

Collaborative Learning College

March

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Arts & Access 11:00am-4:00pm Mindfulness for Mental Health 11:00am-12:30pm Literary Grant Writing 1:00pm-2:30pm Making Music with Technology 5:30pm-6:30pm	Facilitation Training 10:00am-12:00pm Writing Your Lived Experience 2:30pm-4:00pm	Music Appreciation Group 12:00pm-1:00pm
6	Peer Support Group 12:00pm-1:00pm Pet Therapy 2:00pm-3:00pm Stand Up Comedy for Mental Health 2:00pm-4:00pm Financial Literacy for Youth 6:00pm-7:30pm	Mindfulness for Mental Health 11:00am-12:30pm Literary Grant Writing 1:00pm-2:30pm Making Music with Technology 5:30pm-6:30pm	Facilitation Training 10:00am-12:00pm Writing Your Lived Experience 2:30pm-4:00pm	Changes to ODSP: Info Session 12:00pm-1:00pm Music Appreciation Group 12:00pm-1:00pm
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TO REGISTER: Website: clc.camh.ca
 Phone: 416-524-2137 or 1800-463-2338 x 36077 (toll free)
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April

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Peer Support Group 12:00pm-1:00pm Pet Therapy 2:00pm-3:00pm Stand Up Comedy for Mental Health 2:00pm-4:00pm	5 Mind-Body Connection 10:00am-12:00pm Writing Drop-In Group 1:00pm-2:30pm Video Games & Culture 5:30pm-6:30pm	6 Facilitation Training 10:00am-12:00pm Pet Grief & Loss: Writing to Heal 1:00pm-2:30pm Speak Easy 3:00pm-4:00pm	7 Stat Holiday
10 Stat Holiday	11 Peer Support Group 12:00pm-1:00pm Pet Therapy 2:00pm-3:00pm Stand Up Comedy for Mental Health 2:00pm-4:00pm	12 Mind-Body Connection 10:00am-12:00pm Writing Drop-In Group 1:00pm-2:30pm	13 Pet Grief & Loss: Writing to Heal 1:00pm-2:30pm Speak Easy 3:00pm-4:00pm	14 Music Appreciation Group 12:00pm-1:00pm
17	18 Peer Support Group 12:00pm-1:00pm Pet Therapy 2:00pm-3:00pm Stand Up Comedy for Mental Health 2:00pm-4:00pm	19 Mind-Body Connection 10:00am-12:00pm Writing Drop-In Group 1:00pm-2:30pm	20 Pet Grief & Loss: Writing to Heal 1:00pm-2:30pm Speak Easy 3:00pm-4:00pm	21 Music Appreciation Group 12:00pm-1:00pm
24	25 Peer Support Group 12:00pm-1:00pm Pet Therapy 2:00pm-3:00pm	26 Mind-Body Connection 10:00am-12:00pm Writing Drop-In Group 1:00pm-2:30pm	27 Speak Easy 3:00pm-4:00pm Town Hall 4:00pm-5:00pm	28 Music Appreciation Group 12:00pm-1:00pm

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March & April

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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.

Arts & Access at Humber

In partnership with Humber College, we'll be hosting a full-day arts event featuring sessions that will explore diverse art forms including painting, music and drawing. Weds March 1st | 11am-4pm | **IN PERSON** at Humber Lakeshore | [Waitlist](#)

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 | March 1st - 22nd | 11am-12:30pm | [Ongoing registration](#)

Literary Grant Writing

In collaboration with Inkwell, this course is for writers looking to learn how to apply for government grant funding for literary projects. Wednesdays | March 1st - 22nd | 1pm-2:30pm | [Ongoing registration](#)

Making Music with Technology

Learn how music can be composed using computers, synthesizers, mobile phones, and other digital technologies and collectively compose a piece of music. Wednesdays | February 1st- March 8th | 5:30pm-6:30pm | [Ongoing registration](#)

Facilitation Training

This 10-week course will cover fundamental facilitation skills while providing opportunities for practice in a supportive setting. Thursdays | February 2nd - April 6th | 10am-12pm | [Closed](#)

Writing Your 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. Thursdays | February 2nd - March 9th | 2:30pm-4pm | [Closed](#)

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 - April 28th (except April 7th) | 12pm-1pm | [Ongoing registration](#)

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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 | [Ongoing registration](#)

Pet Therapy with Pelusa

In collaboration with the Patient & Family Learning Space, come visit Pelusa for pet therapy!

Tuesdays | 2-3pm | **IN PERSON** at 1025 Queen St. West | [No registration required](#)

Stand Up Comedy for Mental Health

A collaborative and supportive comedy course that will help participants reframe their lived experience of mental health and addiction through the lens of humour.

Tuesdays | February 28th - April 18th | 2pm-4pm | [Pre-registration required](#)

Financial Literacy for Youth

Join us as we unpack all of the jargon and acronyms, while answering your questions on topics such as taxes, bank accounts, budgeting and investments.

Tuesdays | January 31st - March 28th | 6pm-7:30pm | [Ongoing registration](#)

Changes to ODSP: Info Session

Hosted by Employment Works! this will be an informal session to discuss the changes that increase the amount of income ODSP recipients can earn.

Friday March 10th | 12pm-1pm | [Pre-registration required](#)

Video Games & Culture

This course will explore several aspects of today's video games: their history, the technologies used to make them, impacts on mental health and their future.

Wednesdays | March 15th - April 5th | 5:30pm-6:30pm | [Ongoing registration](#)

Pet Loss & Grief: 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 | March 16th - April 20th | 1pm-2:30pm | [Pre-registration required](#)

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Mind Body Connection

Join us to explore the mind-body connection and learn strategies to cultivate the benefits of the interconnected nature of movement, mentality, and lifestyle.

Weds April 5th - 26th | 10am-12pm | **IN PERSON** 1025 Queen St. W. | [Ongoing registration](#)

Writing Drop-In Group

Hosted by Inkwell, this drop-in group will host discussions on various writing genres and writing-related topics like writer's block, as well as time to share your work!

Wednesdays | April 5th - May 24th | 1pm-2:30pm | [Ongoing registration](#)

Speak Easy

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

Thursdays | April 6th - 27th | 3pm-4pm | [Ongoing registration](#)

Town Hall

Share your suggestions and feedback on how we can better meet community needs.

Thursday April 27th | 4pm-5pm | [Pre-registration required](#)

News, Events & Opportunities

It's Tax Time!

The Social Determinants of Health team at CAMH is hosting a tax clinic for CAMH clients. For more information about the tax clinic and eligibility criteria, [click here](#).

Not a CAMH client? There are several free volunteer tax clinics in Canada. To find a location and determine if you're eligible, [click here](#).

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