


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 Statutory Holiday</p>	<p>2 Music Appreciation (Summer Series) 10:30am-12:00pm</p>	<p>3 Poetry Workshop and Open Mic Series 12:00pm - 2:00pm</p>
<p>6 Peer Support Core Competencies Training 11:00am-1:00pm Writing Drop-in Group (Summer Series) 1:00pm - 2:00pm</p>	<p>7 Mindfulness for All 2:30pm - 4:30pm</p>	<p>8 Looking & Seeing Art 1:30pm - 3:30pm</p>	<p>9 Music Appreciation 10:30am-12:00pm Self-Exploration Through Creativity 11:00am - 12:30pm</p>	<p>10 Poetry Workshop and Open Mic Series 12:00pm - 2:00pm</p>
<p>13 Peer Support Core Competencies Training 11:00am-1:00pm Writing Drop-in Group 1:00pm - 2:00pm</p>	<p>14 Mindfulness For All 2:30pm - 4:30pm</p>	<p>15 Exploring Attachment 1:00pm - 3:00pm</p>	<p>16 Music Appreciation 10:30am-12:00pm Self-Exploration Through Creativity 11:00am - 12:30pm Writing True Stories 1:00pm - 2:30pm</p>	<p>17 Poetry Workshop and Open Mic Series 12:00pm - 2:00pm</p>
<p>20 Peer Support Core Competencies Training 11:00am-1:00pm Writing Drop-in Group 1:00pm - 2:00pm</p>	<p>21 Mindfulness for All 2:30pm - 4:30pm</p>	<p>22 Exploring Attachment 1:00pm - 3:00pm Building Community after Immigration 6:30pm - 8:30pm</p>	<p>23 Music Appreciation 10:30am-12:00pm Self-Exploration Through Creativity 11:00am - 12:30pm Writing True Stories 1:00pm - 2:30pm Employment Workshop: AMA with Ryan Zeitz 2:00pm - 3:30pm</p>	<p>24</p>
<p>27 Peer Support Core Competencies Training 11:00am-1:00pm Writing Drop-in Group 1:00pm - 2:00pm</p>	<p>28 Mindfulness for All 2:30pm - 4:30pm</p>	<p>29 Exploring Attachment 1:00pm - 3:00pm Breaking into Tech 2:00pm - 3:00pm</p>	<p>30 Music Appreciation 10:30am-12:00pm Self-Exploration Through Creativity 11:00am - 12:30pm Writing True Stories 1:00pm - 2:30pm</p>	<p>31</p> 

Upcoming Courses

Exploring Attachment

This 4-week informational course explores different attachment styles and how they can shape relationship preferences, responses, and patterns of connection. Participants will have the opportunity to reflect on their own attachment styles and relationship needs while building a deeper understanding of healthy relationships and secure attachment. Together, we will explore ways to strengthen connection and navigate attachment responses within personal relationships.

Wednesdays | July 15th – August 5th | 1:00pm-3:00pm | Virtual | Open

Breaking into Tech

Join Iyanu Ojekale of Tech-Xpert.org for an interactive and informal workshop exploring pathways into employment in the tech industry. Together, we'll look at practical job search strategies using Artificial Intelligence (AI), including tips for resumes, interviews, and navigating the application process. We'll also explore the wide range of opportunities in tech beyond coding, such as cybersecurity, product management, and cloud computing. No prior experience is required—just curiosity and a willingness to learn.

Wednesdays | July 29th & August 5th | 2:00pm – 3:00pm | Virtual | Open

Writing True Stories

In this 8-part course, participants will explore a range of nonfiction works and reflect on the themes, storytelling approaches, and narrative techniques they use. Through shared reading and group discussion, we'll consider elements of storytelling including voice, character, setting, and tone, while also exploring questions related to the ethics of nonfiction writing. Participants will have opportunities to complete reflective exercises and deepen their understanding and appreciation of nonfiction literature. Open to writers of all experience levels.

Thursdays | July 16th – September 3rd | 1:00pm – 2:30pm | Virtual | Open

Building Community after Immigration

This supportive and educational workshop is designed to help newcomers foster connection, belonging, and meaningful relationships in a new country. Immigration often involves leaving behind familiar networks of family, friends, and community, and this workshop offers space to reflect on that experience while exploring ways to build new connections. Through guided discussion, reflective activities, and group exercises, participants will explore practical strategies for strengthening support systems, finding welcoming spaces, and reducing isolation. Participants will leave with tools to support community-building and a greater sense of connection in their new home.

Wednesday July 22nd | 6:30pm – 8:30pm | 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.
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Upcoming Courses

Employment Workshop: AMA with Iyanu Ojekale

This session welcomes Iyanu Ojekale. Iyanu will talk about his interesting path in the world of Information Technology, and other hot topics related to employment and tech. With a focus on pursuing employment goals in 2026, John Fernandes and Iyanu invite participants to bring their questions for an open, engaging 90-minute conversation grounded in lived experience, learning, and possibility.

Thursday | June 25th | 2:00pm – 3:30pm | Virtual | Open

Writing Drop-In Group – Summer Session

Hosted by InkWell, this 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 | July 6th - September 28th (no class August 3rd or September 7th) | 1:00pm-2:00pm | Virtual | Open

Looking and Seeing Art – Summer Session

Looking and Seeing is a course that is all about taking non-judgmental, intentional moments to observe and ground through unique drawing exercises. The focus will be play and process instead of trying to make the final art look “right” or “perfect”. A 5 week course, alternating between the classroom (1025 Queen St.) and the AGO to expand our understanding of artistic expression as we get out of our own way with making imperfect art. will gain confidence in managing life transitions and building a sense of belonging in their new environment.

Wednesdays | June 3rd – July 8th (no class July 1) | 1:30pm-3:30pm | In Person | Open

Music Appreciation Drop-In Group - Summer Session

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 | July 2nd – September 24th | 10:30am-12pm | Virtual | Open

Self-Exploration Through Creativity

This is a 3-week journey into self-exploration using art and creativity. Guided by a Lived Experience Peer Support Specialist, this course is designed to help participants identify and connect with important aspects of themselves for a deeper understanding of their motivations, values and complexities.

Thursdays | July 9th – 23rd | 11:00am – 12:30pm | Virtual | Open

Employment Workshop: AMA with Ryan Zeitz

Join us for an engaging conversation with comedian, mental health advocate, and all-around creative problem-solver Ryan Zeitz. Ryan will share his unique journey through peer support, advocacy, comedy, entrepreneurship, and the many unexpected twists and turns that can shape a career. Together, Ryan and John Fernandes of CAMH Employment, we will explore alternative sources of income, self-employment, side hustles, and unconventional career paths.

Thursday July 23rd | 2:00 pm – 3:30pm | Virtual | Open

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

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