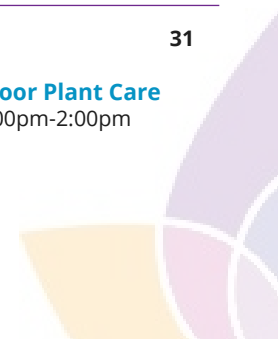


Monday	Tuesday	Wednesday	Thursday	Friday
Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)		1 Statutory Holiday	2	3
6	7 Pet-Therapy 10:30am-11:30am Peer Support Group (Winter series begins) 12:00pm-1:30pm Mental Health & Grief 2:00pm-3:30pm	8 Music Appreciation Group (Winter series begins) 1:00pm-2:00pm Peer Support Core Competencies Training 1:00pm-3:00pm	9 Zine-Making 3:00pm-4:30pm BIWOC Healing Circle (New series!) 5:30pm-8:00pm	10
13 Writing Drop-In Group (Winter series begins) 1:00pm-2:00pm	14 Pet-Therapy 10:30am-11:30am Peer Support Group 12:00pm-1:30pm Mental Health & Grief 2:00pm-3:30pm	15 Music Appreciation Group 1:00pm-2:00pm Peer Support Core Competencies Training 1:00pm-3:00pm	16 Zine-Making 3:00pm-4:30pm BIWOC Healing Circle 5:30pm-8:00pm	17
20 Writing Drop-In Group 1:00pm-2:00pm	21 Pet-Therapy 10:30am-11:30am Rewriting Our Stories 12:00pm-1:30pm Peer Support Group 12:00pm-1:30pm Mental Health & Grief 2:00pm-3:30pm	22 Music Appreciation Group 1:00pm-2:00pm Peer Support Core Competencies Training 1:00pm-3:00pm	23 Zine-Making 3:00pm-4:30pm BIWOC Healing Circle 5:30pm-8:00pm	24 Indoor Plant Care 12:00pm-2:00pm
27 Writing Drop-In Group 1:00pm-2:00pm	28 Pet-Therapy 10:30am-11:30am Rewriting Our Stories 12:00pm-1:30pm Peer Support Group 12:00pm-1:30pm Mental Health & Grief 2:00pm-3:30pm	29 Music Appreciation Group 1:00pm-2:00pm Peer Support Core Competencies Training 1:00pm-3:00pm	30 Zine-Making 3:00pm-4:30pm BIWOC Healing Circle 5:30pm-8:00pm	31 Indoor Plant Care 12:00pm-2:00pm



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>Navigating Grief from Substance Use Related Loss 10:00am-12:00pm</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>Pursuing Employment Goals in 2025 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>Navigating Grief from Substance Use Related Loss 10:00am-12:00pm</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>Navigating Grief from Substance Use Related Loss 10:00am-12:00pm</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>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>

Upcoming Courses

Indoor Plant Care

Learn about plant care by doing it: watering, repotting, pest control, and growing new plants from seeds and propagation. We will work with a different group of plants each week, including cacti, succulents, tropicals, herbs, and more. This is a beginner course hosted in partnership with Friends of Allan Gardens.

Fridays | Jan 24th –Feb 28th | 12:00pm-2:00pm | Allen Gardens-160 Gerrard St E | Open

Understanding Grief from Substance Use Related Loss

This course explores the intersections between grief and drug related deaths. Within the context of the opioid epidemic and other tainted drug supplies, Canada continues to experience substantial human loss. We will discuss how grief can be a tool to tie us together and begin to collectively respond to some of the systemic issues that are leaving individuals vulnerable to drug-related deaths in the community.

Thursdays | Feb 6th – Feb 20th | 10:00am-12:00pm EST | 1025 Queen St W. Room 2328 | Open

Work Well: Pursuing Employment Goals in 2025

This workshop provides guidance for anyone looking to achieve their employment goals in 2025. Explore how to set meaningful goals, discover where to begin, and learn about the support available through CAMH Employment Works and other employment resources. Offered in collaboration with the RBC Patient & Family Learning Space and CAMH Employment Works, this session is designed to empower you with the tools and insights needed to take your next career step.

Wednesday | February 12th | 11:30am-1:00pm 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, breath work, dancing, and inclusive discussions.

Thursdays | Jan 9th – Mar 13th | 5:30pm-8:00pm 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

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 music creation using a web-based program.

Wednesdays | Jan 8th – April 16th | 1:00pm-2:00pm
EST | Virtual | Open

Exploring Mental Health & Grief Through Writing

This four week facilitated writing group designed for people navigating grief related to their experiences with mental illness. Participants will work in a supportive group environment to write and share their experiences around identity, resilience, gratitude, and loss.

Tuesdays | Jan 7th – Feb 11th | 2:00pm-3:30pm EST |
Virtual | Closed

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 | Open

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 – Mar 26th | 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).

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

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

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

