

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>Introduction to Improvisation 2:00pm-3:00pm</p>	<p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy 2:15pm-3:00pm</p> <p>Coping with Procrastination 6:30pm-8:00pm</p>	<p>Stand Up Comedy for Mental Health 2:00pm-4:00pm</p> <p>Yale Let's Lead Info Session 12:00pm-1:00pm</p>	<p>Yale Let's Lead Info Session 4:00pm-5:00pm</p>	<p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
10	11	12	13	14
<p>Introduction to Improvisation 2:00pm-3:00pm</p>	<p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy 2:15pm-3:00pm</p> <p>Coping with Procrastination 6:30pm-8:00pm</p>	<p>Stand Up Comedy for Mental Health 2:00pm-4:00pm</p>		<p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
17	18	19	20	21
<p>Writing Fiction for Young People 3:30pm-4:30pm</p>	<p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy 2:15pm-3:00pm</p> <p>Coping with Procrastination 6:30pm-8:00pm</p>	<p>Pet Loss and Grief 1:00pm-2:30pm</p>		<p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
24	25	26	27	28
<p>Dealing with Stress 1:30pm-2:30pm</p> <p>Writing Fiction for Young People 3:30pm-4:30pm</p>	<p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy 2:15pm-3:00pm</p> <p>Coping with Procrastination 6:30pm-8:00pm</p>	<p>Workshop Development 9:30am-11:30am</p> <p>Pet Loss and Grief 1:00pm-2:30pm</p>	<p>CLC Town Hall 12:00pm-1:00pm</p>	<p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</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>

Monday	Tuesday	Wednesday	Thursday	Friday
1 Statutory Holiday	2 Peer Support Drop-in Group (Summer session begins!) 12:00pm-1:30pm Pet Therapy 2:15pm-3:00pm	3 Workshop Development 9:30am-11:30am Pet Loss and Grief 1:00pm-2:30pm	4	5 Music Appreciation Group (Summer Session begins!) 12:00pm-1:00pm Writing Drop-In Group (Summer session begins!) 1:30pm-2:30pm
8 Writing Fiction for Young People 3:30pm-4:30pm	9 Peer Support Drop-in Group 12:00pm-1:30pm Pet Therapy 2:15pm-3:00pm Community Services Pop Up 2:00pm-4:00pm	10 Workshop Development 9:30am-11:30am Pet Loss and Grief 1:00pm-2:30pm	11 Coping with Procrastination 6:00pm-8:00pm	12 Music Appreciation Group 12:00pm-1:00pm Writing Drop-In Group 1:30pm-2:30pm
15 Writing Fiction for Young People 3:30pm-4:30pm	16 Peer Support Drop-in Group 12:00pm-1:30pm Pet Therapy 2:15pm-3:00pm	17 Workshop Development 9:30am-11:30am Pet Loss and Grief 1:00pm-2:30pm Grief and Substance Use Related Loss 1:00pm-2:30pm	18 Community Information Session (for service providers) 1:00pm-2:00pm Coping with Procrastination 6:00pm-8:00pm	19 Music Appreciation Group 12:00pm-1:00pm Be Angry 1:00pm-3:00pm Writing Drop-In Group 1:30pm-2:30pm
22 Writing Fiction for Young People 3:30pm-4:30pm	23 Peer Support Drop-in Group 12:00pm-1:30pm Pet Therapy 2:15pm-3:00pm	24 Workshop Development 9:30am-11:30am Pet Loss and Grief 1:00pm-2:30pm Grief and Substance Use Related Loss 1:00pm-2:30pm	25 Coping with Procrastination 6:00pm-8:00pm	26 Music Appreciation Group 12:00pm-1:00pm Be Angry 1:00pm-3:00pm Writing Drop-In Group 1:30pm-2:30pm
29 Writing Fiction for Young People 3:30pm-4:30pm	30 Peer Support Drop-in Group 12:00pm-1:30pm Pet Therapy 2:15pm-3:00pm	31 Workshop Development 9:30am-11:30am Grief and Substance Use Related Loss 1:00pm-2:30pm		Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)

Upcoming Courses

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 workshop talks about ways we express and cope with anger including topics of Anger Management, Dialectical/Cognitive Behavioural Therapy, and Emotion Focused Therapy skills, exploration of varying expression modalities while normalizing and de-stigmatizing what it means to feel anger.

Fridays | July 19th – August 9th | 1:00pm-3:00pm | Virtual | Open

Music Appreciation Group (Summer Cycle)

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 5th- Sept. 27th | 12pm-1pm EST | Virtual | Open

Grief & Substance Use Related Loss

Within the context of the opioid epidemic and other tainted drug supplies, this group is interested in exploring how grief related to substance use related loss can be a tool to tie us together and begin to collectively respond to some of the systemic issues that are leaving individuals vulnerable to drug-related deaths in the community.

Wednesdays | July 17th – July 31st | 1pm-2:30pm | 1025 Queen St. West | Open

Coping with Procrastination

A 10-week course to connect with others, gain deeper understanding about procrastination and learn coping strategies.

Thursdays | July 11th- Sept. 12th | 6pm-8pm 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

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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Ongoing & Upcoming Courses

Dealing with Stress

This workshop will discuss different types of stress, relaxation, and breathing techniques to help participants deal with stressors and practice self-care.
Monday June 24th | 1:30pm-2:30pm | Toronto Public Library- 2380 Eglinton Avenue East | Open

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 2nd – Sept. 24th | 12pm-1:30pm EST | Virtual | Open

Writing Drop-In Group (Summer)

This group provides a dedicated space for writers to maintain a weekly writing practice through a combination of writing sprints, prompts and supportive feedback.
Fridays | July 5th- Sept. 27th | 1:30pm-2:30pm EST | Virtual | Open

Community Services Pop-Up

Join the CLC at the Patient & Family Learning Space monthly community services pop-up! Staff from the CLC will be on-site to 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 Parkdale Project Read.
Tuesday July 9th | 2pm-4pm | Patient & Family Learning Space- 1025 Queen St. West | No registration required

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 26th- August 28th | 9:30am-11:30am | 1025 Queen St. West | Open

Coping with Procrastination

A 10-week course to connect with others, gain deeper understanding about procrastination and learn coping strategies. This course is open for all women, women-identifying, feminine-of-centre, non-binary and gender non-conforming individuals.
Tuesdays | April 16th- June 25th | 6:30pm-8pm EDT | Virtual | Closed

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 17th – July 29th | 3:30pm-4:30pm | Virtual | Open

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 19th- July 24th | 1:00pm-2:30pm | Virtual | Open

Pet Therapy

Join a friendly and adorable dog named Pelusa for this drop-in program offered in collaboration with the Patient & Family Learning Space.
Tuesdays | 2:15pm-3pm | Patient & Family Learning Space- 1025 Queen St. West | No registration is required

CLC Town Hall

Join us for a town hall where we will share updates about what is happening with the college and hear from you about what you want to see in the future.
Thursday June 27th | 12pm-1pm | Virtual | Open

Community Information Session

This information session is intended for service providers who would like to learn more about the Collaborative Learning College and opportunities for collaboration.
Thursday July 18th | 1pm-2pm | Virtual | Open

Open

These courses are currently accepting registration.

Waitlist

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Closed

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