


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)</p>			<p>1</p> <p>Exploring Mental Health and Grief Through Writing 1:00pm–2:30pm</p> <p>Coping with Procrastination 6:00pm–8:00pm</p>	<p>2</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Be Angry 1:00pm-3:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
<p>5</p> <p>Statutory Holiday</p>	<p>6</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>7</p> <p>Workshop Development 9:30am-11:30am</p> <p>Exploring Chat GPT 4:00pm-6:00pm</p>	<p>8</p> <p>Exploring Mental Health and Grief Through Writing 1:00pm–2:30pm</p> <p>Coping with Procrastination 6:00pm–8:00pm</p>	<p>9</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Be Angry 1:00pm-3:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
<p>12</p> <p>Improving Interpersonal Communications 1:00pm–3:00pm</p>	<p>13</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>14</p> <p>Workshop Development 9:30am-11:30am</p> <p>Stand-Up Comedy for Mental Health 2:00pm-4:00pm</p>	<p>15</p> <p>Exploring Mental Health and Grief Through Writing 1:00pm–2:30pm</p> <p>Coping with Procrastination 6:00pm–8:00pm</p>	<p>16</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
<p>19</p> <p>Improving Interpersonal Communications 1:00pm–3:00pm</p>	<p>20</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>21</p> <p>Workshop Development 9:30am-11:30am</p> <p>Stand-Up Comedy for Mental Health 2:00pm-4:00pm</p>	<p>22</p> <p>Exploring Mental Health and Grief Through Writing 1:00pm–2:30pm</p> <p>Coping with Procrastination 6:00pm–8:00pm</p>	<p>23</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
<p>26</p> <p>Improving Interpersonal Communications 1:00pm–3:00pm</p>	<p>27</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>28</p> <p>Workshop Development 9:30am-11:30am</p> <p>Stand-Up Comedy for Mental Health 2:00pm-4:00pm</p>	<p>29</p> <p>Coping with Procrastination 6:00pm–8:00pm</p>	<p>30</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
2 Statutory Holiday	3 Peer Support Drop-in Group 12:00pm-1:30pm	4 Stand-Up Comedy for Mental Health 2:00pm-4:00pm Intro to Novel Writing Story Structure 3:00pm-4:30pm	5 Peer Support Core Competencies Training 10:00am-12:00pm Letter Writing 1:00pm-2:30pm Coping with Procrastination 6:00pm-8:00pm	6 Music Appreciation Group 12:00pm-1:00pm Writing Drop-In Group 1:30pm-2:30pm
9 Improving Interpersonal Communications 1:00pm-3:00pm	10 Peer Support Drop-in Group 12:00pm-1:30pm	11 Stand-Up Comedy for Mental Health 2:00pm-4:00pm Intro to Novel Writing Story Structure 3:00pm-4:30pm	12 Peer Support Core Competencies Training 10:00am-12:00pm Letter Writing 1:00pm-2:30pm Yale LET(s) Lead 1:00pm-3:00pm Coping with Procrastination 6:00pm-8:00pm	13 Music Appreciation Group 12:00pm-1:00pm Writing Drop-In Group 1:30pm-2:30pm
16 Improving Interpersonal Communications 1:00pm-3:00pm	17 Peer Support Drop-in Group 12:00pm-1:30pm Mindfulness Through Photography 5:00pm-7:00pm	18 Stand-Up Comedy for Mental Health 2:00pm-4:00pm Intro to Novel Writing Story Structure 3:00pm-4:30pm	19 Peer Support Core Competencies Training 10:00am-12:00pm Letter Writing 1:00pm-2:30pm Yale LET(s) Lead 1:00pm-3:00pm BIWOC Hibiscus Healing Circle 5:30pm-7:30pm	20 Music Appreciation Group 12:00pm-1:00pm Writing Drop-In Group 1:30pm-2:30pm
23 Improving Interpersonal Communications 1:00pm-3:00pm	24 Peer Support Drop-in Group 12:00pm-1:30pm Mindfulness Through Photography 5:00pm-7:00pm	25 Stand-Up Comedy for Mental Health 2:00pm-4:00pm Intro to Novel Writing Story Structure 3:00pm-4:30pm	26 Peer Support Core Competencies Training 10:00am-12:00pm Letter Writing 1:00pm-2:30pm Yale LET(s) Lead 1:00pm-3:00pm BIWOC Hibiscus Healing Circle 5:30pm-7:30pm	27 Music Appreciation Group 12:00pm-1:00pm Writing Drop-In Group 1:30pm-2:30pm
30 Improving Interpersonal Communications 1:00pm-3:00pm				Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)

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 | September 19th- December 12th | 5:30pm-7:30pm EDT | Virtual | Open

Peer Support Core Competencies Training

Designed by the Centre for Innovation in Peer Support, this 30 hour training consists of 15 interactive sessions to support your understanding and knowledge of peer support values and best practices.

Thursdays | September 5th – December 12th | 10:00am-12:00pm EDT | Virtual | Open

Mindfulness Through Photography

This 8-week course is designed to help students explore the art of photography as a meditative practice, fostering mindfulness in both their creative process and daily lives. The course will emphasize the value of attention to detail, slowing down, and cultivating presence in each moment, allowing students to capture the essence of their surroundings with a mindful lens.

Tuesdays | September 17th – November 5th | 5:00pm-7:00pm EDT | Virtual | Open

Intro to Novel Writing Story Structure

In collaboration with Inkwell Workshops, this course offers an introduction to story structure for writers. The focus of the course is learning how to successfully plot a full-length novel in any genre or age category. Participants will have the opportunity to start to develop a new story outline or work on existing outlines.

Wednesdays | September 4th – October 23rd | 3:00pm-4:30pm EDT | 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



Ongoing & Upcoming Courses

Peer Support Drop-In Group (Summer)

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 | July 2nd – Sept. 24th | 12:00pm-1:30pm EDT
| Virtual | Open

Writing Drop-In Group (Summer)

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.
Fridays | July 5th- Sept. 27th | 1:30pm-2:30pm EDT | Virtual | Open

Workshop Development

In this 10 week course, participants will learn different tools and techniques around developing workshops using a mix of theory and hands-on development of a workshop.
Wednesdays | June 26th- August 28th | 9:30am-11:30am | 1025 Queen St. West | Closed

Be Angry

This course talks about ways we express and cope with anger including an exploration of varying expression modalities while normalizing and de-stigmatizing what it means to feel anger.
Fridays | July 19th – August 16th | 1:00pm-3:00pm EDT | Virtual | Closed

Coping with Procrastination

A 10-week course to connect with others, gain deeper understanding about procrastination and learn coping strategies.
Thursdays | July 11th- Sept. 12th | 6:00pm-8:00pm EDT | Virtual | Closed

Yale LET(s) Lead

A transformational leadership program offered in partnership with Yale University.
Thursdays | September 12th- November 28th | 1:00pm-3:00pm EST | Virtual | Closed

Stand Up Comedy for Mental Health

In this 11-week course, participants will be empowered to reframe their lived experience through the lens of humour.
Wednesdays | August 14th – October 23rd | 2:00pm-4:00pm EDT | Virtual | Waitlist

Exploring Mental Health through Grief & Writing

This four week writing group designed for people navigating grief related to their experiences with mental health challenges.
Thursdays | August 1st-22nd | 1:00pm-2:30pm EDT | Virtual | Open

Art of Letter Writing

This course will explore the art of written communication, including strategies for crafting individual letters.
Thursdays | Sept 5th- Sept. 26th | 1:00pm-2:30pm EDT | Virtual | Open

Music Appreciation Group (Summer)

Hosted by Mobile Arts Programming, this group provides a platform for discussion about all things music. Additionally, there is an option to explore music creation using a web-based program.
Fridays | July 5th- Sept. 27th | 12:00pm-1:00pm EDT | Virtual | Open

Improving Interpersonal Communications

This course is designed to help participants identify communication styles and habits, understand common errors, and learn to resolve conflicts.
Mondays | August 12th – September 30th | 1:00pm-2:30pm EDT | Virtual | 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

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

