


Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Statutory Holiday</b>	2 <b>Peer Support Drop-in Group (Summer session begins!)</b> 12:00pm-1:30pm	3 <b>Workshop Development</b> 9:30am-11:30am <b>Pet Loss and Grief</b> 1:00pm-2:30pm	4	5 <b>Music Appreciation Group (Summer Session begins!)</b> 12:00pm-1:00pm <b>Writing Drop-In Group (Summer session begins!)</b> 1:30pm-2:30pm
8 <b>Writing Fiction for Young People</b> 3:30pm-4:30pm	9 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Community Services Pop-Up at PFLS</b> 2:00pm-4:00pm	10 <b>Workshop Development</b> 9:30am-11:30am <b>Pet Loss and Grief</b> 1:00pm-2:30pm	11 <b>Coping with Procrastination</b> 6:00pm-8:00pm	12 <b>Music Appreciation Group</b> 12:00pm-1:00pm <b>Writing Drop-In Group</b> 1:30pm-2:30pm
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22 <b>Writing Fiction for Young People</b> 3:30pm-4:30pm	23 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm	24 <b>Workshop Development</b> 9:30am-11:30am <b>Pet Loss and Grief</b> 1:00pm-2:30pm	25 <b>Coping with Procrastination</b> 6:00pm-8:00pm	26 <b>Music Appreciation Group</b> 12:00pm-1:00pm <b>Be Angry</b> 1:00pm-3:00pm <b>Writing Drop-In Group</b> 1:30pm-2:30pm
29 <b>Writing Fiction for Young People</b> 3:30pm-4:30pm	30	31 <b>Workshop Development</b> 9:30am-11:30am		<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)

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<p><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)</p>			<p><b>1</b></p> <p><b>Exploring Mental Health and Grief Through Writing</b>                      1:00pm–2:30pm</p> <p><b>Coping with Procrastination</b>                      6:00pm–8:00pm</p>	<p><b>2</b></p> <p><b>Music Appreciation Group</b>                      12:00pm-1:00pm</p> <p><b>Be Angry</b>                      1:00pm-3:00pm</p> <p><b>Writing Drop-In Group</b>                      1:30pm-2:30pm</p>
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## Upcoming Courses

### Exploring Mental Health and Grief Through Writing

Exploring Mental Health and Grief Through Writing is a four week facilitated writing group designed for people navigating grief related to their experiences with mental health challenges. Participants will work in a supportive group environment to write and share their experiences around identity, resilience, gratitude, and loss.

Thursdays | August 1<sup>st</sup> -22<sup>nd</sup> | 1:00pm-2:30pm EDT | Virtual | Open

### Stand Up Comedy for Mental Health

They say laughter is the best medicine... It's a cliché, but it's a cliché for a reason! In this 11-week course, participants will be empowered to reframe their lived experience through the lens of humour, in a collaborative and supportive environment.

Wednesdays | August 14<sup>th</sup> – October 23<sup>rd</sup> | 2:00pm-4:00pm EDT | Virtual | Open

### Improving Interpersonal Communications

This course is designed to help participants identify communication styles and habits, understand common communication errors, and learn to resolve conflicts within personal and work relationships. Participants will be encouraged to share their experiences and ideas, while learning useful, and practical, every-day communication skills.

Mondays | August 12<sup>th</sup> – September 30<sup>th</sup> | 1:00pm-2:30pm EDT | Virtual | Open

### Exploring Chat GPT Features

Join us for a 2-hour introductory workshop on exploring the features and capabilities of ChatGPT. In this interactive session, we aim to help you gain an understanding of what ChatGPT is, see live demonstrations of its applications, and participate in hands-on activities. Engage in collaborative tasks, share your experiences, and discover various ways to leverage ChatGPT for writing, brainstorming, and more.

Wednesday August 7<sup>th</sup> | 4:00pm-6:00pm EDT | 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)

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Phone: 365-275-7135 | Email: [clc@camh.ca](mailto:clc@camh.ca)



## Ongoing & Upcoming Courses

### Peer Support Drop-In Group (Summer)

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 | July 2<sup>nd</sup> – Sept. 24<sup>th</sup> | 12pm-1:30pm EDT  
| Virtual | Open

### Writing Drop-In Group (Summer)

Hosted by InkWell Workshops, this weekly writing drop-in group provides a dedicated space for writers of all experience levels. Each session features timed writing sprints, where students can work quietly on assigned exercises or their own projects. The sessions conclude with time for sharing work, asking the instructor questions about writing practice or career, and receiving feedback.  
Fridays | July 5<sup>th</sup> - Sept. 27<sup>th</sup> | 1:30pm-2:30pm EDT | Virtual | Open

### Workshop Development

In this 10 week course, participants will learn different tools and techniques around developing workshops using a mix of theory and hands-on development of a workshop.  
Wednesdays | June 26<sup>th</sup> - August 28<sup>th</sup> | 9:30am-11:30am | 1025 Queen St. West | Closed

### Pet Loss & Grief

This 6-week facilitated writing group designed for people coping with the loss of a companion animal (through death, surrender, rehoming, lost pet). Participants will work in a supportive group environment to write and share their memories, and their experience of loss, discovering new thoughts, feelings and ideas that will help them move forward and adjust to life without their beloved animals.  
Wednesdays | June 19<sup>th</sup>- July 24<sup>th</sup> | 1pm-2:30pm EDT | Virtual | Closed

### Coping with Procrastination

A 10-week course to connect with others, gain deeper understanding about procrastination and learn coping strategies.  
Thursdays | July 11<sup>th</sup>- Sept. 12<sup>th</sup> | 6pm-8pm EDT | Virtual | Closed

### Be Angry

Be Angry is an immersive workshop series exploring and de-mystifying how and why anger is an important emotion to express. Anger is a taboo and stigmatized emotion to express and we experience it differently. This course talks about ways we express and cope with anger including an exploration of varying expression modalities while normalizing and de-stigmatizing what it means to feel anger.  
Fridays | July 19<sup>th</sup> – August 9<sup>th</sup> | 1pm-3pm EDT | Virtual | Waitlist

### Music Appreciation Group (Summer)

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. No experience is required.  
Fridays | July 5<sup>th</sup>- Sept. 27<sup>th</sup> | 12pm-1pm EDT | Virtual | Open

### Writing Fiction for Young People

In this 6-week course, participants will explore methods of storytelling tailored to various youth age groups. Each week will focus on different age categories and the formats used within them.  
Mondays | June 17<sup>th</sup> – July 29<sup>th</sup> | 3:30pm-4:30pm EDT | Virtual | Open

### Community Services Pop-Up at PFLS

Join the CLC at the Patient & Family Learning Space's monthly community services pop-up! Staff from the CLC will support current as well as prospective students to explore how the CLC can support them to achieve their goals. In addition, learn about various other programs in the community, including but not limited to, the Toronto Public Library, Parkdale Branch and Employment Works!  
Tuesday August 13<sup>th</sup> | 2pm-4pm | Patient & Family Learning Space- 1025 Queen St. West | No registration required

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