

Collaborative Learning College

formerly CAMH Recovery College

December

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Navigating Holiday Gatherings 10:00am-11:30am Yale LET'S Lead 1:00pm-3:00pm	2
5 Exploring Our Relationship with Food: Holiday Edition 3:30pm-4:30pm	6 Peer Support Group 12:00pm-1:00pm Writing Your Lived Experience 2:30pm-4:00pm	7 Music Appreciation Group 1:00pm-2:00pm Stand Up Comedy for Mental Health 2:00pm-4:00pm	8 Dealing with Loneliness Part 1 10:00am-11:30am	9
12 Exploring Our Relationship with Food: Holiday Edition 3:30pm-4:30pm	13 Peer Support Group 12:00pm-1:00pm	14 Town Hall 12:00pm-1:00pm Music Appreciation Group 1:00pm-2:00pm	15 Dealing with Loneliness Part 2 10:00am-11:30am	16
19	20 Peer Support Group 12:00pm-1:00pm	21 Music Appreciation Group 1:00pm-2:00pm	22 Introduction to Self-Care 10:00am-11:30am	23
26 Stat Holiday	27 Stat Holiday	28	29	30

TO REGISTER:

Website: clc.camh.ca

Phone: 416-524-2137 or 1800-463-2338 x 36077 (toll free)

Email: clc@camh.ca

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Stat Holiday	3	4	5	6
9	10 Peer Support Group 12:00pm-1:00pm Creative Writing Essentials 1:00pm-2:30pm	11 Intro to Novel Writing Story Structure 1:00pm-2:30pm	12 Boundary Setting 10:00am-11:30am	13
16	17 Peer Support Group 12:00pm-1:00pm Creative Writing Essentials 1:00pm-2:30pm	18 Intro to Novel Writing Story Structure 1:00pm-2:30pm	19 Boundary Setting 10:00am-11:30am CLC Information Session 2:00pm-3:00pm	20
23	24 Peer Support Group 12:00pm-1:00pm Creative Writing Essentials 1:00pm-2:30pm	25 Intro to Novel Writing Story Structure 1:00pm-2:30pm	26 Boundary Setting 10:00am-11:30am	27
30	31 Peer Support Group 12:00pm-1:00pm Creative Writing Essentials 1:00pm-2:30pm Financial Literacy for Youth 6:00pm-7:30pm			

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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.

Exploring Our Relationship with Food: Holiday Edition

Explore how your relationship with food may change during the holidays and learn positive strategies to maintain a healthy and happy relationship with food. Mondays | Nov. 28th, Dec. 5th & 12th | 3:30pm-4:30pm | [Ongoing registration](#)

Peer Support Drop-In Group

In collaboration with Health Out Loud, we bring you an interactive peer support group for informal discussion and mutual support. Every Tuesday | 12pm-1pm | [Ongoing registration](#)

Writing Your Lived Experience

Hosted by Inkwell, this course will focus on creative techniques for the true stories of writers who have lived/living experiences of mental health. Tuesdays | November 1st - December 6th | 2:30pm-4pm | [Closed](#)

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. Wednesdays | November 2nd to December 7th | 2pm-4pm | [Pre-registration required](#)

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. Wednesdays | November 2nd - December 21st | 1pm-2pm | [Ongoing registration](#)

Navigating Holiday Gatherings

We'll be exploring different challenges to make the most of your holiday pressures, whether it be group functions, family dynamics, work parties, or otherwise. Thursday December 1st | 10am-11:30am | [Pre-registration required](#)

Dealing With Loneliness (Part 1 & 2)

Join us as we explore the impacts our surroundings and others can have on our emotions and how to take back control using our own personal resources. Thursday December 8th & 15th | 10am-11:30am | [Pre-registration required](#)

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Yale Let's Lead

In partnership with Yale University, this course provides education and mentorship to support the development of transformational leadership skills.

Thursdays | September 15- December 1st | 1pm-3pm | [Closed](#)

Introduction to Self-Care

Join us as we explore physical, emotional, spiritual, and social needs and how to actively take part and create your own self-care practices.

Thursday December 22nd | 10am-11:30am | [Pre-registration required](#)

Creative Writing Essentials

In collaboration with Inkwell, this course invites participants to explore creative writing and storytelling techniques while building a mindful writing practice.

Tuesdays | January 10th - February 14th | 1pm-2:30pm | [Pre-registration required](#)

Intro to Novel Writing Story Structure

In collaboration with Inkwell, this course is an introduction to story structure for writers looking to pursue traditional publishing.

Wednesdays | January 11th - February 15th | 1pm-2:30pm | [Pre-registration required](#)

Boundary Setting

In this 3-session course, we will be exploring what boundaries are and practicing skills for identifying, setting and asserting your boundaries.

Thursdays | January 12th - January 26th | 10am-11:30am | [Ongoing registration](#)

Financial Literacy for Youth

Join us as we unpack all of the jargon and acronyms, while answering your questions on topics such as taxes, bank accounts, budgeting and investments.

Tuesdays | January 31st - March 28th | 6:00pm-7:30pm | [Ongoing registration](#)

CLC Information Session

This is an introduction for anyone who wishes to learn more about the Collaborative Learning College. All are invited to attend.

Thursday January 19th | 2pm-3pm | [Pre-registration required](#)

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