


Monday	Tuesday	Wednesday	Thursday	Friday
<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>1</p> <p><b>Music Appreciation Group</b>                      12:00pm-1:00pm</p> <p><b>Writing Drop-In Group</b>                      1:00pm-2:30pm</p>
<p>4</p> <p><b>Trans Health Care</b>                      4:30pm-6:30pm</p>	<p>5</p> <p><b>Peer Support Drop-in Group</b>                      12:00pm-1:00pm</p>	<p>6</p> <p><b>Eco Grief</b>                      1:00pm-3:00pm</p> <p><b>Zine-Making</b>                      2:30pm-4:00pm</p>	<p>7</p> <p><b>Pet Loss &amp; Grief</b>                      1:00pm-2:30pm</p> <p><b>Yale LET's Lead</b>                      1:00pm-3:00pm</p>	<p>8</p> <p><b>Music Appreciation Group</b>                      12:00pm-1:00pm</p> <p><b>Writing Drop-In Group</b>                      1:00pm-2:30pm</p>
<p>11</p>	<p>12</p> <p><b>Peer Support Drop-in Group</b>                      12:00pm-1:00pm</p> <p><b>Nourishing Your Mind, Body &amp; Soul through the Holidays</b>                      12:00pm-1:00pm</p> <p><b>Pet Therapy with Pelusa</b>                      2:00pm-3:00pm</p>	<p>13</p> <p><b>Eco Grief</b>                      1:00pm-3:00pm</p> <p><b>Zine-Making</b>                      2:30pm-4:00pm</p>	<p>14</p> <p><b>Pet Loss &amp; Grief</b>                      1:00pm-2:30pm</p>	<p>15</p> <p><b>Music Appreciation Group</b>                      12:00pm-1:00pm</p> <p><b>Writing Drop-In Group</b>                      1:00pm-2:30pm</p>
<p>18</p>	<p>19</p> <p><b>Peer Support Drop-in Group</b>                      12:00pm-1:00pm</p>	<p>20</p> <p><b>Zine-Making</b>                      2:30pm-4:00pm</p>	<p>21</p>	<p>22</p>
<p>25</p> <p><b>Statutory Holiday</b></p>	<p>26</p> <p><b>Statutory Holiday</b></p>	<p>27</p>	<p>28</p>	<p>29</p> 

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1 <b>Statutory Holiday</b>	2	3	4	5 <b>Music Appreciation Group</b> 12:00pm-1:00pm <b>Writing Drop-In Group</b> 1:00pm-2:30pm
8	9 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Pet Therapy with Pelusa</b> 2:00pm-2:45pm	10 <b>Coping with Stress</b> 10:00am-11:30am	11 <b>Video Game Culture &amp; Mental Health</b> 5:00pm-6:30pm	12 <b>Music Appreciation Group</b> 12:00pm-1:00pm <b>Writing Drop-In Group</b> 1:00pm-2:30pm
15	16 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Pet Therapy with Pelusa</b> 2:00pm-2:45pm <b>Writing Your Lived Experience</b> 5:30pm-7:00pm	17 <b>Coping with Stress</b> 10:00am-11:30am <b>Put Your Best Foot Forward: Resume &amp; Cover Letter Writing</b> 1:00pm-2:00pm	18 <b>Peer Support Core Competencies Training</b> 1:00pm-3:00pm <b>Video Game Culture &amp; Mental Health</b> 5:00pm-6:30pm	19 <b>Music Appreciation Group</b> 12:00pm-1:00pm <b>Writing Drop-In Group</b> 1:00pm-2:30pm
22	23 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Pet Therapy with Pelusa</b> 2:00pm-2:45pm <b>Writing Your Lived Experience</b> 5:30pm-7:00pm	24 <b>Coping with Stress</b> 10:00am-11:30am <b>Put Your Best Foot Forward: Resume &amp; Cover Letter Writing</b> 1:00pm-2:00pm	25 <b>Peer Support Core Competencies Training</b> 1:00pm-3:00pm <b>Video Game Culture &amp; Mental Health</b> 5:00pm-6:30pm	26 <b>Music Appreciation Group</b> 12:00pm-1:00pm <b>Writing Drop-In Group</b> 1:00pm-2:30pm
29 <b>Disclosure &amp; Accommodations in the Workplace</b> 5:00pm-6:00pm	30 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Pet Therapy with Pelusa</b> 2:00pm-2:45pm <b>Writing Your Lived Experience</b> 5:30pm-7:00pm	31		<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)

## Upcoming Courses

### **Nourishing Your Mind, Body & Soul Through The Holidays**

Discover how to navigate social gatherings during the holidays with confidence by making choices with food that nourish your body, mind AND soul.

Tuesday December 12<sup>th</sup> | 12:pm-1pm EST | Virtual | Pre-registration required

### **Coping with Stress**

Join us as we explore the ins and outs of stress, create personal plans for navigating challenging life situations, and uncover ways to befriend stress.

Wednesdays | January 10<sup>th</sup> – 24<sup>th</sup> | 10am-11:30am EST | Virtual | Pre-registration required

### **Put Your Best Foot Forward: Cover Letter & Resume Writing**

This 2-part series will discuss the art of resume and cover letter writing. Learn strategies to tailor your application and represent your experience in the best light possible!

Wednesdays | January 17<sup>th</sup> & 24<sup>th</sup> | 1pm-2pm EST | Virtual | Ongoing registration

### **Video Game Culture & Mental Health**

In this five-week course we will explore the relationship between video games and culture as well as its impact on mental health.

Thursdays | January 11<sup>th</sup> – February 8<sup>th</sup> | 5pm-6:30pm EST | Virtual | Ongoing registration

### **Peer Support Core Competencies Training**

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

Thursdays | January 18<sup>th</sup> – April 25<sup>th</sup> | 1pm-3pm EST | Virtual | Pre-registration required

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

If you or someone you know are interested in learning more about the Collaborative Learning College, please visit [clc.camh.ca](https://clc.camh.ca).  
Phone: 365-275-7135 | Email: [clc@camh.ca](mailto:clc@camh.ca)



## Upcoming Courses

### 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. Additionally, there is an option to explore music creation using a web-based program.

Fridays | Jan 5<sup>th</sup> – March 22<sup>nd</sup> | 12pm-1pm EST  
| Virtual | Ongoing registration

### Writing Drop-In Group

Hosted by InkWell Workshops, this writing group will provide a dedicated space for writers of all experience levels to maintain a weekly writing practice, including working on writing prompts, sharing work and receiving feedback.

Fridays | January 5<sup>th</sup>- February 23<sup>rd</sup> | 1pm-2:30pm EST | Virtual | Ongoing registration

### Pet Therapy with Pelusa

Join Pelusa in the Patient & Family Learning Space. Pelusa is a former street dog from Mexico who now calls Toronto home. She believes that everyone is a friend she hasn't met yet.

Tuesdays | 2pm-2:45pm EST | 1025 Queen St. West | No registration required

### Peer Support Drop-In Group

We understand that mental health struggles can be overwhelming and isolating, and our goal is to provide a sense of connection and belonging in the group. Join us for an interactive drop-in group

Tuesdays | January 9<sup>th</sup>- March 22<sup>nd</sup> | 12pm-1:30pm EST | Virtual | Ongoing registration

### Disclosure & Accommodations in the Workplace

This workshop is designed to explore the decision to disclose mental health experiences at work, the laws related to accommodations and the steps you can take to request accommodations at work.

Monday January 29<sup>th</sup> | 5pm-6pm EST | Virtual | Pre-registration required

### Writing Your Lived Experience

Hosted by Inkwell Workshops, this course will focus on creative techniques for the true stories of writers who have lived/living experience of mental health.

Tuesdays | Jan 16<sup>th</sup>- March 5<sup>th</sup> | 5:30pm-7pm EST | Virtual | Pre-registration required

#### Ongoing Registration

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