



# SUMMER SESSIONS FOR YOUNG ADULTS

July-August 2026

# 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 - **Thursday, July 9<sup>th</sup> from 1pm – 4pm**



**Escape Room Adventure at i-Exit** — a fun, interactive group experience where we'll work together to solve clues, unlock puzzles, and race against the clock to complete the challenge. With immersive themed rooms and plenty of opportunities for teamwork and problem-solving, it's a great way to connect, have fun, and try something different together **Thursday, July 16<sup>th</sup> 1-3pm**

**Archery Tag outing at 6Pack Beach** — a fun, high-energy group experience where we'll team up to dodge, aim, and tag opponents using foam-tipped arrows in a safe, indoor beach-themed arena. With fast-paced gameplay, teamwork challenges, and plenty of friendly competition, it's a great way to stay active, connect with others, and try something new together on **Thursday, July 23<sup>rd</sup> from 2-4pm Transportation Available.**

**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. **Thursday, July 30<sup>th</sup> 2-4 pm Transportation Available**

# 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. – **Thursday, August 6<sup>th</sup> from 2 – 4 pm** **Transportation Available**

**Granville Island Scavenger Hunt** –an interactive outdoor adventure that combines a scavenger hunt, puzzle-solving, and city exploration. Work together as a group to uncover clues, solve challenges, and explore the unique shops, art, and food culture of Granville Island while trying to crack the mystery before time runs out. A fun way to connect, explore, and enjoy a different side of Vancouver together. **Thursday, August 13<sup>th</sup> from 1– 3 pm**

**Water Bikes adventure with BC Water Bikes** — a fun, relaxed group experience where we'll cruise along Vancouver's scenic waterfront on easy-to-ride pedal-powered water bikes. With stunning views of the city skyline and mountains, calm coastal waters, and plenty of time to explore together, it's a unique way to get outside, enjoy the ocean, and connect with the group on **Thursday, August 20<sup>th</sup> from 1–3pm.** **Transportation Available**

**Stand-Up Paddleboarding outing with Windsure Adventure Watersports** — a fun and active group experience where we'll head out onto the water to learn and practice paddling while enjoying the calm coastal setting. With supportive instruction, plenty of time to explore at your own pace, and beautiful views along the shoreline, it's a great way to try something new, build confidence on the water, and connect with others on **Thursday, August 27<sup>th</sup> from 1–3pm** **Transportation Available**



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](http://www.opendoorgroup.org/programs/thrive-leisure-and-recreation/thrive-summer-sessions)

# July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>9</b> Kick Off BBQ 1 - 4 pm		
				<b>16</b> Escape Room 1 -3:00 pm		
				<b>23</b> Archery Tag 2-4:00 pm		
				<b>30</b> Kayaking 2-4:00 pm		

# August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>6</b> Activate 2-3:30 pm		
				<b>13</b> GI Scavenger Hunt 1 -3:00 pm		
				<b>20</b> Water Bike 2-4:00 pm		
				<b>27</b> SUP 2-4:00 pm		



# STAY IN TOUCH!



[www.opendoorgroup.org](http://www.opendoorgroup.org)



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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](mailto:info@opendoorgroup.org).