
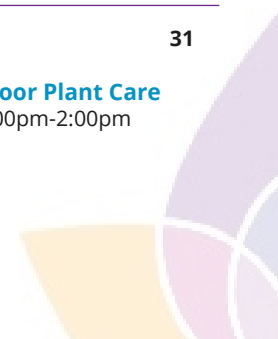


Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p> <p>Making Music 6:00pm-8:00pm</p>	<p>3</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>4</p> <p>Music Appreciation Group 1:00pm-2:00pm</p> <p>Writing True Stories 3:00pm-4:15pm</p>	<p>5</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>BIWOC Hibiscus Healing Circle 5:30pm-7:30pm</p>	<p>6</p>
<p>9</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p> <p>Making Music 6:00pm-8:00pm</p>	<p>10</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>11</p> <p>Network to Get Work 12:00pm-1:00pm</p> <p>Music Appreciation Group 1:00pm-2:00pm</p>	<p>12</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>BIWOC Hibiscus Healing Circle 5:30pm-7:30pm</p>	<p>13</p>
<p>16</p>	<p>17</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>18</p> <p>Music Appreciation Group 1:00pm-2:00pm</p>	<p>19</p>	<p>20</p>
<p>23</p>	<p>24</p>	<p>25</p> <p>Statutory Holiday</p>	<p>26</p> <p>Statutory Holiday</p>	<p>27</p>
<p>30</p> <p>An Introduction to Sound Meditation 3:00pm-4:30pm</p>	<p>31</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> 

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Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)		1 Statutory Holiday	2	3
6	7 Pet-Therapy 10:30am-11:30am Peer Support Group (Winter series begins) 12:00pm-1:30pm Mental Health & Grief 2:00pm-3:30pm	8 Music Appreciation Group (Winter series begins) 1:00pm-2:00pm Peer Support Core Competencies Training 1:00pm-3:00pm	9 Zine-Making 3:00pm-4:30pm BIWOC Healing Circle (New series!) 5:30pm-8:00pm	10
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Upcoming Courses

An Introduction to Sound Meditation

Discover the calming and restorative practice of sound meditation in this beginner-friendly workshop. Sound meditation offers a gentle, accessible way to cultivate stillness and relaxation in our busy lives. Through a series of brief meditations, we'll explore simple techniques to center your focus, quiet your mind, and ease racing thoughts. No prior experience is needed—just an open mind and a willingness to unwind.

Monday | December 30th | 3:00pm-4:30pm EST | Upeshka Yoga- 842 King St. West | 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.

Wednesdays | Jan 8th – Mar 26th | 1:00pm-3:00pm EST | Virtual | Open

Zine-Making

This in-person group will provide individuals of any experience level a chance to learn about the history of independent, do-it-yourself style zine-making. Over the course of seven weeks, participants will review a variety of examples and have the opportunity to create their own work.

Thursdays | Jan 9th – Feb 20th | 3:00pm-4:30pm EST | 1025 Queen St. West | Open

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 | Jan 9th – Mar 13th | 5:30pm-8:00pm 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.
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Upcoming Courses

Rewriting Our Stories

This transformative course, inspired by the principles of narrative therapy, invites participants to explore and reshape the stories that inform their sense of self. Through guided exercises and reflective practices, participants will gain a deeper understanding of how they view their personal stories and how these stories influence their identity and capabilities.

Tuesdays | Jan 21st – Feb 25th | 12:00pm-1:30pm EST
| Virtual | Open

Peer Support Drop-In Group (Winter)

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 | Jan 7th – Mar 25th | 12:00pm-1:30pm EST
| Virtual | Open

Pet Therapy

Join a friendly and adorable dog named Pelusa for this drop-in program offered in collaboration with the Patient & Family Learning Space (PFLS).

Tuesdays | 10:30am-11:30am | PFLS- 1025 Queen St. West | No registration is required

Writing Drop-In Group (Winter)

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 | Jan 13th- Mar 31st | 1:00pm-2:00pm EST |
Virtual | Open

Exploring Mental Health & Grief Through Writing

This four week facilitated writing group 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 identity, resilience, gratitude, and loss.

Tuesdays | Jan 7th – Feb 11th | 2:00pm-3:30pm EST |
Virtual | Open

Music Appreciation Group (Winter)

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.

Wednesdays | Jan 8th – April 16th | 1:00pm-2:00pm
EST | Virtual | Open

Indoor Plant Care

Learn about plant care by doing it: watering, repotting, pest control, and growing new plants from seeds and propagation. We will work with a different group of plants each week, including cacti, succulents, tropicals, herbs, and more. This is a beginner course hosted in partnership with Friends of Allan Gardens.

Fridays | Jan 24th –Feb 28th | 12:00pm-2:00pm | 160
Gerrard St E | Open

Open

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