

Collaborative Learning College



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Peer Support Group 12:00pm-1:00pm Special Topics in Creative Writing 1:00pm-2:30pm Pet Therapy 2:00pm-3:00pm	3 Writing Drop-In Group 1:00pm-2:30pm	4	5 Music Appreciation Group 12:00pm-1:00pm
8	9 Peer Support Group 12:00pm-1:00pm Special Topics in Creative Writing 1:00pm-2:30pm Pet Therapy 2:00pm-3:00pm	10 Mindfulness for Mental Health 11:00am-12:30pm Writing Drop-In Group 1:00pm-2:30pm	11	12 Music Appreciation Group 12:00pm-1:00pm
15	16 Peer Support Group 12:00pm-1:00pm Special Topics in Creative Writing 1:00pm-2:30pm Pet Therapy 2:00pm-3:00pm	17 Mindfulness for Mental Health 11:00am-12:30pm Writing Drop-In Group 1:00pm-2:30pm	18 Peer Support Core Competencies Training 10:00am-12:00pm	19 Music Appreciation Group 12:00pm-1:00pm
22 Stat Holiday	23 Peer Support Group 12:00pm-1:00pm Special Topics in Creative Writing 1:00pm-2:30pm Pet Therapy 2:00pm-3:00pm	24 Mindfulness for Mental Health 11:00am-12:30pm Writing Drop-In Group 1:00pm-2:30pm	25 Peer Support Core Competencies Training 10:00am-12:00pm Speak Easy 3:00pm-4:30pm	26 Music Appreciation Group 12:00pm-1:00pm
29	30 Peer Support Group 12:00pm-1:00pm Special Topics in Creative Writing 1:00pm-2:30pm Pet Therapy 2:00pm-3:00pm	31 Mindfulness for Mental Health 11:00am-12:30pm Comedy Night 7:00pm-8:00pm		

TO REGISTER: Website: clc.camh.ca
 Phone: 416-524-2137 or 1800-463-2338 x 36077 (toll free)
 Email: clc@camh.ca



Collaborative Learning College

June

Page 2 of 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Peer Support Core Competencies Training 10:00am-12:00pm Speak Easy 3:00pm-4:30pm	2 Music Appreciation Group 12:00pm-1:00pm
5	6 Peer Support Group 12:00pm-1:00pm Special Topics in Creative Writing 1:00pm-2:30pm Pet Therapy 2:00pm-3:00pm	7 Guided Historical Tour of Humber 11:00am-4:00pm Mindfulness for Mental Health 11:00am-12:30pm Writing Our Lived Experience 2:30pm-4pm	8 Peer Support Core Competencies Training 10:00am-12:00pm Speak Easy 3:00pm-4:30pm	9 Music Appreciation Group 12:00pm-1:00pm
12	13 Peer Support Group 12:00pm-1:00pm Pet Therapy 2:00pm-3:00pm Joke Writing 2:00pm-3:30pm	14 Mindfulness for Mental Health 11:00am-12:30pm Writing Our Lived Experience 2:30pm-4pm	15 Peer Support Core Competencies Training 10:00am-12:00pm Speak Easy 3:00pm-4:30pm	16 CLC Town Hall 12:00pm-1:00pm
19	20 Peer Support Group 12:00pm-1:00pm Pet Therapy 2:00pm-3:00pm	21 Mindfulness for Mental Health 11:00am-12:30pm Writing Our Lived Experience 2:30pm-4pm	22 Peer Support Core Competencies Training 10:00am-12:00pm Speak Easy 3:00pm-4:30pm	23
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Collaborative Learning College

May & June

Page 3 of 4

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.

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](#)

Special Topics in Creative Writing

In collaboration with Inkwell, this course will explore creative writing across various genres and forms, including poetry, fiction, stage plays, & screenwriting.

Tuesdays | May 2nd - June 6th | 1pm-2:30pm | [Pre-registration required](#)

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](#)

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](#)

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](#)

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 | May 10th - June 28th | 11am-12:30pm | [Ongoing registration](#)

Peer Support Core Competencies Training

This training consists of 15 interactive training modules that will support your understanding of peer support core competencies and best practices.

Thursdays | May 18th - August 24th | 10am-12pm | [Full](#)

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May & June

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Speak Easy

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

Thursdays | May 25th-June 29th | 3pm-4:30pm | [Ongoing registration](#)

Comedy Night

Join us for a fun night of comedy! This will be an evening of laughter and discussion featuring clips from a variety of comedians.

Wednesday May 31st | 7pm-8pm | [Pre-registration required](#)

Guided Historical Tour of Humber Lakeshore

Discover the history of the former Lakeshore Psychiatric Hospital by exploring the patient-built underground tunnels and unfinished attics at Humber College.

Wednesday June 7th | 11am-4pm | IN-PERSON | [Pre-registration required](#)

Writing Our 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.

Wednesdays | June 7th - July 26th | 2:30pm-4pm | [Pre-registration required](#)

Joke Writing

In this workshop, participants will explore joke structure and the diverse ways that famous comedians approach writing their material.

Tuesday June 13th | 2pm-3:30pm | [Pre-registration required](#)

Town Hall

Share your suggestions and feedback on how we can better meet community needs and meet your fellow students!

Friday June 16th | 12pm-1pm | [Pre-registration required](#)

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