



SUMMER SESSIONS FOR YOUNG ADULTS

July-August 2025

Your Fun Summer Awaits!

The **Summer Session** provides an opportunity for young adults with mental health barriers to enjoy a fun, FREE recreational activities and socialize with peers while building confidence and engaging in social skills.

Join the youth summer session if you are 17-26 years old, reside in the **Vancouver Coastal Health service delivery area** and are experiencing mental health and/ or substance use challenges.

Activities List

Kick Off BBQ @ Hadden Park – Join us at Hadden Park to kick off the summer. We will have hotdogs and veggie dogs on the grill and lawn games to play. Meet the folks you'll be doing fun activities with - Wednesday, July 9th from 12 pm – 3 pm



Clip and Climb—Clip 'n Climb offers impressive activities featuring climbing walls of various difficulty levels, providing a healthy challenge that is accessible to everyone, with an emphasis on action. There is around 75 challenges on 25 climbing walls - Tuesday, July 15th from 1 – 3 pm

Learning how to Felt – Looking for a creative outlet that's hands-on, relaxing, and a little bit magical? Try felting! This tactile craft uses wool and special needles to sculpt everything from cute animals to wearable art. Whether you're into making tiny mushrooms or personalized patches, felting is beginner-friendly, budget-friendly, and totally customizable. Thursday July 17th AND July 24th from 1- 2:30 pm

Scavenger Hunt –Curious about the history and stories of Vancouver? You'll search for hidden gems like peculiar sculptures, intriguing memorials, and architectural marvels. Tuesday, July 22nd from 1– 3 pm

Canoe/ Kayak Deer Lake – Glide across the calm waters of Deer Lake and take in the natural beauty right in the heart of Burnaby. Kayaking here is the perfect way to unwind, spot wildlife, and enjoy a peaceful escape surrounded by trees and mountain views. Tuesday, July 29th 1 – 3 pm

Textured Gold Leaf Painting – Add a little shimmer to your creativity with our Textured Gold Leaf Art project! In this hands-on workshop, you'll explore layering textures and applying gold leaf to create your own one-of-a-kind masterpiece. All materials provided! Thursday, July 31 AND Thursday, August 7th from 1 – 2:30 pm

Activities List

Activate - Enter the game where you become the player in the world's first active gaming facility. Jump, climb, problem-solve and laugh, as you and your friends move between challenges. Each dynamic game room has interactive technology that reacts in real time, ensuring an adrenaline-filled adventure. – Tuesday, August 5th from 1 – 3 pm

Shoreline Garbage Pick Up and Picnic – Join us for a feel-good day by the water! We'll start with a shoreline garbage pickup to help keep our local ecosystem clean and beautiful, followed by a picnic to celebrate our efforts. Gloves and bags provided - Wednesday, August 6th from 12pm – 3pm

Bowling – Whether you're aiming for strikes or just here for the fun, this glowing experience turns bowling into fun afternoon. Shine bright and let's bowl! Tuesday, August 12th from 1 – 3 pm

Friendship Bracelets – Join us for a relaxed and creative workshop where you'll learn how to make your own friendship bracelets. It's the perfect way to unwind and make something meaningful—whether you keep it or gift it. All materials are provided. Thursday, August 14th AND August 21st from 1 – 2:30 pm

Mini Putt – Grab a putter and join us for a round of mini golf—where the competition is friendly and the fun is huge! Mini putt is the perfect way to connect, and enjoy a playful challenge. Great for all skill levels—come take your best shot! Tuesday, August 19th from 1:30 – 3:30 pm

Lighthouse Park Nature Walk – Step into the forest and onto the trails of Lighthouse Park for a refreshing nature walk along one of the North Shore's most scenic coastal spots. Surrounded by towering trees, ocean views, and rugged shoreline, this walk is the perfect way to slow down, get some fresh air, and reconnect with nature—and each other. Tuesday, August 26th from 1 – 3 pm



Wrap Up BBQ @ Hadden Park – Celebrate a season well spent with our Wrap-Up BBQ! Join us for some eats and chill vibes. Everyone's welcome—let's end on a high note! Wednesday, August 27th from 12 pm – 3 pm



Please scan the QR code or visit the link below to sign up for summer activities!
www.opendoorgroup.org/programs/thrive-leisure-and-recreation/thrive-summer-sessions

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9 Kick Off BBQ 12 – 3 pm			
		15 Clip n Climb 1 – 3 pm		17 Felting 1 -2:30 pm		
		22 Scavenger Hunt 1-3 pm		24 Felting 1 -2:30 pm		
		29 Kayak Canoe Deer Lake 1 - 3 pm		31 Gold Leaf Painting 1 -2:30 pm		

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5 Activate 1 - 3 pm	6 Shoreline Garbage Pick Up 12- 3 pm	7 Gold Leaf Painting 1 -2:30 pm		
		12 Bowling 1 - 3 pm		14 Friendship Bracelets 1 -2:30 pm		
		19 Mini Putt 1:30 –3:30 pm		21 Friendship Bracelets 1 -2:30 pm		
		26 Lighthouse Park Nature Walk 1- 3pm	27 Wrap Up BBQ 12 – 3 pm			



STAY IN TOUCH!



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This document has been designed to meet WCAG 2.0 standards and guidelines, albeit with some limitations. To provide suggestions on how we can enhance this document, please send your feedback to info@opendoorgroup.org.