


Monday	Tuesday	Wednesday	Thursday	Friday
1 Statutory Holiday	2	3	4	5 Music Appreciation Group 12:00pm-1:00pm Writing Drop-In Group 1:00pm-2:30pm
8	9 Peer Support Drop-in Group 12:00pm-1:30pm Pet Therapy with Pelusa 2:00pm-2:45pm	10 Coping with Stress 10:00am-11:30am	11 Video Game Culture & Mental Health 5:00pm-6:30pm	12 Music Appreciation Group 12:00pm-1:00pm Writing Drop-In Group 1:00pm-2:30pm
15	16 Peer Support Drop-in Group 12:00pm-1:30pm Pet Therapy with Pelusa 2:00pm-2:45pm Writing Your Lived Experience 5:30pm-7:00pm	17 Coping with Stress 10:00am-11:30am Put Your Best Foot Forward: Resume & Cover Letter Writing 1:00pm-2:00pm	18 Peer Support Core Competencies Training 1:00pm-3:00pm Video Game Culture & Mental Health 5:00pm-6:30pm	19 Music Appreciation Group 12:00pm-1:00pm Writing Drop-In Group 1:00pm-2:30pm
22	23 Peer Support Drop-in Group 12:00pm-1:30pm Pet Therapy with Pelusa 2:00pm-2:45pm Writing Your Lived Experience 5:30pm-7:00pm	24 Coping with Stress 10:00am-11:30am Put Your Best Foot Forward: Resume & Cover Letter Writing 1:00pm-2:00pm	25 Peer Support Core Competencies Training 1:00pm-3:00pm Video Game Culture & Mental Health 5:00pm-6:30pm	26 Music Appreciation Group 12:00pm-1:00pm Writing Drop-In Group 1:00pm-2:30pm
29 Disclosure & Accommodations in the Workplace 5:00pm-6:00pm	30 Peer Support Drop-in Group 12:00pm-1:30pm Pet Therapy with Pelusa 2:00pm-2:45pm Writing Your Lived Experience 5:30pm-7:00pm	31		Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)

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26	27	28	29	
<p>Developing Your Writing Voice 1:30pm-3:00pm</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>CLC Town Hall 12:00pm-1:00pm</p>	<p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	

Upcoming Courses

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

Author Talk with Maya Ameyaw

Join young adult author, Maya Ameyaw, for a discussion on the process of writing and traditionally publishing her debut novel, followed by Q & A for writing and publishing related questions.

Wednesday February 7th | 3:30pm-4:30pm EST | Virtual | Pre-registration required

Navigating Triggers

Learn to identify your triggers more effectively, and understand how to respond in a way that works for you.

Wednesdays | February 7th - 21st | 10am-11:30am 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

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

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.
Phone: 365-275-7135 | Email: clc@camh.ca



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.

Tuesdays | 2pm-2:45pm EST | 1025 Queen St. West | No registration required

Put Your Best Foot Forward: Cover Letter & Resume Writing

This 2-part series will discuss the art of resume and cover letter writing. Learn strategies to tailor your application and represent your experience in the best light possible!

Wednesdays | January 17th & 24th | 1pm-2pm EST | Virtual | Ongoing registration

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

Video Game Culture & Mental Health

In this five-week course we will explore the relationship between video games and culture as well as its impact on mental health.

Thursdays | January 11th – February 8th | 5pm-6:30pm EST | Virtual | Ongoing registration

Writing Your Lived Experience

Hosted by Inkwell Workshops, this course will focus on creative techniques for the true stories of writers who have lived/living experience of mental health.

Tuesdays | Jan 16th- March 5th | 5:30pm-7pm EST | Virtual | Waitlist

Disclosure & Accommodations in the Workplace

This workshop is designed to explore the decision to disclose mental health experiences at work, the laws related to accommodations and the steps you can take to request accommodations at work.

Monday January 29th | 5pm-6pm EST | Virtual | Pre-registration required

Peer Support Core Competencies Training

Designed by the Centre for Innovation in Peer Support, this training consists of 15 interactive sessions to support your understanding and knowledge of peer support best practices.

Thursdays | January 18th – April 25th | 1pm-3pm EST | Virtual | Waitlist

Coping with Stress

Join us as we explore the ins and outs of stress, create personal plans for navigating challenging life situations, and uncover ways to befriend stress.

Wednesdays | January 10th – 24th | 10am-11:30am EST | Virtual | Pre-registration required

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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Pre-Registration/Closed

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