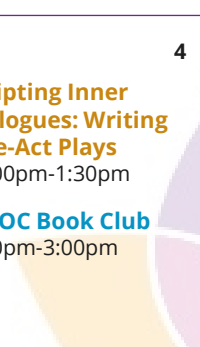


Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>4</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Rewriting Our Stories 12:00pm-1:30pm</p> <p>Peer Support Group 12:00pm-1:30pm</p> <p>Mental Health & Grief 2:00pm-3:30pm</p>	<p>5</p> <p>Music Appreciation Group 1:00pm-2:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>6</p> <p>Zine-Making 3:00pm-4:30pm</p> <p>BIWOC Healing Circle 5:30pm-8:00pm</p>	<p>7</p> <p>Indoor Plant Care 12:00pm-2:00pm</p>
<p>10</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>11</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Rewriting Our Stories 12:00pm-1:30pm</p> <p>Peer Support Group 12:00pm-1:30pm</p> <p>Mental Health & Grief 2:00pm-3:30pm</p>	<p>12</p> <p>Guidance on Pursuing Employment Goals 11:30am-1:00pm</p> <p>Music Appreciation Group 1:00pm-2:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>13</p> <p>Zine-Making 3:00pm-4:30pm</p> <p>BIWOC Healing Circle 5:30pm-8:00pm</p>	<p>14</p> <p>Indoor Plant Care 12:00pm-2:00pm</p>
<p>17</p> <p>Statutory Holiday</p>	<p>18</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Rewriting Our Stories 12:00pm-1:30pm</p> <p>Peer Support Group 12:00pm-1:30pm</p>	<p>19</p> <p>Music Appreciation Group 1:00pm-2:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>20</p> <p>Zine-Making 3:00pm-4:30pm</p> <p>BIWOC Healing Circle 5:30pm-8:00pm</p>	<p>21</p> <p>Indoor Plant Care 12:00pm-2:00pm</p>
<p>24</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>25</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Rewriting Our Stories 12:00pm-1:30pm</p> <p>Peer Support Group 12:00pm-1:30pm</p>	<p>26</p> <p>Music Appreciation Group 1:00pm-2:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>27</p> <p>Zine-Making 3:00pm-4:30pm</p> <p>BIWOC Healing Circle 5:30pm-8:00pm</p>	<p>28</p> <p>Indoor Plant Care 12:00pm-2:00pm</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>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>4</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Peer Support Group 12:00pm-1:30pm</p>	<p>5</p> <p>Music Appreciation Group 1:00pm-2:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>6</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>BIWOC Healing Circle 5:30pm-8:00pm</p>	<p>7</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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<p>17</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>18</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Peer Support Group 12:00pm-1:30pm</p>	<p>19</p> <p>Music Appreciation Group 1:00pm-2:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>20</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Artificial Intelligence: Past, Present, and Future 4:00pm-6:00pm</p>	<p>21</p>
<p>24</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>25</p> <p>Peer Support Group 12:00pm-1:30pm</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Dealing with Stress 2:00pm-3:00pm</p>	<p>26</p> <p>Music Appreciation Group 1:00pm-2:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>27</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Artificial Intelligence: Past, Present, and Future 4:00pm-6:00pm</p>	<p>28</p>
<p>31</p> <p>Scripting Inner Dialogues: Writing One-Act Plays 12:00pm-1:30pm</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>1</p> <p>Scripting Inner Dialogues: Writing One-Act Plays 12:00pm-1:30pm</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p>	<p>2</p> <p>Scripting Inner Dialogues: Writing One-Act Plays 12:00pm-1:30pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>3</p> <p>Scripting Inner Dialogues: Writing One-Act Plays 12:00pm-1:30pm</p> <p>Artificial Intelligence: Past, Present, and Future 4:00pm-6:00pm</p>	<p>4</p> <p>Scripting Inner Dialogues: Writing One-Act Plays 12:00pm-1:30pm</p> <p>BIPOC Book Club 1:00pm-3:00pm</p> 

Upcoming Courses

Stand Up Comedy for Mental Health

This 11-week course explores the power of humor as a tool for reframing lived experiences in a supportive, collaborative environment. Participants will learn joke structure, writing techniques, comedic styles, and ethical approaches to comedy through discussions, exercises, and media examples. The course culminates in a short three-minute comedy performance, with feedback available throughout.

Tuesdays | March 4th – May 13th | 12:00pm-2:00pm | Virtual | Open

Dealing With Stress

Join this interactive 60-minute session to explore how stress can be both beneficial and challenging, recognize the impact of overwhelming situations, and gain a deeper understanding of your own stress tolerance.

Tuesday March 25th | 2:00pm-3:00pm EST | St. James Library – 495 Sherbourne St. | Open

Artificial Intelligence: Past, Present & Future

This four-week course explores the fundamentals of artificial intelligence, including how it works, its development, and its future impact. Through key concepts, milestones, and controversies, we'll examine AI's influence on work, play, and human interaction. No technical background is needed—just curiosity and a willingness to engage in thought-provoking discussions.

Thursdays | March 13th – April 3rd | 4:00pm-6:00pm EST | Virtual | Open

Scripting Inner Dialogues: Writing One-Act Plays

Explore the power of storytelling in this week-long, daily course where we'll craft one-act plays inspired by personal experiences with mental health. No writing experience is needed—just a willingness to experiment and create. Through guided exercises and group discussions, we'll blend narrative practices with playwriting techniques, shaping stories through character and scene development.

Daily | Monday March 31st – Friday April 4th | 12:00pm-1:30pm 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

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

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

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

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 digital music creation.
Wednesdays | Jan 8th – April 16th | 1:00pm-2:00pm EST | Virtual | 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, dancing, and inclusive discussions.
Thursdays | Jan 9th – Mar 13th | 5:30pm-8:00pm 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 | Closed

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 – April 16th | 1:00pm-3:00pm EST | Virtual | Closed

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

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

BIPOC Book Club (April sneak peak!)

Open to all experience levels, the BIPOC Book Club is a space for BIPOC individuals to explore systemic barriers and healing strategies through nonfiction works. This session will focus on Real Self-Care: A Transformative Program for Redefining Wellness by Pooja Lakshmin, with group readings, discussions, and guided writing exercises—no book purchase required.
Fridays | April 4th – May 23rd | 1:00pm-3:00pm | Virtual | Open

Open

These courses are currently accepting registration.

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

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