

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Statutory Holiday</b>	2 <b>Peer Support Drop-in Group (Spring session begins!)</b> 12:00pm-1:30pm	3 <b>Stand Up Comedy for Mental Health</b> 2:00pm-4:00pm <b>Music, Mind &amp; Healing</b> 4:30pm-6:00pm	4 <b>Peer Support Core Competencies Training</b> 1:00pm-3:00pm <b>Eco-Grief</b> 1:00pm-3:00pm	5 <b>Music Appreciation Group (Spring Session begins!)</b> 12:00pm-1:00pm <b>Writing Drop-In Group- (Spring session begins!)</b> 1:30pm-2:30pm
8 <b>Developing Your Writing Voice</b> 1:30pm-3:00pm	9 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Writing about Experiences of Immigration</b> 2:30pm-3:30pm	10 <b>Stand Up Comedy for Mental Health</b> 2:00pm-4:00pm <b>Music, Mind &amp; Healing</b> 4:30pm-6:00pm	11 <b>Peer Support Core Competencies Training</b> 1:00pm-3:00pm <b>Eco-Grief</b> 1:00pm-3:00pm	12 <b>Music Appreciation Group</b> 12:00pm-1:00pm <b>Writing Drop-In Group</b> 1:30pm-2:30pm
15 <b>Developing Your Writing Voice</b> 1:30pm-3:00pm <b>Intro to Improvisation</b> 2:00pm-3:00pm	16 <b>Peer Support Drop-in</b> 12:00pm-1:30pm <b>Dealing with Stress</b> 1:30pm-2:30pm <b>Writing about Experiences of Immigration</b> 2:30pm-3:30pm <b>Coping with Procrastination</b> 6:30pm-8:00pm	17 <b>Stand Up Comedy for Mental Health</b> 2:00pm-4:00pm <b>Music, Mind &amp; Healing</b> 4:30pm-6:00pm	18 <b>Peer Support Core Competencies Training</b> 1:00pm-3:00pm <b>Eco-Grief</b> 1:00pm-3:00pm <b>Autistic Peer Support Group</b> 2:30pm-3:30pm	19 <b>Music Appreciation Group</b> 12:00pm-1:00pm <b>Writing Drop-In Group</b> 1:30pm-2:30pm
22 <b>Developing Your Writing Voice</b> 1:30pm-3:00pm <b>Intro to Improvisation</b> 2:00pm-3:00pm	23 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Writing about Experiences of Immigration</b> 2:30pm-3:30pm <b>Coping with Procrastination</b> 6:30pm-8:00pm	24 <b>Stand Up Comedy for Mental Health</b> 2:00pm-4:00pm <b>Music, Mind &amp; Healing</b> 4:30pm-6:00pm	25 <b>Peer Support Core Competencies Training</b> 1:00pm-3:00pm <b>Intro to Generative Artificial Intelligence</b> 4:30pm-6:00pm	26 <b>Music Appreciation Group</b> 12:00pm-1:00pm <b>Writing Drop-In Group</b> 1:30pm-2:30pm
29 <b>Developing Your Writing Voice</b> 1:30pm-3:00pm <b>Intro to Improvisation</b> 2:00pm-3:00pm	30 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Healthy Relationships</b> 3:30pm-4:30pm <b>Coping with Procrastination</b> 6:30pm-8pm			<b>Registration</b> <b>Website:</b> <a href="http://clc.camh.ca">clc.camh.ca</a> <b>Email:</b> <a href="mailto:clc@camh.ca">clc@camh.ca</a> <b>Phone:</b> 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)

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<p><b>Registration</b>  <b>Website:</b>  <a href="http://clc.camh.ca">clc.camh.ca</a>  <b>Email:</b> <a href="mailto:clc@camh.ca">clc@camh.ca</a>  <b>Phone:</b> 365-275-7135                      or                      1 800 463-2338,                      ext. 36077                      (toll free)</p>		<p><b>1</b></p> <p><b>Understanding Research Studies</b>                      10:00am-11:30am</p> <p><b>Goal Setting</b>                      2:00pm-3:00pm</p> <p><b>Stand Up Comedy for Mental Health</b>                      2:00pm-4:00pm</p> <p><b>Music, Mind &amp; Healing</b>                      4:30pm-6:00pm</p>	<p><b>2</b></p> <p><b>Healthy Relationships</b>                      10:00am-11:00am</p> <p><b>Autistic Peer Support Group</b>                      2:30pm-3:30pm</p> <p><b>Intro to Generative Artificial Intelligence</b>                      4:30pm-6:00pm</p>	<p><b>3</b></p> <p><b>Dealing with Stress</b>                      10:00am-11:00am</p> <p><b>Music Appreciation Group</b>                      12:00pm-1:00pm</p> <p><b>Writing Drop-In Group</b>                      1:30pm-2:30pm</p>
<p><b>6</b></p> <p><b>Introduction to Improvisation</b>                      2:00pm-3:00pm</p>	<p><b>7</b></p> <p><b>Peer Support Drop-in Group</b>                      12:00pm-1:30pm</p> <p><b>Pet Therapy</b>                      2:15pm-3:00pm</p> <p><b>Coping with Procrastination</b>                      6:30pm-8:00pm</p>	<p><b>8</b></p> <p><b>Understanding Research Studies</b>                      10:00am-11:30am</p> <p><b>Conflict Resolution</b>                      2:00pm-3:00pm</p> <p><b>Stand Up Comedy for Mental Health</b>                      2:00pm-4:00pm</p>	<p><b>9</b></p> <p><b>Intro to Generative Artificial Intelligence</b>                      4:30pm-6:00pm</p>	<p><b>10</b></p> <p><b>Music Appreciation Group</b>                      12:00pm-1:00pm</p> <p><b>Writing Drop-In Group</b>                      1:30pm-2:30pm</p>
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<p><b>20</b></p> <p><b>Statutory Holiday</b></p>	<p><b>21</b></p> <p><b>Peer Support Drop-in Group</b>                      12:00pm-1:30pm</p> <p><b>Pet Therapy</b>                      2:15pm-3:00pm</p> <p><b>Coping with Procrastination</b>                      6:30pm-8:00pm</p>	<p><b>22</b></p> <p><b>Navigating Loneliness</b>                      2:00pm-3:00pm</p> <p><b>Stand Up Comedy for Mental Health</b>                      2:00pm-4:00pm</p>	<p><b>23</b></p> <p><b>Intro to Generative Artificial Intelligence</b>                      4:30pm-6:00pm</p>	<p><b>24</b></p> <p><b>Music Appreciation Group</b>                      12:00pm-1:00pm</p> <p><b>Writing Drop-In Group</b>                      1:30pm-2:30pm</p>
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## Upcoming Courses

### Understanding Research Studies

Over three weeks we will examine how research studies are designed and methods to critically assess them, while answering your questions about the information we learn from research.

Wednesdays | May 1<sup>st</sup> – 15<sup>th</sup> | 10:00am-11:30am EDT | 1025 Queen St. West | Open

### Dealing with Stress

This one-hour session will explore how stress can be helpful, the difficulties that come along with overwhelming situations, and how to better understand our own tolerance to stress.

Friday May 3<sup>rd</sup> | 10:00am-11:00am EDT | Virtual | Open

### Conflict Resolution

This one hour workshop will focus on how to use self-compassion and embrace flexibility while setting goals towards wellbeing.

Wednesday May 8<sup>th</sup> | 2:00pm-3:00pm EST | Toronto Public Library- 10 Spadina Rd. | Open

### Author Talk: Rough Magic by Miranda Newman

Following a reading from her book, Miranda will discuss destigmatizing serious mental illness through personal storytelling and share insights into the writing and publishing process.

Thursday May 16<sup>th</sup> | 12pm-1:30pm EDT | Virtual | Open

### Pet Therapy

Back by popular demand, join a friendly and adorable dog named Pelusa for this drop-in program offered in collaboration with the Patient & Family Learning Space.

Tuesdays | 2:15pm-3:00pm EDT | 1025 Queen St. West | No registration is required

#### 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](https://clc.camh.ca)

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Phone: 365-275-7135 | Email: [clc@camh.ca](mailto:clc@camh.ca)



## Ongoing & Upcoming Courses

### Music, Mind & Healing

This course will examine how the science of music psychology can inform our experience of music, and how music can aid us in life's challenges.

Wednesdays | April 3<sup>rd</sup> - May 1<sup>st</sup> | 4:30pm-6pm EST  
| Virtual | Open

### Intro to Improvisation

This 9-week course offers a combination of lessons and games to build skills that can help with social interactions, improve memory, and support wellbeing.

Mondays | April 15<sup>th</sup> - June 17<sup>th</sup> | 2pm-3pm EST |  
1025 Queen St. West (1<sup>st</sup> floor) | Open

### Autistic Peer Support Group

This drop-in and peer-led group offers a non-judgmental space for learning about and validating experiences of autism. No diagnosis is required.

Thursdays (Bi-weekly) | April 18<sup>th</sup> - May 30<sup>th</sup> |  
2:30pm-3:30pm EST | Virtual | Waitlist

### Coping with Procrastination

A 10-week course to connect with others, gain deeper understanding about procrastination and learn coping strategies. This course is open for all women, women-identifying, feminine-of-centre, non-binary and gender non-conforming individuals.

Tuesdays | April 16<sup>th</sup> - June 18<sup>th</sup> | 6:30pm-8pm EDT |  
Virtual | Waitlist

### Healthy Relationships

This one-hour session will explore the core foundations of healthy relationships, including behaviours that can cause relationship challenges and strategies for improvement.

Tuesday April 30<sup>th</sup> | 3:30pm-4:30pm EST | Toronto  
Public Library- 40 Orchard View Blvd. | Open  
Thursday May 2<sup>nd</sup> | 10am-11am EST | Virtual | Open

### Writing Drop-In Group (Spring)

This group provides a dedicated space for writers to maintain a weekly writing practice.

Fridays | April 5<sup>th</sup> - June 28<sup>th</sup> | 1:30pm-2:30pm EST |  
Virtual | Open

### Music Appreciation Group (Spring)

Hosted by Mobile Arts Programming, this group provides a platform for discussion about all things music.

Fridays | April 5<sup>th</sup> - June 28<sup>th</sup> | 12pm-1pm EST |  
Virtual | Open

### Peer Support Drop-In Group (Spring)

Join us for an interactive peer-led drop-in group  
Tuesdays | April 2<sup>nd</sup> - June 25<sup>th</sup> | 12pm-1:30pm EST  
| Virtual | Open

#### Open

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#### Waitlist

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## Ongoing & Upcoming Courses

### Developing Your Writing Voice

This course will provide helpful strategies for developing your writing voice and style while exploring different genres each week.  
Mondays | February 26th - April 29th | 1:30pm-3pm EST | Virtual | Closed

### Writing about Experiences of Immigration

This course invites participants to look back at their immigrant journey by writing short pieces to process their multifaceted experiences.  
Tuesdays | April 9<sup>th</sup>- 23<sup>rd</sup> | 2:30pm-3:30pm EST | Virtual | Open

### Stand-Up Comedy for Mental Health

In this 10-week course, participants will be empowered to reframe their lived experience through the lens of humour.  
Wednesdays | April 3<sup>rd</sup> - June 12<sup>th</sup> | 2pm-4pm EST | Virtual | Closed

### Eco-Grief

This 6-week writing group is designed for people coping with grief, and anxiety as it relates to the destruction of our precious earth and the climate crisis.  
Thursdays | March 7<sup>th</sup> - April 18<sup>th</sup> | 1pm-3pm EST | Virtual | Closed

### Intro to Generative Artificial Intelligence (AI)

This course will explore generative AI tools that students can use, offering demonstrations and practical advice on how to get the most out of these technologies.  
Thursdays | April 25<sup>th</sup> - May 23<sup>rd</sup> 4:30pm-6pm EST | Virtual | Open

### Goal Setting

This one-hour workshop will focus on how to use self-compassion and embrace flexibility while setting goals towards well-being.  
Wednesday May 1<sup>st</sup> | 2pm-3pm | Toronto Public Library- 10 Spadina Rd. | Open

### Self-Development

This workshop, will uncover the benefits of behaviour change and how to effectively build personal habits for growth.  
Wednesday May 15<sup>th</sup> | 2pm-3pm | Toronto Public Library- 10 Spadina Rd. | Open

### Navigating Loneliness

This interactive workshop focuses on how we can make the most of loneliness. We'll be exploring different ways to befriend solitude and strengthen our relationship with ourselves.  
Wednesday May 22<sup>nd</sup> | 2pm-3pm | Toronto Public Library- 10 Spadina Rd. | Open

#### Open

These courses are currently accepting registration.

#### Waitlist

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

#### Closed

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