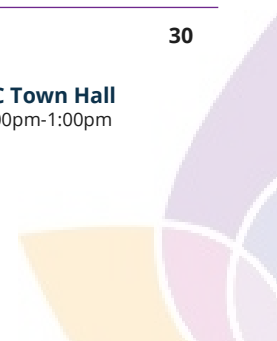


Monday	Tuesday	Wednesday	Thursday	Friday
<b>Registration</b> <b>Website:</b> <a href="http://clc.camh.ca">clc.camh.ca</a> <b>Email:</b> <a href="mailto:clc@camh.ca">clc@camh.ca</a> <b>Phone:</b> 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)			1 <b>Statutory Holiday</b>	2
5	6 <b>Peer Support Drop-In (Winter Series!)</b> 12:00pm - 1:30pm	7 <b>Writing Through Darkness to Light</b> 1:00pm - 3:00pm	8 <b>Music Appreciation Drop-In (Winter Series!)</b> 10:30am-12:00pm  <b>Self-Exploration Through Creativity</b> 10:30am - 12:00pm	9
12 <b>Writing Drop-in (Winter Series!)</b> 1:00pm - 2:00pm	13 <b>Peer Support Drop-In</b> 12:00pm - 1:30pm	14 <b>Writing Through Darkness to Light</b> 1:00pm - 3:00pm  <b>Wellness Resource Exchange</b> 2:30pm - 4:00pm	15 <b>Music Appreciation Drop-In</b> 10:30am-12:00pm  <b>Self-Exploration Through Creativity</b> 10:30am - 12:00pm	16
19 <b>Writing Drop-in</b> 1:00pm - 2:00pm	20 <b>Peer Support Drop-In</b> 12:00pm - 1:30pm	21 <b>Writing Through Darkness to Light</b> 1:00pm - 3:00pm	22 <b>Music Appreciation Drop-In</b> 10:30am-12:00pm  <b>Self-Exploration Through Creativity</b> 10:30am - 12:00pm  <b>Employment Workshop: Ask Me Anything</b> 2:00pm - 3:30pm	23
26 <b>Writing Drop-in</b> 1:00pm - 2:00pm	27 <b>Peer Support Drop-In</b> 12:00pm - 1:30pm	28 <b>Writing Through Darkness to Light</b> 1:00pm - 3:00pm	29 <b>Music Appreciation Drop-In</b> 10:30am-12:00pm	30 <b>CLC Town Hall</b> 12:00pm-1:00pm



## Upcoming Courses

### Self-Exploration Through Creativity

This 3-week guided journey through self-exploration encompasses art and creativity to help participants connect with a deeper understanding of themselves, their personal values, and complexities. Utilizing a different form of artistic expression each week, we explore various topics including: Hope for the Future; Holding Opposing Emotions; Control and Letting Go. No artistic experience needed!

Thursdays | January 8<sup>th</sup> – 22<sup>nd</sup> | 10:30am-12:00pm EST | Virtual | Open

### Employment Workshop: Ask Me Anything

Hosted in collaboration with the Patient & Family Learning Space and Employment Works!, this 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. More details to come!

Thursday January 22<sup>nd</sup> | 2:00pm-3:30pm 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 | 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 January 14<sup>th</sup> | 2:30pm-3:00pm 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)

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

### Peer Support Drop-In Group (Winter Series!)

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

### Music Appreciation Drop-In Group (Winter Series!)

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 Drop-In Group (Winter Series!)

Hosted by InkWell Workshops, this weekly 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

### CLC Town Hall

This town hall is a forum for students to receive program updates and engage in open discussion about their experiences. It provides space to share perspectives on what's working well, what could be improved, and to offer feedback that will directly inform and shape the program moving forward. All are welcome!

Friday January 30<sup>th</sup> | 12:00pm-1:00pm 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

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Register at [clc.camh.ca](https://clc.camh.ca)

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