

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Writing Drop-in Group</b> 1:00pm - 2:00pm</p>	<p>3</p> <p><b>Peer Support Drop-In</b> 12:00pm - 1:30pm</p>	<p>4</p> <p><b>Writing Through Darkness to Light</b> 1:00pm - 3:00pm</p> <p><b>Mindfulness for All</b> 11:00am - 12:30pm</p>	<p>5</p> <p><b>Music Appreciation</b> 10:30am-12:00pm</p> <p><b>Building Boundaries</b> 10:30am-12:30pm</p> <p><b>Winter Book Club</b> 1:00pm-2:30pm</p> <p><b>Self-Exploration</b> 1:30pm - 3:00pm</p> <p><b>BIPOC Collective</b> 6:00pm - 8:00pm</p>	<p>6</p>
<p>9</p> <p><b>Writing Drop-in Group</b> 1:00pm - 2:00pm</p>	<p>10</p> <p><b>Peer Support Drop-In</b> 12:00pm - 1:30pm</p>	<p>11</p> <p><b>Writing Through Darkness to Light</b> 1:00pm - 3:00pm</p> <p><b>Mindfulness for All</b> 11:00am - 12:30pm</p> <p><b>Wellness Resource Exchange</b> 2:30pm - 4:00pm</p>	<p>12</p> <p><b>Music Appreciation</b> 10:30am-12:00pm</p> <p><b>Building Boundaries</b> 10:30am-12:30pm</p> <p><b>Winter Book Club</b> 1:00pm-2:30pm</p> <p><b>Self-Exploration</b> 1:30pm - 3:00pm</p> <p><b>BIPOC Collective</b> 6:00pm - 8:00pm</p>	<p>13</p> <p><b>Exploring the African Diaspora through Mixed-Media Textile Art</b> 1:30pm - 3:30pm</p>
<p>16</p> <p><b>Statutory Holiday</b></p>	<p>17</p> <p><b>Peer Support Drop-In</b> 12:00pm - 1:30pm</p> <p><b>Women, Work &amp; Racism</b> 3:00pm - 5:00pm</p> <p><b>The Algorithm: Who Decides What We See?</b> 4:00pm - 6:00pm</p>	<p>18</p> <p><b>Writing Through Darkness to Light</b> 1:00pm - 3:00pm</p> <p><b>Mindfulness for All</b> 11:00am - 12:30pm</p>	<p>19</p> <p><b>Music Appreciation</b> 10:30am-12:00pm</p> <p><b>Building Boundaries</b> 10:30am-12:30pm</p> <p><b>Winter Book Club</b> 1:00pm-2:30pm</p> <p><b>Self-Exploration</b> 1:30pm - 3:00pm</p> <p><b>Ask Me Anything</b> 3:00pm - 4:30pm</p> <p><b>BIPOC Collective</b> 6:00pm - 8:00pm</p>	<p>20</p> <p><b>Exploring the African Diaspora through Mixed-Media Textile Art</b> 1:30pm - 3:30pm</p>
<p>23</p> <p><b>Writing Drop-in Group</b> 1:00pm - 2:00pm</p>	<p>24</p> <p><b>Peer Support Drop-In</b> 12:00pm - 1:30pm</p> <p><b>Women, Work &amp; Racism</b> 3:00pm - 5:00pm</p>	<p>25</p> <p><b>Writing Through Darkness to Light</b> 1:00pm - 3:00pm</p>	<p>26</p> <p><b>Music Appreciation</b> 10:30am-12:00pm</p> <p><b>Building Boundaries</b> 10:30am-12:30pm</p> <p><b>Winter Book Club</b> 1:00pm-2:30pm</p>	<p>27</p> <p><b>Exploring the African Diaspora through Mixed-Media Textile Art</b> 1:30pm - 3:30pm</p>
				<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>

## Upcoming Courses

### Women, Work & Racism

This interactive 12-week group is for Black, Indigenous, and racialized women and femmes those who have faced or are interested in learning more about racism in the workplace. We will examine the roots and theories around racism in Canada and the world, discuss relevant concepts, examine how racism at work has impacted our lives and mental health, and learn practical coping strategies and advocacy tools. Tuesdays | February 17<sup>th</sup> – May 5<sup>th</sup> | 3:00pm-5:00pm EST | Virtual | Open

### Exploring the African Diaspora through Mixed-Media Textile Art

This series celebrates Black History Month through the creative transformation of mixed-media art and repurposed books. Participants will explore the stories, resilience, and cultural contributions of the African Diaspora while giving discarded books new life as powerful art objects. Each session introduces a fresh mixed-media technique—combining collage, textiles, paint, and sculptural elements—inviting participants to reflect, create, and honour Black history through personal and communal expression. Fridays | February 13<sup>th</sup> – March 6<sup>th</sup> | 1:30pm-3:30pm EST | 1025 Queen St. West | Open

### BIPOC Conversation & Arts Collective

This BIPOC Conversation and Arts Collective aims to create a space for racialized folks with mental health lived experience where we can freely speak about the issues that make our experience with mental health unique because of our racial identity. Through facilitated dialogue using a range of activities, participants will learn useful emotional regulation techniques (mindfulness, grounding, etc.), develop self-compassionate self-talk, and explore their individual cultural identities and how (re)connecting with those identities can aid in their healing journeys. New members always welcome, previous group members will enjoy new activities and discussions! Thursdays | February 5<sup>th</sup> - April 23<sup>rd</sup> (exception of Feb 26<sup>th</sup>) | 6:00pm-8:00pm EST | Virtual | Open

### Winter Book Club

The book club pick for this cycle is *The Beauty of Us* by Farzana Doctor, a young adult novel set at a boarding school in the 1980's about a group of girls navigating hardship and using community, art and activism to empower themselves. It will explore themes of love, identity & belonging through shared reading and conversation. The session will culminate in a special author talk with Farzana Doctor in the final session. No book purchase required! Thursdays | February 5<sup>th</sup> – March 19<sup>th</sup> | 1:00pm-2:30pm 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](https://clc.camh.ca)

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Phone: 365-275-7135 | Email: [clc@camh.ca](mailto:clc@camh.ca)



## Upcoming Courses

### Building Better Boundaries

This course is designed to introduce participants to boundaries and boundary setting; identifying personal values, wants and needs; learn to set and maintain healthy boundaries within personal and work relationships. The course explores a different topic each week, including: Introduction to Boundaries; Identifying Personal Values; Creating and Maintaining Healthy Personal Boundaries.  
Thursdays | February 5<sup>th</sup> - 26<sup>th</sup> | 10:30am-12:30pm EST | Virtual | Open

### Self-Exploration Through Creativity

This 3-week guided journey encompasses art and creativity to help participants connect with a deeper understanding of themselves, their personal values, and complexities. Using a different form of artistic expression each week, we explore topics including: Hope for the Future; Holding Opposing Emotions; Control and Letting Go. No experience needed!  
Thursdays | February 5<sup>th</sup> - 19<sup>nd</sup> | 1:30pm-3:00pm EST | Virtual | Open

### Mindfulness for All

In this series we will be learning mindfulness together in ways that we can individualize it for our unique selves. The 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.  
Wednesdays | January 14<sup>th</sup> - February 18<sup>th</sup> | 11:00am-12:30pm EST | 1025 Queen St. W | Open

### Employment Series: Ask Me Anything

Hosted in collaboration with the Patient & Family Learning Space and Employment Works!, the monthly Ask Me Anything workshop will allow participants to explore the intersection of lived experience and employment through a conversation with lived experience experts, peer workers and/or employment specialists.  
Thursday February 26<sup>th</sup> | 3:00pm-4:30pm EST | Virtual | Open

### Wellness Resource Exchange

This sharing support group is designed for exchanging wellness tools and resources with peers. Learn, share and discuss resources (support groups, books, apps, podcasts etc.) that have helped you on your wellness journey.  
Wednesday February 11<sup>th</sup> | 2:30pm-3:00pm EST | Virtual | Open

### The Algorithm: Who Decides What We See?

The "algorithm"--systems that provide targeted, automatic recommendations for what content to view next (in sites like Youtube and TikTok)--promise us quick access to new content that we will enjoy. But are these systems really working in our best interests? This workshop will dive into the algorithm, exploring how automated recommendations work and why they are controversial.  
Tuesday February 17<sup>th</sup> | 4:00pm-6:00pm EST | 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

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Phone: 416 524-2137 | Email: [clc@camh.ca](mailto:clc@camh.ca)



## Upcoming Courses

### Writing Drop-In Group

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 | January 12<sup>th</sup> - March 23<sup>rd</sup> | 1:00pm-2:00pm EST | Virtual | Open

### Peer Support Drop-In Group

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. 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.  
Tuesdays | January 6<sup>th</sup> - March 24<sup>th</sup> | 12:00pm-1:30pm EST | Virtual | Open

### CLC Town Hall

This forum provides space for students to receive program updates and share their perspectives on what's working well, what could be improved, and to offer feedback that will directly inform and shape the program moving forward.  
Friday January 30<sup>th</sup> | 12:00pm-1:00pm EST | Virtual | Open

### Music Appreciation Drop-In Group

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 | January 8<sup>th</sup> - March 26<sup>th</sup> | 10:30am-12pm EST | Virtual | Open

### Writing Through Darkness to Light

This writing group is designed to build community during the dark and cold weeks of winter. If you struggle with Seasonal Affective Disorder, or are looking to navigate the winter blues, this one's for you. Using poetry and song lyrics as prompts, participants will explore the darkness in our days, our world, our lives and ourselves, as we turn towards and embrace the light.  
Wednesdays | January 7<sup>th</sup> - February 25<sup>th</sup> | 1:00pm-3:00pm EST | Virtual | Closed

#### Ongoing Registration

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