


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 416 524-2137 or 1 800 463-2338, ext. 36077 (toll free)</p>			<p>1</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>Speak Easy 3:00pm-4:30pm</p>	<p>2</p> <p>Music Appreciation Group 12:00pm-1:00pm</p>
<p>5</p>	<p>6</p> <p>Peer Support Drop-in Group 12:00pm-1:00pm</p> <p>Special Topics in Creative Writing 1:00pm-2:30pm</p> <p>Pet Therapy with Pelusa 2:00pm-3:00pm</p>	<p>7</p> <p>Guided Historical Tour of Humber 11:00am-4:00pm</p> <p>Mindfulness for Mental Health 11:00am-12:30pm</p> <p>Writing Our Lived Experience 2:30pm-4:00pm</p>	<p>8</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>Speak Easy 3:00pm-4:30pm</p>	<p>9</p> <p>Music Appreciation Group 12:00pm-1:00pm</p>
<p>12</p>	<p>13</p> <p>Peer Support Drop-in Group 12:00pm-1:00pm</p> <p>Pet Therapy with Pelusa 2:00pm-3:00pm</p> <p>Joke Writing 2:00pm-3:30pm</p>	<p>14</p> <p>Mindfulness for Mental Health 11:00am-12:30pm</p> <p>Writing Our Lived Experience 2:30pm-4:00pm</p>	<p>15</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>Speak Easy 3:00pm-4:30pm</p>	<p>16</p> <p>Town Hall 12:00pm-1:00pm</p>
<p>19</p>	<p>20</p> <p>Peer Support Drop-in Group 12:00pm-1:00pm</p> <p>Pet Therapy with Pelusa 2:00pm-3:00pm</p>	<p>21</p> <p>Mindfulness for Mental Health 11:00am-12:30pm</p> <p>Yale LET(s) Lead Info Session 12:00pm-1:00pm</p> <p>Writing Our Lived Experience 2:30pm-4:00pm</p>	<p>22</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>Speak Easy 3:00pm-4:30pm</p> <p>Yale LET(s) Lead Info Session 3:00pm-4:00pm</p>	<p>23</p>
<p>26</p>	<p>27</p> <p>Peer Support Drop-in Group 12:00pm-1:00pm</p> <p>Pet Therapy with Pelusa 2:00pm-3:00pm</p>	<p>28</p> <p>Mindfulness for Mental Health 11:00am-12:30pm</p> <p>Writing Our Lived Experience 2:30pm-4:00pm</p>	<p>29</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>Speak Easy 3:00pm-4:30pm</p>	<p>30</p> 

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

Upcoming Courses

Guided Historical Tour of Humber Lakeshore

Discover the history of the former Lakeshore Psychiatric Hospital by exploring the patient-built underground tunnels and unfinished attics at Humber College. The tour will be followed by lunch and an arts-based reflection workshop.

Wednesday June 7th | 11am-4pm EST | Humber Lakeshore Campus | Pre- registration required

Yale LET(s) Lead Info Session

In collaboration with Yale University, join us to learn more about the LET(s) Lead transformational leadership program and the application process.

Wednesday June 21st | 12pm-1pm EST | Virtual | Pre-registration required

Thursday June 22nd | 3pm-4pm EST | Virtual | Pre-registration required

Speak Easy

In collaboration with Employment Works! this fun weekly group supports building and enhancing your communication skills.

Thursdays | May 25th - June 29th | 3pm-4:30pm EST | Virtual | Ongoing registration

Joke Writing

In this workshop, participants will learn the fundamentals of joke structure across a wide range of comedy genres and styles.

Tuesday June 13th | 2pm-3:30pm EST | Virtual | Pre-registration required

Writing Our Lived Experience

Hosted by Inkwell, 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 | 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 | March 3rd - June 9th | 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

Mindfulness for Mental Health

In this course, mindfulness techniques like gentle yoga, deep breathing, meditation and journaling will be explored to help you build resilience.
Wednesdays | May 10th - June 28th EST | 11am-12:30pm | Virtual | Closed

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

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

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

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 | Closed

Town Hall

Share your suggestions and feedback on how we can better meet community needs and meet your fellow students!
Friday June 16th | 12pm-1pm EST | Virtual | Pre-registration required

Ongoing Registration

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