

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|-----------|--|--|
| <p>2</p> <p>Writing Drop-in Group 1:00pm - 2:00pm</p> <p>The Practice of Yoga: Mindfulness, Meditation & Movement 1:00pm - 3:00pm</p> | <p>3</p> <p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Women, Work & Racism 3:00pm - 5:00pm</p> | <p>4</p> | <p>5</p> <p>Music Appreciation 10:30am-12:00pm</p> <p>Winter Book Club 1:00pm-2:30pm</p> <p>BIPOC Conversation & Arts Collective 6:00pm - 8:00pm</p> | <p>6</p> <p>Exploring the African Diaspora through Mixed-Media Textile Art 1:30pm - 3:30pm</p> |
| <p>9</p> <p>Writing Drop-in Group 1:00pm - 2:00pm</p> <p>The Practice of Yoga: Mindfulness, Meditation & Movement 1:00pm - 3:00pm</p> | <p>10</p> <p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Women, Work & Racism 3:00pm - 5:00pm</p> | <p>11</p> | <p>12</p> <p>Music Appreciation 10:30am-12:00pm</p> <p>Winter Book Club 1:00pm-2:30pm</p> <p>BIPOC Conversation & Arts Collective 6:00pm - 8:00pm</p> | <p>13</p> |
| <p>16</p> <p>Writing Drop-in Group 1:00pm - 2:00pm</p> <p>The Practice of Yoga: Mindfulness, Meditation & Movement 1:00pm - 3:00pm</p> | <p>17</p> <p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Women, Work & Racism 3:00pm - 5:00pm</p> | <p>18</p> | <p>19</p> <p>Music Appreciation 10:30am-12:00pm</p> <p>Winter Book Club 1:00pm-2:30pm</p> <p>BIPOC Conversation & Arts Collective 6:00pm - 8:00pm</p> | <p>20</p> <p>Looking & Seeing Drawing 1:30pm - 3:00pm</p> |
| <p>23</p> <p>Writing Drop-in Group 1:00pm - 2:00pm</p> <p>The Practice of Yoga: Mindfulness, Meditation & Movement 1:00pm - 3:00pm</p> | <p>24</p> <p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Women, Work & Racism 3:00pm - 5:00pm</p> | <p>25</p> | <p>26</p> <p>Music Appreciation 10:30am-12:00pm</p> <p>Employment Workshop: AMA with Stacey Bowen 2:00pm - 3:30pm</p> <p>BIPOC Conversation & Arts Collective 6:00pm - 8:00pm</p> | <p>27</p> <p>Looking & Seeing Drawing: Art Gallery Field Trip! 1:30pm - 3:00pm</p> |
| <p>30</p> <p>Writing Drop-in Group 1:00pm - 2:00pm</p> <p>The Practice of Yoga: Mindfulness, Meditation & Movement 1:00pm - 3:00pm</p> | <p>31</p> <p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Women, Work & Racism 3:00pm - 5:00pm</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

The Practice of Yoga: Mindfulness, Meditation & Movement

This foundational program, hosted in collaboration with Within studio, offers an introduction to yoga as a holistic system for wellbeing, mental clarity, and self-regulation. Through practical tools and reflective learning, the course supports nervous system regulation, emotional resilience, and self-awareness, while encouraging the development of a sustainable personal practice. Suitable for all levels.

Mondays | March 2nd – 30th | 1:00pm-3:00pm | Within Studio- 798 Bloor St. W (Unit 2) | Open

Looking & Seeing Drawing: Workshop & Art Gallery Field Trip!

This is a drawing class for everyone, inviting participants to take non-judgmental, intentional moments to observe their surroundings through playful exercises. The focus is on grounding and creative process rather than making anything look "right" or "perfect." In this special two-part workshop, participants will begin on Friday, March 20th in the Patient and Family Learning Space with blind contour drawing, a technique used by artists like Picasso, Egon Schiele, and Betty Edwards. The following Friday, March 27th, participants will meet at the Art Gallery of Ontario (AGO) for a guided tour with opportunities to draw in the galleries and spark fresh creative energy for Spring. .

Fridays | March 20th & 27th | 1:30pm-3:00pm | 1025 Queen St. W & AGO- 317 Dundas St. W | Open

Employment Workshop: AMA with Stacey Bowen

This session, hosted in collaboration with Employment Works and the Patient & Family Learning Space, welcomes CAMH Forensic Peer Support Worker Stacey Bowen. Stacey will talk about her interesting path to the CAMH Peer Support role, and her other roles in the mental health and addiction space. With a focus on pursuing employment goals in 2026, participants are encouraged to bring their questions for an open, engaging 90-minute conversation grounded in lived experience, learning, and possibility

Thursday March 26th | 2:00pm-3:30pm EST | Virtual | Open

Winter Book Club & Author Talk

The book club pick for this cycle is *The Beauty of Us* by Farzana Doctor, a young adult novel set at a boarding school in the 1980's about a group of girls navigating hardship and using community, art and activism to empower themselves. It will explore themes of love, identity & belonging through shared reading and conversation. The session will culminate in a special author talk with Farzana Doctor in the final session. No book purchase required!

Thursdays | February 5th – March 19th | 1:00pm-2:30pm 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.
Phone: 365-275-7135 | Email: clc@camh.ca



Upcoming Courses

BIPOC Conversation & Arts Collective

This BIPOC Conversation and Arts Collective aims to create a space for racialized folks with mental health lived experience where we can freely speak about the issues that make our experience with mental health unique because of our racial identity. Through facilitated dialogue using a range of activities, participants will learn useful emotional regulation techniques (mindfulness, grounding, etc.), develop self-compassionate self-talk, and explore their individual cultural identities and how (re)connecting with those identities can aid in their healing journeys. New members always welcome, previous group members will enjoy new activities and discussions!

Thursdays | February 5th - April 23rd | 6:00pm-8:00pm EST | Virtual | Open

Exploring the African Diaspora through Mixed-Media Textile Art

This series celebrates Black History Month through the creative transformation of mixed-media art and repurposed books. Participants will explore the stories, resilience, and cultural contributions of the African Diaspora while giving discarded books new life as powerful art objects. Each session introduces a fresh mixed-media technique—combining collage, textiles, paint, and sculptural elements—inviting participants to reflect, create, and honour Black history through personal and communal expression.

Fridays | February 13th - March 6th | 1:30pm-3:30pm EST | 1025 Queen St. West | Open

Writing Drop-In Group

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 | January 12th - March 30th | 1:00pm-2:00pm EST | Virtual | Open

Women, Work & Racism

This interactive 12-week group is for Black, Indigenous, and racialized women and femmes those who have faced or are interested in learning more about racism in the workplace. We will examine the roots and theories around racism in Canada and the world, discuss relevant concepts, examine how racism at work has impacted our lives and mental health, and learn practical coping strategies and advocacy tools.

Tuesdays | February 17th - May 5th | 3:00pm-5:00pm EST | Virtual | Waitlist

Peer Support Drop-In Group

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 | January 6th - March 24th | 12:00pm-1:30pm EST | Virtual | Open

Music Appreciation Drop-In Group

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 | January 8th - March 26th | 10:30am-12pm EST | Virtual | Open

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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