

Monday	Tuesday	Wednesday	Thursday	Friday
3 Statutory Holiday	4	5 Exploring Attachment 1:00pm - 3:00pm Breaking into Tech 2:00pm - 3:00pm	6 Music Appreciation 10:30am-12:00pm Writing True Stories 1:00pm - 2:30pm	7 CLC Evaluation Study Information Session 12:00pm-12:45pm
10 Peer Support Core Competencies Training 11:00am-1:00pm Writing Drop-in Group 1:00pm - 2:00pm	11	12	13 Music Appreciation 10:30am-12:00pm Writing True Stories 1:00pm - 2:30pm	14
17 Peer Support Core Competencies Training 11:00am-1:00pm Writing Drop-in Group 1:00pm - 2:00pm	18	19	20 Music Appreciation 10:30am-12:00pm Writing True Stories 1:00pm - 2:30pm Understanding Accommodation Requests, Your Rights, and the Duty to Accommodate 2:00pm - 3:30pm	21 Autism-Informed Mindfulness Orientation 1:00pm - 2:00pm
24 Peer Support Core Competencies Training 11:00am-1:00pm Writing Drop-in Group 1:00pm - 2:00pm	25 Building Community & Well-being (NEW Drop-In Group) 2:00pm - 3:30pm	26 Exploring Mental Health & Grief Through Writing 11am-12:30pm	27 Music Appreciation 10:30am-12:00pm Writing True Stories 1:00pm - 2:30pm	28
31 Peer Support Core Competencies Training 11:00am-1:00pm Writing Drop-in Group 1:00pm - 2:00pm				Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)

Upcoming Courses

Building Community & Well-Being

This six-week peer-led drop-in group explores practical ways to strengthen wellbeing through connection, self-compassion, and shared learning alongside others with lived experience. Guided by weekly themes, this group offers a welcoming space to discuss and reflect on belonging, support systems, asking for help, navigating difficult times, and the small everyday practices that help us keep going. Together, we will share sources of hope, comfort, meaning, gratitude, and joy while building tools for connection, coping, and self-advocacy.

Tuesdays | August 25th - September 29th | 2:00pm – 3:30pm | Virtual | Open

Understanding Accommodation Requests, Your Rights, and the Duty to Accommodate

Deciding whether to disclose a mental health challenge at work can feel complicated. In this interactive session, we'll explore the questions many job seekers and employees face: Should I disclose? When is the right time? How much should I share? There are no one-size-fits-all answers. We'll examine your rights and responsibilities in the workplace, gain a clearer understanding of the Duty to Accommodate and discuss practical strategies for requesting accommodations while protecting your privacy and interests. Bring your questions and experiences as we navigate these important conversations together.

Thursday August 20th | 2:00pm – 3:30pm | Virtual | Open

Exploring Mental Health Grief Through Writing

This six-week facilitated writing group is designed for people navigating grief related to their experiences with mental illness. Participants will work in a supportive group environment to write and share their experiences around illness and identity, grief, loss, resilience and gratitude. Please be aware this course is not intended as an immediate grief support or counselling service for those who feel they need extra support to navigate exploring their experiences.

Wednesdays | August 26th - September 30th | 11:00am-12:30pm | Virtual | Open

Autism-Informed Mindfulness Orientation Session

Mindfulness doesn't have to be sitting still for long periods and feeling our bodies in ways that might be uncomfortable for us. In this Autism-informed Mindfulness, we will be learning mindfulness together in ways that we can individualize it for our unique selves as autistic folks. This program will be a chance to learn and practice these adapted mindfulness tools in an inclusive and neurodiversity-affirming setting that is open to beginners and experienced meditators alike. We also welcome folks who have tried mindfulness before and previously found it unhelpful!

Orientation session: Friday August 21st | 1:00pm – 2:00pm | Virtual | Open

Course: Fridays | September 11th - October 16th | 1:00pm – 2:30pm | Virtual

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

Exploring Attachment

This 4-week informational course explores different attachment styles and how they can shape relationship preferences, responses, and patterns of connection. Participants will have the opportunity to reflect on their own attachment styles and relationship needs while building a deeper understanding of healthy relationships and secure attachment. Together, we will explore ways to strengthen connection and navigate attachment responses within personal relationships.

Wednesdays | July 15th – August 5th | 1:00pm-3:00pm | Virtual | Closed

Writing Drop-In Group – Summer Session

Hosted by InkWell, this writing group provides a dedicated space for writers of all experience levels. Each session features timed writing sprints, where students can work on assigned exercises or their own projects. The sessions conclude with time for sharing work, asking questions about writing practice or career, and receiving feedback. Mondays | July 6th – September 28th (no class August 3rd or September 7th) | 1:00pm-2:00pm | Virtual | Open

Writing True Stories

In this 8-part course, participants will explore a range of nonfiction works and reflect on the themes, storytelling approaches, and narrative techniques they use. Through shared reading and group discussion, we'll consider elements of storytelling including voice, character, setting, and tone, while also exploring questions related to the ethics of nonfiction writing. Participants will have opportunities to complete reflective exercises and deepen their understanding and appreciation of nonfiction literature. Open to writers of all experience levels.

Thursdays | July 16th – September 3rd | 1:00pm – 2:30pm | Virtual | Open

Breaking into Tech

Join Iyanu Ojekale of Tech-Xpert.org for an interactive and informal workshop exploring pathways into employment in the tech industry. Together, we'll look at practical job search strategies using Artificial Intelligence (AI), including tips for resumes, interviews, and navigating the application process. We'll also explore the wide range of opportunities in tech beyond coding, such as cybersecurity, product management, and cloud computing. No prior experience is required—just curiosity and a willingness to learn.

Wednesday August 5th | 2:00pm – 3:00pm | Virtual | Open

Music Appreciation Drop-In Group - Summer Session

Hosted by Mobile Arts Programming (MAP), this group is open to anyone who listens to music. Each week, participants share what music has sparked their interest and discuss it as a group! Whether it's a new release or timeless classic, this group provides a platform for all things music. Additionally, there is an option to explore music creation using a web-based program.

Thursdays | July 2nd – September 24th | 10:30am-12pm | Virtual | Open

CLC Evaluation Study Information Session

Join us for an informal information session to learn about a new evaluation study taking place at the Collaborative Learning College (CLC). This is an opportunity to ask questions, learn what participation involves, and how your involvement can benefit you and the CLC.

Friday August 7th | 12:00pm – 12:45pm | Virtual | 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: 365-275-7135 | Email: clc@camh.ca

