


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>April 30</p> <p>Music Appreciation 10:30am-12:00pm</p> <p>Better Communication 10:30am-12:30pm</p> <p>Building Resilience After Immigration 6:30pm-8:30pm</p>	1
4	5	6	7	8
<p>Writing Drop-in Group 1:00pm - 2:00pm</p> <p>Lift Up: Two-Part Introductory Workshops (Part 1) 1:30pm - 3:00pm</p>	<p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Mindfulness for All 12:30pm - 2:00pm</p> <p>Women, Work & Racism 3:00pm - 5:00pm</p> <p>WRAP for Families 4:30pm - 7:30pm</p>		<p>Music Appreciation 10:30am-12:00pm</p>	<p>Spring Into Bloom 1:30pm - 3:15pm</p>
11	12	13	14	15
<p>Writing Drop-in Group 1:00pm - 2:00pm</p>	<p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Mindfulness for All 12:30pm - 2:00pm</p> <p>Women, Work & Racism 3:00pm - 5:00pm</p> <p>WRAP for Families 4:30pm - 7:30pm</p>	<p>Eco Grief 12:00pm - 2:00pm</p> <p>Lift Up: Two-Part Introductory Workshops (Part 2) 1:30pm - 3:00pm</p>	<p>Music Appreciation 10:30am-12:00pm</p> <p>Revising Your Writing 1:00pm - 2:30pm</p>	<p>Poetry Workshop and Open Mic Series 12:00pm - 2:00pm</p> <p>Spring Into Bloom 1:30pm - 3:15pm</p>
18	19	20	21	22
<p>Statutory Holiday</p>	<p>Peer Support Drop-In 12:00pm - 1:30pm</p> <p>Mindfulness for All 12:30pm - 2:00pm</p> <p>Women, Work & Racism 3:00pm - 5:00pm</p> <p>WRAP for Families 4:30pm - 7:30pm</p>	<p>Eco Grief 12:00pm - 2:00pm</p>	<p>Music Appreciation 10:30am-12:00pm</p> <p>Revising Your Writing 1:00pm - 2:30pm</p>	<p>Poetry Workshop and Open Mic Series 12:00pm - 2:00pm</p> <p>Spring Into Bloom 1:30pm - 3:15pm</p>
25	26	27	28	29
<p>Peer Support Core Competencies Training 11:00am-1:00pm</p> <p>Writing Drop-in Group 1:00pm - 2:00pm</p>	<p>Peer Support Drop-In 12:00pm - 1:30pm</p>	<p>Eco Grief 12:00pm - 2:00pm</p>	<p>Music Appreciation 10:30am-12:00pm</p> <p>Revising Your Writing 1:00pm - 2:30pm</p> <p>Employment Workshop: AMA with Jocelyn Tan 2:00pm - 3:30pm</p>	<p>Poetry Workshop and Open Mic Series 12:00pm - 2:00pm</p> 

Upcoming Courses

Building Resilience After Immigration

Building Resilience After Immigration is a supportive and educational workshop designed to help newcomers and immigrants navigate the emotional, psychological, and social challenges of adjusting to a new country. Immigration can bring opportunities for growth, but it may also create stress, identity changes, and feelings of isolation. This workshop provides participants with practical tools to strengthen resilience, improve emotional well-being, and develop sustainable self-care strategies. Through guided discussions, reflective activities, and skill-building exercises, participants will gain confidence in managing life transitions and building a sense of belonging in their new environment.

Thursday | April 30th | 6:30pm-8:30pm EDT | Virtual | Open

Lift Up Fitness: Two-Part Introductory Workshops

Lift Up is a community based functional fitness program for individuals who are looking to improve their mental and physical well being in a supportive environment. This offering includes a CLC exclusive introductory session on May 4, followed by an open Lift Up class on May 13. Each session features a group check in and a scalable workout suitable for all fitness levels. No prior experience required. **Students must attend the May 4th session to be eligible for the May 13th class.**

Monday May 4th & Wednesday May 13th | 1:30-3:00 p.m. | Academy of Lions - 1083 Dundas St. W. | Open

Spring Into Bloom

Spring Into Bloom is a 10-week mixed-media workshop series inspired by the themes of spring—renewal, growth, transformation, and creative possibility. Participants will explore a range of accessible art techniques, including sculpture, collage, painting, textile art, and alternative photographic processes using affordable and recycled materials. Each session introduces a new artistic method while encouraging mindful reflection and playful experimentation. The workshops are designed for all experience levels and emphasize process over perfection, creating a welcoming space where participants can express themselves, build confidence, and connect with others through art.

Fridays | May 8th – July 17th 1:30p.m. – 3:15 p.m. | 1025 Queen Street West | Open

** No class Friday May 29th **

Eco-Grief

This 6-week facilitated writing group is designed for people coping with grief, anxiety, anger, hopelessness, and dread as it relates to the destruction of our precious earth and the climate crisis. We will explore and share our feelings, as well as turn to artists and activists to find wisdom and hope. No writing experience necessary, but a willingness to share your fresh first-draft writing in a nurturing environment is encouraged.

Wednesdays | May 13- June 17th | 12:00 p.m. – 2:00 p.m. EDT | 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

Writing Drop-In Group – Spring Session

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 | April 6th - June 15th | 1:00pm-2:00pm EDT | 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 EDT | Virtual | Open

WRAP for Families

WRAP for Families provides strength-based support for family members of people with mood disorders. The program will help family members to develop and practice self-care strategies, learn the key concepts of mental health recovery, and be introduced to the concept of peer support. Family members will learn to exemplify recovery principles and in turn be of greater support to individuals experiencing mental health challenges.

Tuesdays | April 14th – May 19th | 4:30pm-7:30pm | 1025 Queen St. W Rm 1206 | Closed

Peer Support Core Competencies - Spring 2026

Designed by the Centre for Innovation & Peer Support, this training consists of 15 interactive training modules, each two hours in length, that will support your understanding of peer support core competencies and best practices. *Please note this course is in very high demand* so we ask you consider if you will be able to attend all sessions before you register, Please visit clc/camh.ca to learn more.

Mondays | 11:00 A.M. – 1:00 P.M. EDT | May 25th – September 3rd (excluding stat holidays) | Virtual | Open

Peer Support Drop-In Group – Spring Session

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 | March 31st – June 30th | 12:00pm-1:30pm EDT | Virtual | Open

Revising Your Writing

In this course, students will explore the art of revision through reading, discussion, and writing. We'll cover theme, developmental edits, substantive edits, and line edits, drawing on examples from fiction and nonfiction across a wide range of genres. Students will work through guided exercises using both published texts and their own drafts, with time each session for writing and sharing work. This course is suitable for writers of all levels.

Thursdays | 1:00 p.m. – 2:30 p.m. EDT | Virtual | Open

Employment Workshop: Ask Me Anything

This session welcomes CAMH Research Analyst Jocelyn Tan. Jocelyn will talk about her interesting path in CAMH Research, and her other roles in the mental health and addiction space. With a focus on pursuing employment goals in 2026, John Fernandes and Jocelyn invite participants to bring their questions for an open, engaging 90-minute conversation grounded in lived experience, learning, and possibility. Hosted in collaboration with the Patient & Family Learning Space and Employment Works!

Thursday | May 22nd | 2:00pm - 3:30pm EDT | Virtual

Mindfulness for All – Spring Session

Adapted from Mindfulness Based Stress Reduction. Mindfulness doesn't have to be sitting still for long periods and feeling our bodies in ways that might be uncomfortable for us. In this Mindfulness series we will be learning mindfulness together in ways that we can individualize it for our unique selves. This program will be a chance to learn and practice these adapted mindfulness tools in an inclusive and neurodiversity-affirming setting that is open to beginners and experienced meditators alike. This program happens in-person and requires registration. New mindfulness techniques will be taught each week, in an 8 week cycle. We will have some fun while taking care of our wellbeing. Mindfulness is not therapy- but a set of tools we can access anywhere, anytime, with practice.

Tuesdays | March 31st – May 19th | 12:30pm – 2:00pm | 1025 Queen St West | Open

Music Appreciation Drop-In Group - Spring Session

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 | April 2nd – June 25th | 10:30am-12pm EDT | 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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