

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Peer Support Core Competencies Training 11:00am-1:00pm</p> <p>Writing Drop-in Group 1:00pm - 2:00pm</p>	<p>2</p> <p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Mindfulness For All 2:30pm - 4:30pm</p>	<p>3</p> <p>Looking & Seeing Art 1:30pm - 3:30pm</p>	<p>4</p> <p>Music Appreciation 10:30am-12:00pm</p> <p>Revising Your Writing 1:00pm - 2:30pm</p>	<p>5</p> <p>Poetry Workshop and Open Mic Series 12:00pm - 2:00pm</p> <p>Spring Into Bloom 1:30pm - 3:15pm</p>
<p>8</p> <p>Peer Support Core Competencies Training 11:00am-1:00pm</p> <p>Writing Drop-in Group 1:00pm - 2:00pm</p>	<p>9</p> <p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Mindfulness For All 2:30pm - 4:30pm</p>	<p>10</p> <p>Looking & Seeing Art 1:30pm - 3:30pm</p>	<p>11</p> <p>Music Appreciation 10:30am-12:00pm</p> <p>Revising Your Writing 1:00pm - 2:30pm</p>	<p>12</p> <p>Poetry Workshop and Open Mic Series 12:00pm - 2:00pm</p> <p>Spring Into Bloom 1:30pm - 3:15pm</p>
<p>15</p> <p>Peer Support Core Competencies Training 11:00am-1:00pm</p> <p>Writing Drop-in Group 1:00pm - 2:00pm</p>	<p>16</p> <p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Mindfulness For All 2:30pm - 4:30pm</p>	<p>17</p> <p>Looking & Seeing Art 1:30pm - 3:30pm</p>	<p>18</p> <p>Music Appreciation 10:30am-12:00pm</p>	<p>19</p> <p>Poetry Workshop and Open Mic Series 12:00pm - 2:00pm</p> <p>Spring Into Bloom 1:30pm - 3:15pm</p>
<p>22</p> <p>Peer Support Core Competencies Training 11:00am-1:00pm</p> <p>Writing Drop-in Group 1:00pm - 2:00pm</p>	<p>23</p> <p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Mindfulness For All 2:30pm - 4:30pm</p>	<p>24</p> <p>Looking & Seeing Art 1:30pm - 3:30pm</p>	<p>25</p> <p>Music Appreciation 10:30am-12:00pm</p> <p>Employment Workshop: AMA with Iyanu Ojekale 2:00pm - 3:30pm</p>	<p>26</p> <p>Poetry Workshop and Open Mic Series 12:00pm - 2:00pm</p> <p>Spring Into Bloom 1:30pm - 3:15pm</p>
<p>29</p> <p>Peer Support Core Competencies Training 11:00am-1:00pm</p> <p>Writing Drop-in Group 1:00pm - 2:00pm</p>	<p>30</p> <p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Mindfulness For All 2:30pm - 4:30pm</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

Looking and Seeing – 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 9 (no class July 1) | 1:30pm-3:30pm | In Person | Open

Mindfulness for All – Summer Session

Adapted from Mindfulness Based Stress Reduction. Mindfulness doesn't have to be sitting still for long periods and feeling our bodies in ways that might be uncomfortable for us. In this Mindfulness series we will be learning mindfulness together in ways that we can individualize it for our unique selves. This program will be a chance to learn and practice these adapted mindfulness tools in an inclusive and neurodiversity-affirming setting that is open to beginners and experienced meditators alike. This program happens in-person and requires registration. New mindfulness techniques will be taught each week, in an 8 week cycle. We will have some fun while taking care of our wellbeing. Mindfulness is not therapy-

Tuesdays | June 3rd – July 28th | 2:30pm – 4:30pm | | 1025 Queen St. W | Open

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

Poetry Workshop and Open Mic Series

In this 10-week course, students will explore poetry through reading, discussion, writing, and optional sharing. We will look at five key elements of poetry: patterns and structure, music, meaning, imagery, and imagination, and consider how these elements create impact in poems. To close, we'll host an optional open-mic segment. Students may read something they wrote during the session, share an original poem, or bring a favourite poem written by someone else. To ensure everyone has time to share, we ask that readings be kept to about 3 minutes. All levels of experience are welcome. Come dip your toe into the genre. Make a splash!

Fridays | May 15- July 17th | 12:00pm – 2:00pm | Virtual | Waitlist

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

Writing Drop-In Group – Spring 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 | April 6th - June 15th | 1:00pm-2:00pm | Virtual | Open

Peer Support Core Competencies - Spring 2026

Designed by the Centre for Innovation & Peer Support, this training consists of 15 interactive training modules, each two hours in length, that will support your understanding of peer support core competencies and best practices. *Please note this course is in very high demand* so we ask you consider if you will be able to attend all sessions before you register. Please visit clc/camh.ca to learn more.

Mondays | May 25th – September 3rd (excluding stat holidays) | 11am-1pm | Virtual | Closed

Peer Support Drop-In Group – Spring Session

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. 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.

Tuesdays | March 31st – June 30th | 12:00pm-1:30pm EDT | Virtual | Open

Revising Your Writing

In this course, students will explore the art of revision through reading, discussion, and writing. We'll cover theme, developmental edits, substantive edits, and line edits, drawing on examples from fiction and nonfiction across a wide range of genres. Students will work through guided exercises using both published texts and their own drafts, with time each session for writing and sharing work. This course is suitable for writers of all levels.

Thursdays | May 14th-June 11th | 1:00pm – 2:30pm | Virtual | Open

Music Appreciation Drop-In Group - Spring 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 | April 2nd – June 25th | 10:30am-12pm | Virtual | Open

Spring Into Bloom

Spring Into Bloom is a 10-week mixed-media workshop series inspired by the themes of spring—renewal, growth, transformation, and creative possibility. Participants will explore a range of accessible art techniques, including sculpture, collage, painting, textile art, and alternative photographic processes using affordable and recycled materials. Each session introduces a new artistic method while encouraging mindful reflection and playful experimentation. The workshops are designed for all experience levels and emphasize process over perfection, creating a welcoming space where participants can express themselves, build confidence, and connect with others through art.

Fridays | April 2nd – June 25th | 1:30 pm – 3:15pm | 1025 Queen St West, RBC Patient and Family Learning Space | Waitlist

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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