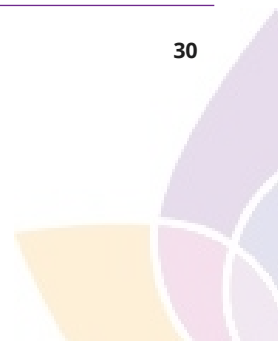


Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> <p>Scripting Our Inner Dialogues 12:00pm-1:30pm</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>1</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Scripting Our Inner Dialogues 12:00pm-1:30pm</p> <p>Peer Support Drop-In Group (Spring Session) 12:00pm-1:30pm</p>	<p>2</p> <p>Scripting Our Inner Dialogues 12:00pm-1:30pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>3</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Music Appreciation Group (Spring Session) 10:30am-12:00pm</p> <p>Scripting Our Inner Dialogues 12:00pm-1:30pm</p> <p>Artificial Intelligence 4:00pm-6:00pm</p>	<p>4</p> <p>Scripting Our Inner Dialogues 12:00pm-1:30pm</p> <p>BIPOC Book Club 1:00pm-3:00pm</p>
<p>7</p> <p>Writing Drop-In Group (Spring Session) 1:00pm-2:00pm</p>	<p>8</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Peer Support Drop-In Group 12:00pm-1:30pm</p>	<p>9</p> <p>Job Search Bootcamp 11:30am-1:00pm</p> <p>Dealing With Stress 1:00pm-2:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>10</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Music Appreciation Group 10:30am-12:00pm</p>	<p>11</p> <p>Dealing with Stress 10:30am-12:00pm</p> <p>BIPOC Book Club 1:00pm-3:00pm</p>
<p>14</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>15</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Peer Support Drop-In Group 12:00pm-1:30pm</p>	<p>16</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>17</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Music Appreciation Group 10:30am-12:00pm</p>	<p>18</p> <p>Statutory Holiday</p>
<p>21</p> <p>Statutory Holiday</p>	<p>22</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Peer Support Drop-In Group 12:00pm-1:30pm</p>	<p>23</p> <p>Goal Setting & Self Care in the Employment Search 1:00pm-2:30pm</p> <p>Video Games, Culture and Mental Health 4:00pm-6:00pm</p>	<p>24</p> <p>Better Communication 11:00am-1:00pm</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Music Appreciation Group 10:30am-12:00pm</p> <p>Self Exploration Through Creativity 2:00pm-3:30pm</p>	<p>25</p> <p>BIPOC Book Club 1:00pm-2:30pm</p>
<p>28</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p> <p>Eco-Grief 2:00pm-3:30pm</p>	<p>29</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Peer Support Drop-In Group 12:00pm-1:30pm</p>	<p>30</p> <p>Goal Setting & Self Care in the Employment Search 1:00pm-2:30pm</p> <p>Video Games, Culture and Mental Health 4:00pm-6:00pm</p>	<p>Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)			Pet-Therapy 1 10:30am-11:30am Music Appreciation 10:30am-12:00pm Communication Skills 11:00am-1:00 pm Self Exploration 2:00pm-3:30pm BIWOC Healing Circle 5:30pm-8:00pm	BIPOC Book Club 2 1:00pm-2:30pm
5 Writing Drop-In Group 1:00pm-2:00pm Eco-Grief 2:00pm-3:30pm Navigating Migration Challenges 6:00pm-8:00pm	6 Peer Support Drop-In 12:00pm-1:30pm Stand-Up Comedy for Mental Health 12:00pm-2:00pm Meditation & Mindfulness 2:00pm-3:00pm	7 Goal Setting & Self-Care in the Employment Search 1:00pm-2:30pm Video Games, Culture and Mental Health 4:00pm-6:00pm	8 Pet-Therapy 10:30am-11:30am Music Appreciation 10:30am-12:00pm Communication Skills 11:00am-1:00 pm Self Exploration 2:00pm-3:30pm BIWOC Healing Circle 5:30pm-8:00pm	9 BIPOC Book Club 1:00pm-2:30pm
12 Writing Drop-In Group 1:00pm-2:00pm Eco-Grief 2:00pm-3:30pm Dealing With Stress 2:30pm-4:00pm Navigating Migration Challenges 6:00pm-8:00pm	13 Stand-Up Comedy for Mental Health 12:00pm-2:00pm Peer Support Drop-In 12:00pm-1:30pm Meditation & Mindfulness 2:00pm-3:00pm	14 Let's Talk Interviews: Building Confidence and Sharing Your Story 11:30am-1:00pm Video Games, Culture and Mental Health 4:00pm-6:00pm	15 Pet-Therapy 10:30am-11:30am Music Appreciation 10:30am-12:00pm Communication Skills 11:00am-1:00 pm Self Exploration 2:00pm-3:30pm BIWOC Healing Circle 5:30pm-8:00pm	16 BIPOC Book Club 1:00pm-2:30pm
19 Statutory Holiday	20 Peer Support Drop-In 12:00pm-1:30pm Meditation & Mindfulness 2:00pm-3:00pm	21 Video Games, Culture and Mental Health 4:00pm-6:00pm	22 Pet-Therapy 10:30am-11:30am Music Appreciation Group 10:30am-12:00pm BIWOC Healing Circle 5:30pm-8:00pm	23 BIPOC Book Club 1:00pm-2:30pm Dealing with Stress 1:30pm-2:30pm
26 Writing Drop-In Group 1:00pm-2:00pm Eco-Grief 2:00pm-3:30pm Navigating Migration Challenges 6:00pm-8:00pm	27 Peer Support Drop-In 12:00pm-1:30pm Harm Reduction 101 12:30pm-2:00pm Meditation & Mindfulness 2:00pm-3:00pm	28	29 Pet-Therapy 10:30am-11:30am Music Appreciation Group 10:30am-12:00pm BIWOC Healing Circle 5:30pm-8:00pm	30



Upcoming Courses

BIWOC Hibiscus Healing Circle

This group provides a dedicated space for Black, Indigenous, and Women of Colour (BIWOC) with lived or living experiences of mental health and/or substance use challenges to engage in creative writing, share and learn coping strategies, and find healing as a collective. The group will also include a variety of other healing practices, including meditation, breath work, dancing, and inclusive discussions.

Thursdays | May 1st – July 17th | 5:30pm-8:00pm EST | Virtual | Open

Meditation & Mindfulness

In this course, you'll be introduced to a variety of accessible meditation techniques, including breathing meditation, body scans, and lovingkindness meditation, along with mindfulness practices such as mindful eating. Through guided practice and reflection, you'll learn how to cultivate a sense of calm, improve your focus, and respond to life's challenges with greater clarity and intention.

Tuesdays | May 4th – June 10th | 2:00pm-3:00pm EST | 1025 Queen St. West | Open

Navigating Migration Challenges

This workshop is designed to help migrants and newcomers navigate the psychological, emotional, and social challenges of migration with confidence and resilience.

Mondays | May 5th – June 9th | 6:00pm-8:00pm EST | Virtual | Open

Harm Reduction 101

This 2-part workshop series explores harm reduction as a comprehensive philosophy and value system grounded in dignity, compassion, and social justice. Participants will be introduced to the core principles of harm reduction and invited to consider how these principles apply across a range of contexts—beyond individual drug use—to areas such as mental health, housing, community care, and policy development. These workshops aim to broaden participants' understanding of harm reduction as a relational, systemic, and person-centered approach that challenges stigma and supports people in the complexity of their lives.

Tuesdays | May 27th – June 3rd | 12:30pm-2:00pm EST | Virtual | Open

BIPOC Book Club

Open to all experience levels, the BIPOC Book Club is a space for BIPOC individuals to explore systemic barriers and healing strategies through nonfiction works. This session will focus on *Real Self-Care: A Transformative Program for Redefining Wellness* by Pooja Lakshmin, with group readings, discussions, and guided writing exercises—no book purchase required.

Fridays | April 4th – May 23rd | 1:00pm-2:30pm EST | Virtual | Open

Open

These courses are currently accepting registrations.

Waitlist

These courses are full. Register to be notified if a space becomes available before the course begins.

Closed

These courses are no longer accepting new registrations.

Register at clc.camh.ca

If you or someone you know are interested in learning more about the Collaborative Learning College, please visit clc.camh.ca.
Phone: 365-275-7135 | Email: clc@camh.ca



Upcoming Courses

Goal Setting & Self-Care in the Employment Search

This course helps individuals manage self-doubt, set meaningful goals, and approach the job search with confidence. Through interactive activities and practical strategies, students will challenge their inner critic, identify strengths, navigate barriers, and integrate self-care. The course also introduces the DEBORAH goal-setting model, a holistic framework for aligning personal and employment aspirations.
Wednesdays | April 23rd – May 7th | 1:00pm-2:30pm EST | Virtual | Open

Peer Support Drop-In Group

Join us for an interactive peer-led drop-in group. We strive to create a space that is empathetic and compassionate where folks can feel heard, validated, and supported.
Tuesdays | April 1st – June 24th | 12:00pm-1:30pm EST | Virtual | Open

Self-Exploration Through Creativity

This 4-week course offers a journey into self-exploration through art and creativity. Participants will use different forms of artistic expression each week to explore topics such as coping skills, values, and self-identity in a safe and supportive environment from the comfort of their own homes. No prior artistic experience is required, and there will be an optional opportunity to share and discuss your creations.
Thursdays | April 24th – May 15th | 2:00pm-3:30pm EST | Virtual | Open

Let's Talk Interviews: Building Confidence and Sharing Your Story

Hosted by Employment Works! This workshop focuses on interview preparation with an emphasis on self-advocacy, practicing answers, and navigating how/if to disclose lived experience in a strengths-based way.
Wednesday May 14th | 11:30am-1:00pm EST | Virtual | Open

Music Appreciation Drop-In Group

Hosted by Mobile Arts Programming, this drop-in group provides a platform for discussion about all things music. Additionally, there is an option to explore digital music creation.
Thursdays | April 3rd – June 26th | 10:30am-12:00pm EST | Virtual | Open

Video Games, Culture & Mental Health

In a few decades, video games have transformed into a culturally significant and economically powerful industry with billions of participants. This five-week course will examine their history, cultural impacts, and future innovations in technology and storytelling. Students will explore how video games captivate audiences, their potential effects on mental health, and ways to engage in their creation.
Wednesdays | April 23rd – May 21st | 4:00pm-6:00pm EST | Virtual | Open

Better Communication

This 4-week course helps participants identify communication styles, resolve conflicts, and develop practical skills for healthy communication. Each week covers a different topic, encouraging open discussion and personal sharing, with opportunities to practice skills and engage in a question-and-answer period.
Thursdays | April 24th – May 15th | 11:00am-1:00pm EST | Virtual | Open

Eco-Grief

This 6-week facilitated writing group is designed for people coping with grief, anxiety, and/or hopelessness as it relates to the destruction of our precious earth and the climate crisis.
Mondays | April 28th-June 9th | 2:00pm-3:30pm | Virtual | Open

Writing Drop-In Group

Hosted by InkWell Workshops, this writing drop-in group provides a dedicated space for writers of all experience levels to share work, ask questions and receive feedback.
Mondays | April 7th – June 30th | 1:00pm-2:00pm EST | Virtual | Open

Dealing with Stress

Join this interactive session to explore how stress can be both beneficial and challenging, recognize the impact of overwhelming situations, and gain a deeper understanding of your own stress tolerance. These workshops are hosted at Toronto Public Libraries across Toronto.
Monday May 12th | 2:30pm-4:00pm EST | High Park Library– 228 Roncesvalles Ave. | Open
Friday May 23rd | 1:30pm-2:30pm | Silverthorn Library 1748 St. Clair Ave West | Open

Ongoing Registration

These courses you can register for at any time. Registrations are accepted on a continuous basis

Pre-Registration/Closed

Courses which require you to sign up before the start date. If the course has already begun, it will be listed as "closed."

Waitlist

This course is full. Register to be notified of open spaces.

Register at clc.camh.ca

If you or someone you know are interested in learning more about the Collaborative Learning College, please visit clc.camh.ca.
Phone: 416 524-2137 | Email: clc@camh.ca

