

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Statutory Holiday</p>	<p>4</p> <p>Peer Support Drop-in Group 12:00pm-1:00pm</p> <p>Stand Up Comedy for Mental Health 2:00pm-4:00pm</p> <p>Pet Therapy with Pelusa 2:00pm-3:00pm</p>	<p>5</p> <p>Interpersonal Communications 10:00am-12:00pm</p> <p>Writing Our Lived Experience 2:30pm-4:00pm</p> <p>Music, the Mind & Healing 5:00pm-6:15pm</p>	<p>6</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>Pet Grief & Loss: Writing to Heal 1:00pm-2:30pm</p>	<p>7</p> <p>Music Appreciation Group 12:00pm-1:00pm</p>
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<p>31</p> <p>Adulting 3:00pm-4:30pm</p> <p>Coping with Procrastination 6:00pm-8:00pm</p>				<p>Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 416 524-2137 or 1 800 463-2338, ext. 36077 (toll free)</p>

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Upcoming Courses

Coping with Procrastination

An 8-week course to connect with others, gain deeper understanding about procrastination and learn strategies to cope more effectively with procrastination.

Mondays | July 10th - August 28th | 6pm-8pm EST | Virtual | Pre-registration required

Adulting

Growing up can feel challenging. Join us in a non-judgmental course, where we will go back to the basics of routines, and 'adulting'. Each week, we will examine helpful habits, organizational strategies, and preparations for your adult years.

Mondays | July 10th - August 28th | 3pm-4:30pm EST | Virtual | Ongoing registration

Pet Grief & Loss: Writing to Heal

This six-week writing group is designed for people coping with the loss of a companion animal (through death, surrender, rehoming, lost pet).

Thursdays | July 6th - August 10th | 1pm-2:30pm EST | Virtual | Pre-registration required

Interpersonal Communications

This 4-week course will draw on Non-Violent Communication (NVC) techniques to improve your ability to communicate assertively and empathetically

Wednesdays | July 5th - July 26th | 10am-12pm EST | CAMH Queen St. | Pre-registration required

Music, the Mind & Healing

This course will explore what the science of psychology can say about why we make and enjoy music, and how it can help us to cope with life's challenges.

Wednesdays | July 5th - July 26th | 5pm-6:15pm EST | Pre-registration required

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.
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Upcoming 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.
Fridays | July 7th – September 29th | 12pm-1pm EST | Virtual | Ongoing registration

Peer Support Drop-In Group

Join us for an interactive peer support drop-in group for informal discussion and mutual support.
Every Tuesday | 12pm-1pm EST | Virtual | Ongoing registration

Pet Therapy with Pelusa

In collaboration with the Patient & Family Learning Space, come visit Pelusa for pet therapy!
Every Tuesday | 2pm-3pm EST | CAMH Queen St. | No registration required

Stand Up Comedy for Mental Health

A supportive comedy course that will help participants reframe their lived experience of mental health and addiction through the lens of humour.
Tuesdays | July 4th - August 29th | 2pm-4pm EST | Pre-registration required

Writing Our Lived Experience

Hosted by Inkwel, this course will focus on creative techniques for the true stories of writers who have lived/living experiences of mental health.
Wednesdays | June 7th - July 26th EST | 2:30pm-4pm | Virtual | Closed

Peer Support Core Competencies Training

This training consists of 15 interactive training modules that will support your understanding of peer support core competencies and best practices.
Thursdays | May 18th - August 24th | 10am-12pm EST | Virtual | Closed

Introduction to Novel Writing

This course offers an introduction to story structure for writers looking to pursue traditional full-length novel publishing. Wednesdays | August 2nd-September 20th | 1pm-2:30pm EST | Virtual | Pre-registration required

Simplified Meal Planning

Join a group of food-loving friends to learn how to simplify your meal planning strategies so they are simple, nutritious, and (of course) delicious.
Thursdays | August 3rd – 31st | 4pm-5pm EST | Virtual | Ongoing registration

Writing Drop-In Group

This group will provide a space for writers to discuss and share their writing as well as engage in discussion about writing-related topics with peers.
Fridays | August 4th – September 22nd | 1pm-2:30pm EST | Virtual | Ongoing registration

Ongoing Registration

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