

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>Understanding Research Studies 10:00am-11:30am</p> <p>Goal Setting 2:00pm-3:00pm</p> <p>Stand Up Comedy for Mental Health 2:00pm-4:00pm</p> <p>Music, Mind & Healing 4:30pm-6:00pm</p>	<p>2</p> <p>Healthy Relationships 10:00am-11:00am</p> <p>Autistic Peer Support Group 2:30pm-3:30pm</p> <p>Intro to Generative Artificial Intelligence 4:30pm-6:00pm</p>	<p>3</p> <p>Dealing with Stress 10:00am-11:00am</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
<p>6</p> <p>Introduction to Improvisation 2:00pm-3:00pm</p>	<p>7</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy 2:15pm-3:00pm</p> <p>Coping with Procrastination 6:30pm-8:00pm</p>	<p>8</p> <p>Understanding Research Studies 10:00am-11:30am</p> <p>Conflict Resolution 2:00pm-3:00pm</p> <p>Stand Up Comedy for Mental Health 2:00pm-4:00pm</p>	<p>9</p> <p>Intro to Generative Artificial Intelligence 4:30pm-6:00pm</p>	<p>10</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
<p>13</p> <p>Introduction to Improvisation 2:00pm-3:00pm</p>	<p>14</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy 2:15pm-3:00pm</p> <p>Coping with Procrastination 6:30pm-8:00pm</p>	<p>15</p> <p>Understanding Research Studies 10:00am-11:30am</p> <p>Self Development 2:00pm-3:00pm</p> <p>Stand Up Comedy for Mental Health 2:00pm-4:00pm</p>	<p>16</p> <p>Author Talk: Rough Magic by Miranda Newman 12:00pm-1:30pm</p> <p>Autistic Peer Support Group 2:30pm-3:30pm</p> <p>Intro to Generative Artificial Intelligence 4:30pm-6:00pm</p>	<p>17</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
<p>20</p> <p>Statutory Holiday</p>	<p>21</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy 2:15pm-3:00pm</p> <p>Coping with Procrastination 6:30pm-8:00pm</p>	<p>22</p> <p>Navigating Loneliness 2:00pm-3:00pm</p> <p>Stand Up Comedy for Mental Health 2:00pm-4:00pm</p>	<p>23</p> <p>Intro to Generative Artificial Intelligence 4:30pm-6:00pm</p>	<p>24</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
<p>27</p> <p>Introduction to Improvisation 2:00pm-3:00pm</p>	<p>28</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy 2:15pm-3:00pm</p> <p>Coping with Procrastination 6:30pm-8:00pm</p>	<p>29</p>	<p>30</p> <p>Autistic Peer Support Group 2:30pm-3:30pm</p>	<p>31</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>Introduction to Improvisation 2:00pm-3:00pm</p>	<p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy 2:15pm-3:00pm</p> <p>Coping with Procrastination 6:30pm-8:00pm</p>	<p>Stand Up Comedy for Mental Health 2:00pm-4:00pm</p> <p>Yale Let's Lead Info Session 12:00pm-1:00pm</p>	<p>Yale Let's Lead Info Session 4:00pm-5:00pm</p>	<p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
10	11	12	13	14
<p>Introduction to Improvisation 2:00pm-3:00pm</p>	<p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy 2:15pm-3:00pm</p> <p>Coping with Procrastination 6:30pm-8:00pm</p>	<p>Stand Up Comedy for Mental Health 2:00pm-4:00pm</p>		<p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
17	18	19	20	21
<p>Introduction to Improvisation 2:00pm-3:00pm</p> <p>Writing Fiction for Young People 3:30pm-4:30pm</p>	<p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy 2:15pm-3:00pm</p> <p>Coping with Procrastination 6:30pm-8:00pm</p>	<p>Pet Loss and Grief 1:00pm-2:30pm</p>		<p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
24	25	26	27	28
<p>Writing Fiction for Young People 3:30pm-4:30pm</p>	<p>Peer Support Drop-in Group 12:00pm-1:30pm</p> <p>Pet Therapy 2:15pm-3:00pm</p> <p>Coping with Procrastination 6:30pm-8:00pm</p>	<p>Workshop Development 9:30am-11:30am</p> <p>Pet Loss and Grief 1:00pm-2:30pm</p>	<p>CLC Town Hall 12:00pm-1:00pm</p>	<p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:30pm-2:30pm</p>
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Upcoming Courses

Yale Let(s) Lead Information Session

The Yale Program for Recovery and Community Health's Lived Experience Transformational Leadership Academy (LET(s) Lead) is partnering with the Collaborative Learning College at CAMH to offer its next academy! Join an information session to learn more about the program and the application process.

Wednesday June 5th | 12:00pm-1:00pm | Virtual | Open

Thursday June 6th | 4:00pm-5:00pm | Virtual | Open

Workshop Development

In this 10 week course, participants will learn different tools and techniques around developing workshops using a mix of theory and hands-on development of a workshop.

Wednesdays | June 26th- August 28th | 9:30am-11:30am | 1025 Queen St. West | Open

Writing Fiction for Young People

In this 6-week course, participants will explore methods of storytelling tailored to various youth age groups. Each week will focus on different age categories and the formats used within them.

Mondays | June 17th – July 29th | 3:30pm-4:30pm | Virtual | Open

Pet Loss & Grief

This 6-week facilitated writing group designed for people coping with the loss of a companion animal (through death, surrender, rehoming, lost pet). Participants will work in a supportive group environment to write and share their memories, and their experience of loss, discovering new thoughts, feelings and ideas that will help them move forward and adjust to life without their beloved animals.

Wednesdays | June 19th- July 24th | 1:00pm-2:30pm | 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



Ongoing & Upcoming Courses

Peer Support Drop-In Group (Spring)

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.
Tuesdays | April 2nd – June 25th | 12pm-1:30pm EST
| Virtual | Open

Writing Drop-In Group (Spring)

This group provides a dedicated space for writers to maintain a weekly writing practice through a combination of writing sprints, prompts and supportive feedback.
Fridays | April 5th- June 28th | 1:30pm-2:30pm EST | Virtual
| Open

Introduction to Improvisation

This 9-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 15th – June 17th | 2pm-3pm EST | 1025 Queen St. West (1st floor) | Closed

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 | Closed

Coping with Procrastination

A 10-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 25th | 6:30pm-8pm EDT | Virtual | Closed

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

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
| Closed

Music Appreciation Group (Spring)

Hosted by Mobile Arts Programming, this group provides a platform for discussion about all things music. Additionally, there is an option to explore music creation using a web-based program. No experience is required.
Fridays | April 5th- June 28th | 12pm-1pm EST | Virtual | Open

Pet Therapy

Join a friendly and adorable dog named Pelusa for this drop-in program offered in collaboration with the Patient & Family Learning Space.
Tuesdays | 2:15pm-3:00pm EDT | 1025 Queen St. West | No registration is required

CLC Town Hall

Join us for a town hall where we will share updates about what is happening with the college and hear from you about what you want to see in the future.
Thursday June 27th | 12pm-1pm | Virtual | Open

Open

These courses are currently accepting registration.

Waitlist

These courses are full. Register to be notified if a space becomes available before the course begins.

Closed

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Register at clc.camh.ca

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