

# Collaborative Learning College

April

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Peer Support Group 12:00pm-1:00pm Pet Therapy 2:00pm-3:00pm Stand Up Comedy for Mental Health 2:00pm-4:00pm	5 Mind-Body Connection 10:00am-12:00pm Writing Drop-In Group 1:00pm-2:30pm Video Games & Culture 5:30pm-6:30pm	6 Facilitation Training 10:00am-12:00pm Pet Grief & Loss: Writing to Heal 1:00pm-2:30pm Speak Easy 3:00pm-4:00pm	7 Stat Holiday
10 Stat Holiday	11 Peer Support Group 12:00pm-1:00pm Pet Therapy 2:00pm-3:00pm Stand Up Comedy for Mental Health 2:00pm-4:00pm	12 Mind-Body Connection 10:00am-12:00pm Writing Drop-In Group 1:00pm-2:30pm	13 Pet Grief & Loss: Writing to Heal 1:00pm-2:30pm Speak Easy 3:00pm-4:00pm	14 Music Appreciation Group 12:00pm-1:00pm
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24	25 Peer Support Group 12:00pm-1:00pm Pet Therapy 2:00pm-3:00pm	26 Mind-Body Connection 10:00am-12:00pm Writing Drop-In Group 1:00pm-2:30pm	27 Speak Easy 3:00pm-4:00pm Town Hall 4:00pm-5:00pm	28 Music Appreciation Group 12:00pm-1:00pm

**TO REGISTER:** Website: [clc.camh.ca](http://clc.camh.ca)  
 Phone: 416-524-2137 or 1800-463-2338 x 36077 (toll free)  
 Email: [clc@camh.ca](mailto:clc@camh.ca)



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May

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1	2 <b>Peer Support Group</b> 12:00pm-1:00pm <b>Special Topics in Creative Writing</b> 1:00pm-2:30pm <b>Pet Therapy</b> 2:00pm-3:00pm	3 <b>Writing Drop-In Group</b> 1:00pm-2:30pm	4	5
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# Collaborative Learning College

*April & May*

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## 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.

## Peer Support Drop-In Group

Join us for an interactive peer support drop-in group for informal discussion and mutual support.

Every Tuesday | 12pm-1pm | [Ongoing registration](#)

## Pet Therapy with Pelusa

In collaboration with the Patient & Family Learning Space, come visit Pelusa for pet therapy!

Tuesdays | 2-3pm | **IN PERSON** at 1025 Queen St. West | [No registration required](#)

## Stand Up Comedy for Mental Health

A collaborative and supportive comedy course that will help participants reframe their lived experience of mental health and addiction through the lens of humour.

Tuesdays | February 28th - April 18th | 2pm-4pm | [Closed](#)

## Mind Body Connection

Join us to explore the mind-body connection and learn strategies to cultivate the benefits of the interconnected nature of movement, mentality, and lifestyle.

Weds April 5th - 26th | 10am-12pm | **IN PERSON** 1025 Queen St. W. | [Ongoing registration](#)

## Video Games & Culture

This course will explore several aspects of today's video games: their history, the technologies used to make them, impacts on mental health and their future.

Wednesdays | March 15th - April 5th | 5:30pm-6:30pm | [Ongoing registration](#)

## Facilitation Training

This 10-week course will cover fundamental facilitation skills while providing opportunities for practice in a supportive setting.

Thursdays | February 2nd - April 6th | 10am-12pm | [Closed](#)

## Writing Drop-In Group

Hosted by Inkwell, this drop-in group will host discussions on various writing genres and writing-related topics like writer's block, as well as time to share your work!

Wednesdays | April 5th - May 24th | 1pm-2:30pm | [Ongoing registration](#)

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## Waitlist:

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## Pet Loss & Grief: Writing to Heal

This six-week writing group is designed for people coping with the loss of a companion animal (through death, surrender, rehoming, lost pet).

Thursdays | March 16th - April 20th | 1pm-2:30pm | **Closed**

## Speak Easy

In collaboration with Employment Works! this fun weekly group supports building and enhancing your communication skills.

Thursdays | April 6th - 27th | 3pm-4pm | **Ongoing registration**

## Music Appreciation Group

Hosted by Mobile Arts Programming, this group provides a platform for discussion about all things music and is open to anyone who listens to music.

Fridays | March 3rd - April 28th (except April 7th) | 12pm-1pm | **Ongoing registration**

## Special Topics in Creative Writing

In collaboration with Inkwell, this course will explore creative writing across various genres and forms, including poetry, fiction, stage plays, & screenwriting.

Tuesdays | May 2nd - June 6th | 1pm-2:30pm | **Pre-registration required**

## Mindfulness for Mental Health

In this course, mindfulness techniques like gentle yoga, deep breathing, meditation and journaling will be explored to help you build resilience.

Wednesdays | May 10th - June 28th | 11am-12:30pm | **Ongoing registration**

## Peer Support Core Competencies Training

This training consists of 15 interactive training modules that will support your understanding of peer support core competencies and best practices.

Thursdays | May 18th - August 24th | 10am-12pm | **Pre-registration required**

## Town Hall

Share your suggestions and feedback on how we can better meet community needs and meet your fellow students!

Thursday April 27th | 4pm-5pm | **Pre-registration required**

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