Monday	Tuesday	Wednesday	Thursday	Friday
3 **ECHO Closed** **Stat Holiday** **Labour Day**	4	5 ECHO's "Lucky 7" Birthday Party **12:00-5:00pm at Edmonds Clubhouse** Doors at 12 $2 entry fee for food *** Not a YA only event**	6	7 **YA Open Lounge** **- SNACKS & HANGOUTS -** **5-8pm at Edmonds Clubhouse** *Free
10	11 **Community Kitchen** **- CHICKEN LETTUCE WRAPS -** **5-8pm at Edmonds Clubhouse** *Free **Please RSVP by September 9th	12	13	14 Board Game Night **5-8pm at Edmonds Clubhouse** *** Not a YA only event**
17 Vocational Lounge **530-730pm at Edmonds Clubhouse** *** Not a YA only event**	18 **Creative Expressions** **- CROSS-STITCH -** **5-8pm at Edmonds Clubhouse** *Free **Please RSVP by September 16th	19 Armchair Travel to Inuvik with Kelsey! **1:30 at Edmonds Clubhouse** *** Not a YA only event**	20 Deer Lake Picnic **10 – 4** *Kayaking *Toonie lunch *Outdoor games *Find us near the boat launch *** Not a YA only event**	21 Bowling @ Revs **4:30-6:30pm** (Free) *Please note, 1 slice of pizza will be served to those at Rev's before 5:00pm. *** Not a YA only event**
24	25	26 **ECHO Closed** **CMHA Staff Event**	27	28 Movie and Pool Tournament Night **5-8pm at Edmonds Clubhouse** *** Not a YA only event**
October 1	October 2	October 3	October 4	October 5 **YA Open Lounge** **- SNACKS & HANGOUTS -** **5-8pm at Edmonds Clubhouse** *Free

SEE DETAILS OF ALL EVENTS AND PROGRAMS ON THE SECOND PAGE!

YOUNG ADULT OPEN LOUNGE

- **At Edmonds Clubhouse 5-8pm**
- We are getting together to enjoy some fun- pool, board games, music, and chatting.
- No sign-up required, just drop in and enjoy.
- Snacks served around 6pm
- FREE

YOUNG ADULT COMMUNITY KITCHEN

- **At Edmonds Clubhouse 5-8pm**
- Learn how to make an easy dinner
- Everyone helps out, and then enjoy the amazing food we make together.
- This month, *CHICKEN LETTUCE WRAPS* are on the menu!
- **Please RSVP by September 9th**
- FREE

YOUNG ADULT CREATIVE EXPRESSIONS

- **At Edmonds Clubhouse 5 - 8pm**
- Evening run by Tricia (our amazingly talented Member Leader) with assistance from the talented Cheyenne!
- *CROSS-STITCH*
- **Please RSVP by September 16th**
- FREE

NOTE:

THIS MONTH, MAKE SURE YOU DON'T MISS ECHO'S 7TH BIRTHDAY PARTY, AND A VISIT FROM KELSEY AS SHE PRESENTS 'ARMCHAIR TRAVEL TO INUVIK!'

Need to contact ECHO?

Young Adult contact phone: 778-986-3039

Edmonds (604) 526-9606
109 - 7355 Canada Way

Gilmore (604) 291-8846
501- 4190 Lougheed Hwy (5 min walk from Gilmore Skytrain)

Check out our website: http://vancouver-fraser.cmha.bc.ca/echo

WANT MORE YA PROGRAMS? CHECK OUT THESE OTHER OPPORTUNITIES FOR YOU TO CONNECT

Join Dave at New Leaf Clubhouse for his Young Adult Program
every Thursday 2-7pm

Contact Dave for details 778-938-7135
New Leaf Clubhouse: 1113 6th Ave, New Westminster