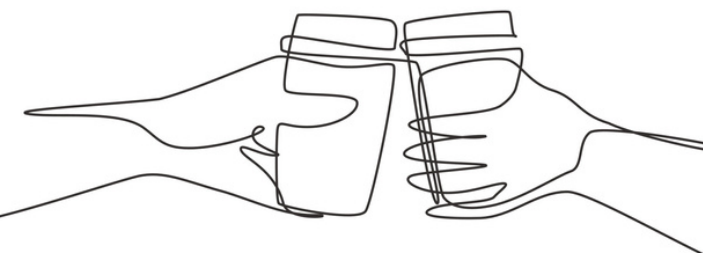


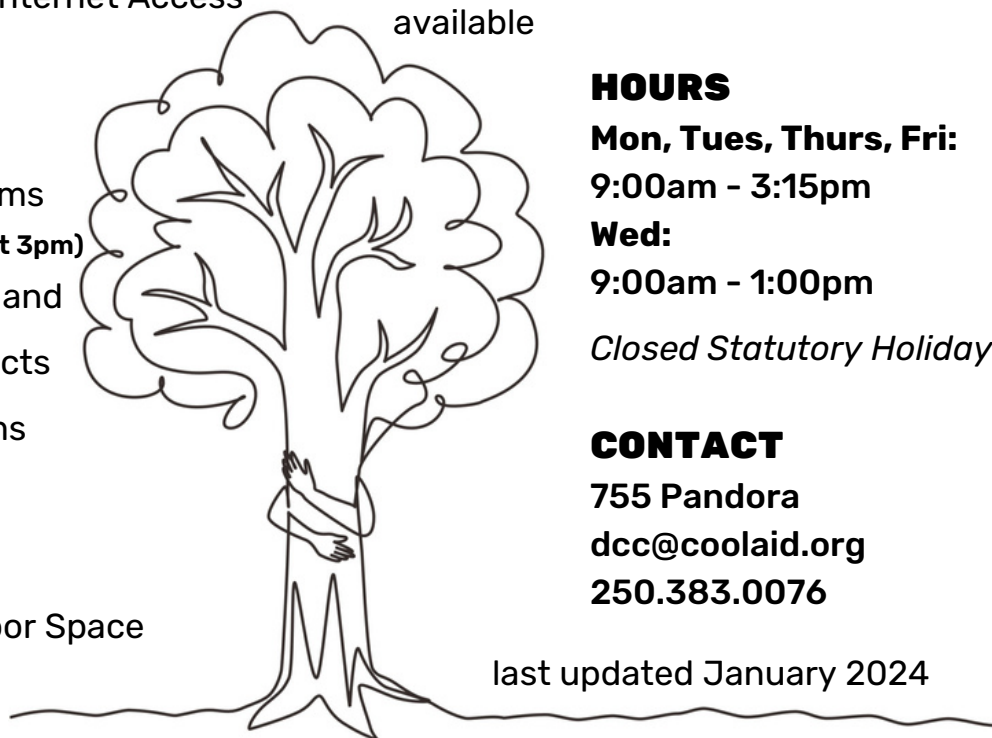
ABOUT US

The DCC is a gathering space for all members of the community that provides free: food, arts, social, recreational, and vocational based programming



DROP-IN SERVICES

- Free Coffee and Snacks
- Computer and Internet Access
- Wi-Fi
- Public Phone
- Public Washrooms
(washrooms close at 3pm)
- Free menstrual and
safer sex products
- Weekly Programs
- Peer Groups
- Referrals
- Beautiful Outdoor Space



ACCESSIBILITY

- Ground level, wheelchair accessible building with automated doors
- Kitchen equipped with ADA height counters
- Single-occupancy wheelchair accessible washroom with a change table
- Multi-stall washroom with 5 stalls and a change table

FACILITY RENTALS

The DCC is perfect for recreation, community meals, meetings, workshops, and more. Contact us for more information. Non-For Profit rates available

HOURS

Mon, Tues, Thurs, Fri:

9:00am - 3:15pm

Wed:

9:00am - 1:00pm

Closed Statutory Holidays

CONTACT

755 Pandora

dcc@coolaid.org

250.383.0076

last updated January 2024



Downtown Community Centre



weekly programs ☺

MOVE. GROUND. CONNECT.

Mon & Thurs 10am-11:15am

This class is for anyone who wishes to improve strength & mobility, develop resilience & self-awareness, and enjoy a welcoming community.

WESTERN HERBAL MEDICINE CLINIC

Mon 12:15pm and 1:30pm

Register for an Herbal Medicine consultaion. Recieve personalized self-care practices herbal remedies by qualified practitioners from Pacific Rim College (90 minutes)

Register for the Clinic by email, phone, or in person at the DCC

COMMUNITY ARTS

Wednesday 10am-12:30pm

Drop-in to our Community Arts Studio. Artists have access to a variety of art and supplies to work independently on creative projects



PEER CONNECTIONS

Thurs 12pm-1pm

Drop-in to connect in a non-judgmental setting open to all folks who are seeking social connection and/or emotional support. Supportive conversations lead by facilitators with lived experience

CHAIR MASSAGE

Thurs 1pm-3pm

Drop-in for a chair massage (15 minutes)

EVERY STEP COUNTS

Thurs 1pm-2:30pm

Fri 10:30am-12pm

Drop-in for a 50min walk or run followed by a stretch and light snack

ACCUPRESSURE

Fri 9am and 10:30am

Register for an acupressure session (1 hour)

Register for Acupressure by email, phone, or in person at the DCC

BOARD GAMES

Fri 1pm-2:30pm

Register to play games for free in a supported team environment at the Interactivity Board Game Cafe
723 Yates

Register for Board Games by email, phone, or in person at the DCC

