

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>4</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Peer Support Group 12:00pm-1:30pm</p>	<p>5</p> <p>Music Appreciation Group 1:00pm-2:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>6</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>BIWOC Healing Circle 5:30pm-8:00pm</p>	<p>7</p>
<p>10</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>11</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Peer Support Group 12:00pm-1:30pm</p>	<p>12</p> <p>Music Appreciation Group 1:00pm-2:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>13</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>BIWOC Healing Circle 5:30pm-8:00pm</p> <p>Artificial Intelligence: Past, Present, and Future 4:00pm-6:00pm</p>	<p>14</p>
<p>17</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>18</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Peer Support Group 12:00pm-1:30pm</p>	<p>19</p> <p>Music Appreciation Group 1:00pm-2:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>20</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Artificial Intelligence: Past, Present, and Future 4:00pm-6:00pm</p>	<p>21</p>
<p>24</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>25</p> <p>Peer Support Group 12:00pm-1:30pm</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Dealing with Stress 2:00pm-3:00pm</p>	<p>26</p> <p>Music Appreciation Group 1:00pm-2:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>27</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Artificial Intelligence: Past, Present, and Future 4:00pm-6:00pm</p>	<p>28</p>
<p>31</p> <p>Scripting Our Inner Dialogues 12:00pm-1:30pm</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>				<p>Registration</p> <p>Website: clc.camh.ca</p> <p>Email: clc@camh.ca</p> <p>Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31</p> <p>Scripting Our Inner Dialogues 12:00pm-1:30pm</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>1</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Scripting Our Inner Dialogues 12:00pm-1:30pm</p> <p>Peer Support Drop-In Group (Spring Session) 12:00pm-1:30pm</p>	<p>2</p> <p>Scripting Our Inner Dialogues 12:00pm-1:30pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>3</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Music Appreciation Group (Spring Session) 10:30am-12:00pm</p> <p>Scripting Our Inner Dialogues 12:00pm-1:30pm</p> <p>Artificial Intelligence 4:00pm-6:00pm</p>	<p>4</p> <p>Scripting Our Inner Dialogues 12:00pm-1:30pm</p> <p>BIPOC Book Club 1:00pm-3:00pm</p>
<p>7</p> <p>Writing Drop-In Group (Spring Session) 1:00pm-2:00pm</p>	<p>8</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Peer Support Drop-In Group 12:00pm-1:30pm</p>	<p>9</p> <p>Job Search Bootcamp 11:30am-1:00pm</p> <p>Dealing With Stress 1:00pm-2:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>10</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Music Appreciation Group 10:30am-12:00pm</p>	<p>11</p> <p>Dealing with Stress 10:30am-12:00pm</p> <p>BIPOC Book Club 1:00pm-3:00pm</p>
<p>14</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p>	<p>15</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Peer Support Drop-In Group 12:00pm-1:30pm</p>	<p>16</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p> <p>Video Games, Culture and Mental Health 4:00pm-6:00pm</p>	<p>17</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Music Appreciation Group 10:30am-12:00pm</p>	<p>18</p> <p>Statutory Holiday</p>
<p>21</p> <p>Statutory Holiday</p>	<p>22</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Peer Support Drop-In Group 12:00pm-1:30pm</p>	<p>23</p> <p>Goal Setting & Self Care in the Employment Search 1:00pm-2:30pm</p> <p>Video Games, Culture and Mental Health 4:00pm-6:00pm</p>	<p>24</p> <p>Better Communication 11:00am-1:00pm</p> <p>Pet-Therapy 10:30am-11:30am</p> <p>Music Appreciation Group 10:30am-12:00pm</p> <p>Self Exploration Through Creativity 2:00pm-3:30pm</p>	<p>25</p> <p>BIPOC Book Club 1:00pm-3:00pm</p>
<p>28</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p> <p>Eco-Grief 2:00pm-3:30pm</p>	<p>29</p> <p>Stand-Up Comedy for Mental Health 12:00pm-2:00pm</p> <p>Peer Support Drop-In Group 12:00pm-1:30pm</p>	<p>30</p> <p>Goal Setting & Self Care in the Employment Search 1:00pm-2:30pm</p> <p>Video Games, Culture and Mental Health 4:00pm-6:00pm</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

BIPOC Book Club

Open to all experience levels, the BIPOC Book Club is a space for BIPOC individuals to explore systemic barriers and healing strategies through nonfiction works. This session will focus on *Real Self-Care: A Transformative Program for Redefining Wellness* by Pooja Lakshmin, with group readings, discussions, and guided writing exercises—no book purchase required.

Fridays | April 4th – May 23rd | 1:00pm-3:00pm EST | Virtual | Open

Goal Setting & Self Care in the Employment Search

This course helps individuals manage self-doubt, set meaningful goals, and approach the job search with confidence. Through interactive activities and practical strategies, students will challenge their inner critic, identify strengths, navigate barriers, and integrate self-care. The course also introduces the DEBORAH goal-setting model, a holistic framework for aligning personal and employment aspirations.

Wednesdays | April 23rd – May 7th | 1:00pm-2:30pm EST | Virtual | Open

Self-Exploration Through Creativity

This 4-week course offers a journey into self-exploration through art and creativity. Participants will use different forms of artistic expression each week to explore topics such as coping skills, values, and self-identity in a safe and supportive environment from the comfort of their own homes. No prior artistic experience is required, and there will be an optional opportunity to share and discuss your creations.

Thursdays | April 24th – May 15th | 2:00pm-3:30pm EST | Virtual | Open

Video Games, Culture & Mental Health

In a few decades, video games have transformed into a culturally significant and economically powerful industry with billions of participants. This five-week course will examine their history, cultural impacts, and future innovations in technology and storytelling. Students will explore how video games captivate audiences, their potential effects on mental health, and ways to engage in their creation.

Wednesdays | April 16th – May 14th | 4:00pm-6:00pm EST | 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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Upcoming Courses

Dealing With Stress

Join this interactive 60-minute session to explore how stress can be both beneficial and challenging, recognize the impact of overwhelming situations, and gain a deeper understanding of your own stress tolerance. These workshops are hosted at Toronto Public Libraries across Toronto.

Tuesday March 25th | 2:00pm-3:00pm EST | St. James Branch - 495 Sherbourne St. | Open

Wednesday April 9th | 1:00pm-2:00pm | Maryvale Branch- 85 Ellesmere Rd. | Open

Friday April 11th | 10:30am-12:00pm | North York Central Branch- 5120 Yonge St. | Open

Artificial Intelligence: Past, Present & Future

This four-week course explores the fundamentals of artificial intelligence, including how it works, its development, and its future impact. Through key concepts, milestones, and controversies, we'll examine AI's influence on work, play, and human interaction. No technical background is needed—just curiosity and a willingness to engage in thought-provoking discussions.

Thursdays | March 13th - April 3rd | 4:00pm-6:00pm EST | Virtual | Open

Scripting Our Inner Dialogues

Explore the power of storytelling in this week-long, daily course where we'll craft one-scene plays inspired by personal experiences with mental health. No writing experience is needed—just a willingness to experiment and create. Through guided exercises and group discussions, we'll blend narrative practices with playwrighting techniques.

Daily | Monday March 31st - Friday April 4th | 12:00pm-1:30pm EST | Virtual | Waitlist

Writing Drop-In Group (Spring)

Hosted by InkWell Workshops, this writing drop-in group provides a dedicated space for writers of all experience levels to share work, ask questions and receive feedback.

Mondays | April 7th - June 30th | 1:00pm-2:00pm EST | Virtual | Open

Peer Support Drop-In Group (Spring)

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 | April 1st - June 24th | 12:00pm-1:30pm EST | Virtual | Open

Music Appreciation Group (Spring)

Hosted by Mobile Arts Programming, this group provides a platform for discussion about all things music. Additionally, there is an option to explore digital music creation.

Thursdays | April 3rd - June 26th | 10:30am-12:00pm EST | Virtual | Open

Job Search Bootcamp

Hosted by Employment Works! this workshop is designed for individuals seeking effective strategies for finding employment opportunities. Participants will learn tips on job searching and applying, explore unconventional approaches, and discuss ways to enhance the visibility of their applications

Wednesday April 9th | 11:30am-1:00pm EST | Virtual | Open

Better Communication

This 4-week course helps participants identify communication styles, resolve conflicts, and develop practical skills for healthy communication. Each week covers a different topic, encouraging open discussion and personal sharing, with opportunities to practice skills and engage in a question-and-answer period.

Thursdays | April 24th - May 15th | 11:00am-1:00pm EST | Virtual | Open

Eco-Grief

This 6-week facilitated writing group is designed for people coping with grief, anxiety, and/or hopelessness as it relates to the destruction of our precious earth and the climate crisis.

Mondays | April 28th-June 9th | 2:00pm-3:30pm | 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 (PFLS).

Thursdays | 10:30am-11:30am | PFLS- 1025 Queen St. West | No registration is required

Stand Up Comedy for Mental Health

This 11-week course explores the power of humor as a tool for reframing lived experiences in a supportive, collaborative environment. Participants will learn joke structure, writing techniques, comedic styles, and ethical approaches to comedy through discussions, exercises, and media examples.

Tuesdays | March 4th - May 13th | 12:00pm-2:00pm | Virtual | Closed

Open

These courses are currently accepting registration.

Waitlist

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Closed

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Register at clc.camh.ca

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