


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)</p>				<p>1</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:00pm-2:30pm</p>
<p>4</p> <p>Developing Your Writing Voice 1:30pm-3:00pm</p>	<p>5</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Writing Your Lived Experience 5:30pm-7:00pm</p>	<p>6</p> <p>Letter Writing 1pm-3pm</p> <p>Self-Care in the Black Community 6:00pm-7:00pm</p>	<p>7</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p>	<p>8</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:00pm-2:30pm</p>
<p>11</p> <p>Developing Your Writing Voice 1:30pm-3:00pm</p>	<p>12</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>13</p> <p>Letter Writing 1pm-2pm</p> <p>Self-Care in the Black Community 6:00pm-7:00pm</p>	<p>14</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p> <p>Eco-Grief 1:00pm-3:00pm</p>	<p>15</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:00pm-2:30pm</p>
<p>18</p> <p>Developing Your Writing Voice 1:30pm-3:00pm</p>	<p>19</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>20</p> <p>Self-Care in the Black Community 6:00pm-7:00pm</p>	<p>21</p> <p>Is Entrepreneurship for You? 12:00pm-1:00pm</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p> <p>Eco-Grief 1:00pm-3:00pm</p>	<p>22</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:00pm-2:30pm</p>
<p>25</p> <p>Developing Your Writing Voice 1:30pm-3:00pm</p> <p>Trans Joy 3:00pm-4:30pm</p>	<p>26</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>27</p> <p>Business Idea Generator 6pm-7:30pm</p>	<p>28</p> <p>Peer Support Core Competencies Training 1:00pm-3:00pm</p> <p>Eco-Grief 1:00pm-3:00pm</p>	<p>29</p> <p>Statutory Holiday</p> 

Monday	Tuesday	Wednesday	Thursday	Friday
1 Statutory Holiday	2 Peer Support Drop-in Group (Spring session begins!) 12:00pm-1:30pm	3 Stand Up Comedy for Mental Health 2:00pm-4:00pm Music, Mind & Healing 4:30pm-6:00pm	4 Peer Support Core Competencies Training 1:00pm-3:00pm Eco-Grief 1:00pm-3:00pm	5 Music Appreciation Group (Spring Session begins!) 12:00pm-1:00pm Writing Drop-In Group- (Spring session begins!) 1:30pm-2:30pm
8 Developing Your Writing Voice 1:30pm-3:00pm Intro to Improvisation 2:00pm-3:00pm	9 Peer Support Drop-in Group 12:00pm-1:30pm Writing about Experiences of Immigration 2:30pm-3:30pm	10 Stand Up Comedy for Mental Health 2:00pm-4:00pm Music, Mind & Healing 4:30pm-6:00pm	11 Peer Support Core Competencies Training 1:00pm-3:00pm Eco-Grief 1:00pm-3:00pm	12 Music Appreciation Group 12:00pm-1:00pm Writing Drop-In Group 1:30pm-2:30pm
15 Developing Your Writing Voice 1:30pm-3:00pm	16 Peer Support Drop-in 12:00pm-1:30pm Dealing with Stress 1:30pm-2:30pm Writing about Experiences of Immigration 2:30pm-3:30pm Coping with Procrastination 6:30pm-8:00pm	17 Stand Up Comedy for Mental Health 2:00pm-4:00pm Music, Mind & Healing 4:30pm-6:00pm	18 Peer Support Core Competencies Training 1:00pm-3:00pm Eco-Grief 1:00pm-3:00pm Autistic Peer Support Group 2:30pm-3:30pm	19 Music Appreciation Group 12:00pm-1:00pm Writing Drop-In Group 1:30pm-2:30pm
22 Developing Your Writing Voice 1:30pm-3:00pm Intro to Improvisation 2:00pm-3:00pm	23 Peer Support Drop-in Group 12:00pm-1:30pm Writing about Experiences of Immigration 2:30pm-3:30pm Coping with Procrastination 6:30pm-8:00pm	24 Stand Up Comedy for Mental Health 2:00pm-4:00pm Music, Mind & Healing 4:30pm-6:00pm	25 Peer Support Core Competencies Training 1:00pm-3:00pm Intro to Artificial Intelligence 4:30pm-6:00pm	26 Music Appreciation Group 12:00pm-1:00pm Writing Drop-In Group 1:30pm-2:30pm
29 Developing Your Writing Voice 1:30pm-3:00pm Intro to Improvisation 2:00pm-3:00pm	30 Peer Support Drop-in Group 12:00pm-1:30pm Understanding Healthy Relationships 3:30pm-4:30pm Coping with Procrastination 6:30pm-8pm			Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)

Upcoming Courses

Coping with Procrastination

A 9-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 18th | 6:30pm-8pm EDT | Virtual | Open

Autistic Peer Support Group

This drop-in and peer-led group offers a non-judgmental space for learning about and validating experiences of autism. No diagnosis is required.

Thursdays (Bi-weekly) | April 18th – May 30th | 2:30pm-3:30pm EST | Virtual | Open

Understanding Healthy Relationships

This one-hour session will explore the core foundations of healthy relationships, including behaviours that can cause relationship challenges and strategies for improvement.

Tuesday April 30th | 3:30pm-4:30pm EST | Toronto Public Library- 40 Orchard View Blvd. | Open

Music, Mind & Healing

This course will examine how the science of music psychology can inform our experience of music, and how music can aid us in life's challenges.

Wednesdays | April 3rd - May 1st | 4:30pm-6pm EST | Virtual | Open

Intro to Improvisation

This 10-week course offers a combination of lessons and games to build skills that can help with social interactions, improve memory, and support wellbeing.

Mondays | April 8th – June 17th | 2pm-3pm EST | 1025 Queen St. West (1st floor) | 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

Trans Joy

In honour of International Transgender Day of Visibility, join us to celebrate our diverse gender identities.
Monday March 25th | 3pm-4:30pm EST | Virtual | Open

Business Idea Generator

This workshop will provide techniques to generate ideas and overcome creative blocks. It will offer insight on how to identify market gaps and take ideas to the next step.
Wednesday March 27th | 6pm-7:30pm EST | Virtual | Open

Is Entrepreneurship for You?

This session will support you to decide if self-employment suits you and your goals, while offering you the chance to ask your burning questions about entrepreneurship.
Thursday March 21st | 12pm-1pm EST | Virtual | Open

Eco-Grief

This 6-week writing group is designed for people coping with grief, and anxiety as it relates to the destruction of our precious earth and the climate crisis.
Thursdays | March 7th – April 18th | 1pm-3pm EST | Virtual | Closed

Writing Drop-In Group (Spring)

This group provides a dedicated space for writers to maintain a weekly writing practice.
Fridays | April 5th- June 28th | 1:30pm-2:30pm EST | Virtual | Open

Letter Writing

This course will explore the art of written communication, including strategies for crafting individual letters.
Wednesdays | March 6th & 13th | 1pm-2pm EST | Virtual | Closed

Music Appreciation Group (Spring)

Hosted by Mobile Arts Programming, this group provides a platform for discussion about all things music.
Fridays | April 5th- June 28th | 12pm-1pm EST | Virtual | Open

Developing Your Writing Voice

This course will provide helpful strategies for developing your writing voice and style while exploring different genres each week.
Mondays | February 26th - April 29th | 1:30pm-3pm EST | Virtual | Closed

Peer Support Drop-In Group (Spring)

Join us for an interactive peer-led drop-in group
Tuesdays | April 2nd – June 25th | 12pm-1:30pm EST | Virtual | Open

Writing about Experiences of Immigration

This course invites participants to look back at their immigrant journey by writing short pieces to process their multifaceted experiences.
Tuesdays | April 9th- 23rd | 2:30pm-3:30pm EST | Virtual | Open

Stand-Up Comedy for Mental Health

In this 10-week course, participants will be empowered to reframe their lived experience through the lens of humour.
Wednesdays | April 3rd – June 12th | 2pm-4pm EST | Virtual | Open

Intro to Generative Artificial Intelligence (AI)

This course will explore generative AI tools that students can use, offering demonstrations and practical advice on how to get the most out of these technologies.
Thursdays | April 25th – May 23rd 4:30pm-6pm EST | Virtual | Open

Dealing with Stress

Join us as we explore the ins and outs of stress, create personal plans for navigating challenging life situations, and uncover ways to befriend stress.
Tuesday April 16th | 1:30pm-2:30pm EST | In-Person

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