

The Post at 750 is seeking Expressions of Interest from organizations interested in renting out our flex space.

The Post at 750, also known as the 110 Arts Cooperative, is located in the heart of Downtown Vancouver. Our space is home to our founding co-op members: PuSh International Performing Arts Festival, DOXA Documentary Film Festival, Music on Main and Touchstone Theatre. We are looking for an organization that is passionate about the local arts sector and values the co-operative and collaborative nature of our space.

The flex space is 256 sq.ft. and can accommodate up to 8 desks. Rental rates include:

- 24/7 access
- High-speed internet
- Shared mailbox
- Meeting rooms
- Kitchen with complimentary coffee and tea
- Access to lounge and other common spaces

Rates:

- Non-profit arts organizations or co-ops: \$1600 / month
- Non-arts related non-profit organizations or co-ops: \$1800 / month
- For-profit organizations: \$2200 / month

Accessibility:

Our office is not at street level. From Hamilton St. there are 10 standard-height steps and 26 lower-than-standard-height-steps. There are handrails beside all the staircases. Elevator access is through the CBC building and must be requested in advance (per CBC's security protocols). Staff who are working in the space long-term may be given keycard access to utilize the elevator on a regular basis.

The interior of the space is free of stairs and steps. There are two non-automatic doors within the office space which are kept open weekdays between 9:30am and 4:30pm. We plan to replace these with automatic doors within the next year.

More information about the accessibility of our space may be found on our website:
<https://thepostat750.ca/accessibility/>

Interested organizations may submit an expression of interest to manager@thepostat750.ca by April 15, 2026.

Please include in your EOI:

- Description of your organization.
- Duration of your rental (short-term, long-term, seasonal) and when you would like to move in.
- Why are you interested in renting with us?
- How would our space benefit your organization?
- Does your organization and/or its leaders have experience being part of a co-op?
- How do you see your organization contributing to the culture of The Post at 750?