



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)</p>			<p>1</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p> <p>Video Game Culture & Mental Health 5:00pm-6:30pm</p>	<p>2</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:00pm-2:30pm</p>
<p>5</p> <p>Disclosure & Accommodation in the Workplace 4:30pm-5:30pm</p>	<p>6</p> <p>Morning Motivation 9:00am-10:00am</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy with Pelusa 2:00pm-2:45pm</p> <p>Writing Your Lived Experience 5:30pm-7:00pm</p>	<p>7</p> <p>Navigating Triggers 10:00am-11:30am</p> <p>Author Talk with Maya Ameyaw 3:30pm-4:30pm</p>	<p>8</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p> <p>Video Game Culture & Mental Health 5:00pm-6:30pm</p>	<p>9</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:00pm-2:30pm</p>
<p>12</p>	<p>13</p> <p>Morning Motivation 9:00am-10:00am</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy with Pelusa 2:00pm-2:45pm</p> <p>Writing Your Lived Experience 5:30pm-7:00pm</p>	<p>14</p> <p>Navigating Triggers 10:00am-11:30am</p>	<p>15</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>16</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:00pm-2:30pm</p>
<p>19</p> <p>Statutory Holiday</p>	<p>20</p> <p>Morning Motivation 9:00am-10:00am</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy with Pelusa 2:00pm-2:45pm</p> <p>Writing Your Lived Experience 5:30pm-7:00pm</p>	<p>21</p> <p>Navigating Triggers 10:00am-11:30am</p> <p>Ask Me Anything: CAMH Peer Support Worker 2:00pm-3:30pm</p>	<p>22</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>23</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:00pm-2:30pm</p>
<p>26</p> <p>Developing Your Writing Voice 1:30pm-3:00pm</p>	<p>27</p> <p>Morning Motivation 9:00am-10:00am</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy with Pelusa 2:00pm-2:45pm</p> <p>Writing Your Lived Experience 5:30pm-7:00pm</p>	<p>28</p> <p>CLC Town Hall 12:00pm-1:00pm</p> <p>Self-Care in the Black Community 6:00pm-7:00pm</p>	<p>29</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	

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<p>25</p> <p>Developing Your Writing Voice 1:30pm-3:00pm</p>	<p>26</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy with Pelusa 2:00pm-2:45pm</p>	<p>27</p> <p>Business Idea Generator 6pm-7:30pm</p>	<p>28</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p> <p>Eco-Grief 1:00pm-3:00pm</p>	<p>29</p> 

Upcoming Courses

Self-Care in the Black Community

This course will explore the intersection of Blackness, self-care and mental health. We will unpack systemic challenges, including employment disparities and racism, while highlighting the unique mental health issues facing Black communities. This course is exclusive to Black students.

Wednesdays | February 28th – March 20th | 6pm-7pm EST | Virtual | Ongoing registration

Letter Writing

This course will explore the art of written communication, including strategies for crafting individual letters on the topic of our choosing, with prompts and suggestions to guide the process.

Wednesdays | March 6th (1-3pm EST) & March 13th (1pm-2pm EST) | Virtual | Ongoing registration

Is Entrepreneurship for You?

This session will support you to decide if self-employment suits you and your goals, while offering you the chance to ask your burning questions about entrepreneurship.

Thursday March 21st | 12pm-1pm EST | Virtual | Pre-registration required

Business Idea Generator

This workshop will provide practical techniques to generate ideas and overcome creative blocks. It will also offer insight on how to identify gaps in the market and take your ideas to the next step.

Wednesday March 27th | 6pm-7:30pm EST | Virtual | Pre-registration required

Eco-Grief

This 6-week facilitated writing group is designed for people coping with grief, anxiety, hopelessness, and dread as it relates to the destruction of our precious earth and the climate crisis.

Thursdays | March 14th – April 18th | 1pm-3pm EST | Virtual | Ongoing registration

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

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 & Ongoing 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 5th - March 22nd | 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 5th - March 22nd | 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. No registration required.
Tuesdays | 2pm-2:45pm EST | 1025 Queen St. West

Navigating Triggers

Learn to effectively identify triggers and understand how to respond in a way that works for you.
Wednesdays | February 7th - 21st | 10am-11:30am EST | Virtual | Ongoing registration

Morning Motivation

Start your day with a boost of inspiration! Set individual goals and plan for how to get there in supportive group setting.
Tuesdays | February 6th - 27th | 9am-10am EST | 1025 Queen St. West | Ongoing registration

Developing Your Writing Voice

This course will provide helpful strategies for developing your writing voice and style while exploring different genres each week, including sci-fi, fantasy, mystery and more!
Mondays | February 26th - April 22nd | 1:30pm-3pm EST | Virtual | Ongoing registration

Ask Me Anything: CAMH Peer Support Workers

Meet three skilled and seasoned CAMH Peer Support Workers ready to answer your questions and share practical insights about peer support opportunities and education.
Wednesday February 21st | 2:00pm-3:30pm EST | Virtual | Pre-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 9th - March 22nd | 12pm-1:30pm EST | Virtual | Ongoing registration

CLC Town Hall

Share your thoughts, ideas and suggestions!
Wednesday February 28th | 12pm-1pm EST | Virtual | Pre-registration required

Ongoing Registration

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