

Monday	Tuesday	Wednesday	Thursday	Friday
Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)				1
4	5	6	7	8
Writing Drop-In Group 1:00pm-2:00pm Making Music 6:00pm-8:00pm	Peer Support Drop-in Group 12:00pm-1:30pm Mindfulness Through Photography 5:00pm-7:00pm	Music Appreciation Group 1:00pm-2:00pm Writing True Stories 3:00pm-4:15pm	Peer Support Core Competencies Training 10:00am-12:00pm Yale LET(s) Lead 1:00pm-3:00pm BIWOC Hibiscus Healing Circle 5:30pm-7:30pm	
11	12	13	14	15
Writing Drop-In Group 1:00pm-2:00pm Making Music 6:00pm-8:00pm	Peer Support Drop-in Group 12:00pm-1:30pm	Music Appreciation Group 1:00pm-2:00pm Writing True Stories 3:00pm-4:15pm	Peer Support Core Competencies Training 10:00am-12:00pm Yale LET(s) Lead 1:00pm-3:00pm BIWOC Hibiscus Healing Circle 5:30pm-7:30pm	
18	19	20	21	22
Writing Drop-In Group 1:00pm-2:00pm Making Music 6:00pm-8:00pm	Peer Support Drop-in Group 12:00pm-1:30pm	Music Appreciation Group 1:00pm-2:00pm Navigating Workplace Accommodations and Your Rights as an Employee 12:00pm-1:00pm Writing True Stories 3:00pm-4:15pm	Peer Support Core Competencies Training 10:00am-12:00pm Yale LET(s) Lead 1:00pm-3:00pm BIWOC Hibiscus Healing Circle 5:30pm-7:30pm	
25	26	27	28	
Writing Drop-In Group 1:00pm-2:00pm Making Music 6:00pm-8:00pm	Peer Support Drop-in Group 12:00pm-1:30pm	Music Appreciation Group 1:00pm-2:00pm Writing True Stories 3:00pm-4:15pm	Peer Support Core Competencies Training 10:00am-12:00pm BIWOC Hibiscus Healing Circle 5:30pm-7:30pm	



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<p>2</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p> <p>Making Music 6:00pm-8:00pm</p>	<p>3</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>4</p> <p>Music Appreciation Group 1:00pm-2:00pm</p> <p>Writing True Stories 3:00pm-4:15pm</p>	<p>5</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>BIWOC Hibiscus Healing Circle 5:30pm-7:30pm</p>	<p>6</p>
<p>9</p> <p>Writing Drop-In Group 1:00pm-2:00pm</p> <p>Making Music 6:00pm-8:00pm</p>	<p>10</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>11</p> <p>Network to Get Work 12:00pm-1:00pm</p> <p>Music Appreciation Group 1:00pm-2:00pm</p>	<p>12</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>BIWOC Hibiscus Healing Circle 5:30pm-7:30pm</p>	<p>13</p>
<p>16</p>	<p>17</p> <p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>18</p> <p>Music Appreciation Group 1:00pm-2:00pm</p>	<p>19</p>	<p>20</p>
<p>23</p>	<p>24</p>	<p>25</p> <p>Statutory Holiday</p>	<p>26</p> <p>Statutory Holiday</p>	<p>27</p>
<p>30</p> <p>An Introduction to Sound Meditation 3:00pm-4:30pm</p>	<p>31</p>			<p>Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)</p>

Upcoming & Ongoing Courses

Network to Get Work

Offered in collaboration with Employment Works and the Patient and Family Learning Space, this workshop offers practical strategies to help you expand and deepen your network in ways that feel authentic to you. We'll explore the pros and cons of online versus in-person networking and discuss whether networking is truly essential for your goals. Join us for actionable tips and a fresh perspective on building connections—without the discomfort. Wednesday December 11th | 12:00pm-1:00pm EST | Virtual | Open

An Introduction to Sound Meditation

Discover the calming and restorative practice of sound meditation in this beginner-friendly workshop. Sound meditation offers a gentle, accessible way to cultivate stillness and relaxation in our busy lives. Through a series of brief meditations, we'll explore simple techniques to center your focus, quiet your mind, and ease racing thoughts. No prior experience is needed—just an open mind and a willingness to unwind. Monday December 30th | 3:00pm-4:30pm EST | Upeshka Yoga- 842 King St. West | Open

BIWOC Hibiscus Healing Circle

This group provides a dedicated space for Black, Indigenous, and Women of Colour (BIWOC) with lived or living experiences of mental health and/or substance use challenges to engage in creative writing, share and learn coping strategies, and find healing as a collective. The group will also include a variety of other healing practices, including meditation, breath work, dancing, and inclusive discussions. Thursdays | Sept. 19th- Dec. 12th | 5:30pm-7:30pm EST | 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

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Ongoing Courses

Making Music

Over six sessions, we will learn how we can make self-expressive music using artificial intelligence and traditional music composition apps. We will explore how to engage our listeners more richly, whether by prompting an A.I. to set our own lyrics to music, or writing a song from scratch in a music composition app. A special focus will be finding and developing our own voice and self-expression, and to discover psychological theories that help composers, songwriters and performers to connect with listeners.

Mondays | November 4th – December 9th | 6:00pm-8:00pm EST | Virtual | Open

Writing True Stories

This six-week course explores various forms of nonfiction writing, focusing on central themes and narrative techniques like voice, character, setting, and tone. Participants will read and discuss selected works, reflect on storytelling elements, and consider broader issues such as the ethics of nonfiction and its connection to real-world events. Participants will also gain practical insights for crafting their own nonfiction pieces.

Wednesdays | October 30th – December 4th | 3:00pm-4:15pm EST | Virtual | Waitlist

Peer Support Drop-In Group (Fall)

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 | Oct. 1st – Dec. 17th | 12pm-1:30pm EST | Virtual | Open

Peer Support Core Competencies Training

Designed by the Centre for Innovation in Peer Support, this 30 hour training consists of 15 interactive sessions to support your understanding and knowledge of peer support values and best practices.

Thursdays | Sept. 5th – Dec. 12th | 10am-12pm EST | Virtual | Closed

Music Appreciation Group (Fall)

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.

Wednesdays | Oct. 9nd – Dec. 18th | 1pm-2pm EST | Virtual | Open

Writing Drop-In Group (Fall)

Hosted by InkWell Workshops, this writing drop-in group provides a dedicated space for writers of all experience levels to share work, ask questions and receive feedback.

Mondays | Oct. 7th- Dec. 16th | 1pm-2pm EST | Virtual | Open

Open

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