:15 pm Mindfulness
26 12 – 3 pm Employment & Education Drop In 1 – 3 pm Group Exercise- spin 3 – 4 pm Moving Meditation & Wolfgang	27 12 – 4 pm Family Support Drop In 1 – 3 pm Art Group 2 – 3:30 pm Peer Connect 3 – 4 pm Come & Hang Out - Birthday Celebrations	28 11:30 – 12:30 pm YAS group overview 12 – 3 pm Addiction Counsellor Drop in hours 12 – 5 pm Peer Support Drop In 1 – 3 pm Skill Development: Friendships & Connections	29 1 – 3 pm Individual Fitness 1 – 4 pm Social Work Drop In 4:45 – 8:00 pm Queer 2 Peer Wrap up BBQ	30 12 – 3 pm Addiction Counsellor Drop In 2 – 3:15 pm Mindfulness

Programs for young adults ages 16-25

The Access Open Minds clinic is located at the Bill Rees YMCA – 10211 105 Street NW, Edmonton

Young Adult Services Drop In Groups & Services

 www.twitter.com/YEGYAS

 **YEGYAS**

Descriptions & Info

NOT SURE? START HERE!!

YAS group overview | *When:* Wednesdays from 11:30 – 12:30 pm | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want an overview of YAS groups, help determining what might be a good fit for you, and want to check out our space in a casual session | *How do I prepare?* No prep needed. Just show up | *Contact:* Natasha: 780-288-7423 or Yazmin: 780-782-5042

Drop In SERVICES

Employment & Education Drop In Hours | *When:* Mondays from 12 – 3 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want 1:1 help with goals related to employment, education, volunteering, career planning | *How do I prepare?* No prep needed. Just show up, and we'll meet you where you are at. | *Contact:* Caryn at 780-901-7780

Social Work Drop In Hours | *When:* Thursdays from 1 – 4 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want 1:1 help with ID, Housing, Gender Identity, Sexual Orientation, Income, or require a Commissioner of Oaths. | *How do I prepare?* Come to the AOM, fill out a pre-meeting questionnaire. Bring along any relevant documents, if you have them. | *Contact:* 780-415-0048

Addiction Counsellor Drop In Hours | *When:* Wednesdays & Fridays from 12 – 3 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want a 1:1 meeting with an addiction counsellor in order to discuss making changes to your substance use and/or gambling. | *How do I prepare?* No prep needed. Just show up, and we'll meet you where you are at. | *Contact:* 780-415-0048

Peer Support Drop In Hours | *When:* Wednesdays from 12 – 5 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want to meet 1:1 with a peer support worker who has lived experience with addiction and/or mental health. | *How do I prepare?* No prep needed. Just show up, and we'll meet you where you are at. | *Contact:* 780-415-0048

Drop In FITNESS GROUPS

Group Exercise | *When:* Mondays from 1 – 3 PM | *Where:* Meet at Bill Rees YMCA | *How do I know it's for me?* You would like to try a spin class with a qualified instructor. *How do I prepare?* Bring indoor workout shoes, athletic clothes to change into, and a water bottle | *Contact:* Natasha: 780-288-7423 or Yazmin: 780-782-5042

Individual Fitness | *When:* Thursdays from 1 – 3 PM | *Where:* Meet at Bill Rees YMCA | *How do I know it's for me?* You would like a consult with a Recreation Therapist certified to provide individual fitness programs. | *How do I prepare?* Bring indoor workout shoes, athletic clothes to change into, and a water bottle | *Contact:* Natasha: 780-288-7423 or Yazmin: 780-782-5042

Drop In Groups & Services FOR FAMILIES AND CAREGIVERS

Connecting By Choice | *When:* Wednesdays from 6:30 – 8 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You are a family member or caregiver and want to connect with others who are supporting a young adult with mental health and/or addiction concerns. Join us to learn skills and share your knowledge. | *How do I prepare?* No prep needed. | *Contact:* 780-415-0048

Family Support Drop In Hours | *When:* Tuesdays from 12 – 4 pm | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You are looking for support and resources for families or caregivers who are supporting a young adult with mental health and/or addiction concerns. Open to young adults, family members, and caregivers who may choose to attend on their own or with each other. | *How do I prepare?* No prep needed. Just show up, and we'll meet you where you are at. | *Contact:* 780-415-0048

Drop In MINDFULNESS GROUPS

Moving Meditation & Wolfgang | *When:* Mondays From 3 – 4 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want to develop mind/body connections skills for dealing anxiety or stress. If you love dogs Wolfgang our pet therapy dog joins us on our yoga mats | *How do I prepare?* No Prep needed | *Contact:* Natasha: 780-288-7423 or Yazmin: 780-782-5042

Mindfulness | *When:* Fridays from 2 PM – 3:15 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want education on mindfulness skills and are interested in trying different types of mindfulness out. | *How do I prepare?* No prep needed. Just drop in. | *Contact:* Caryn 780-901-7780

Drop In SKILL / LEARNING GROUPS

Art Group | *When:* Tuesdays from 1 – 3 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want to learn art skills from a qualified instructor in a relaxing environment. | *How do I prepare?* No prep needed. | *Contact:* Natasha: 780-288-7423 or Yazmin: 780-782-5042

Skill Development (Education group) | *When:* Wednesdays from 1 – 3 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want learn practical skills in wide range of topics. This month is on friendships & connections. | *How do I prepare?* No Prep needed | *Contact:* Natasha: 780-288-7423 or Yazmin: 780-782-5042

Drop In RECREATION & LEISURE GROUPS

Crafts | *When:* Thursdays from 3 – 4 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want to be exposed to a variety of craft ideas and activities | *How do I prepare?* No prep needed. | *Contact:* Natasha: 780-288-7423 or Yazmin: 780-782-5042

This or That | *When:* Thursdays from 4 – 5 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want to try a variety of activities as stated on the calendar. Group starts up again in September 2019 | *How do I prepare?* No Prep needed | *Contact:* Natasha: 780-288-7423 or Yazmin: 780-782-5042

Drop In PEER GROUPS

Peer Connect | *When:* Tuesdays from 2 – 3:30 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want to connect with other young adults & peer support workers to chat about life and the challenges of addiction and mental health. | *How do I prepare?* No prep needed. | *Contact:* Briana at 780-554-0327

Queer 2 Peer | *When:* The 1st and 3rd Thursday of the month from 5:30 – 7:30 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You identify as a member of the LGBTQ2S+ community and want to socialize and connect with LGBTQ2S+ young adults in a safe space | *How do I prepare?* No Prep needed | *Contact:* Caryn 780-901-7780

ACCESS Youth Council | *When:* The 1st Tuesday of the month from 4:00 – 5:30 PM | *Where:* Access Open Minds Clinic | *How do I know it's for me?* You want to help us set the standard that youth get the “right care, at the right time, in the right place” and create a mental health system that is better prepared to provide support to youth now and in the future. | *How do I prepare?* No Prep needed | *Contact:* Briana at 780-554-0327