Collaborative Learning College at camh

November

Monday	Tuesday	Wednesday	Thursday	Friday
2 Writing Drop-in Group 1:00pm - 2:00pm	**3** BIPOC Book Discussion Group 12:30pm-2:00pm Practical Tools from Yoga 1:00pm - 2:30pm Mindfulness for All (Fall) 2:15pm - 4:15pm	**4** Stand-Up Comedy for Mental Health 1:00pm - 3:00pm Better Communication 1:00pm - 3:00pm Looking & Seeing Drawing 1:30pm-3:00pm BIPOC Conversation and Arts Collective 6:00pm-8:00pm	**5** Music Appreciation 10:30am-12:00pm Peer Support Drop-In 12:30pm- 2:00pm Research Engagement Foundations 2:00pm-4:00pm	**6** Autism-Informed Mindfulness 1:00pm - 3:00pm Autumn Reflections 1:30pm - 3:15pm
9 Writing Drop-in Group 1:00pm - 2:00pm	**10** BIPOC Book Discussion Group 12:30pm-2:00pm Practical Tools from Yoga 1:00pm - 2:30pm	**11** Weathering the Storm 10:30am-12:00pm Stand-Up Comedy for Mental Health 1:00pm - 3:00pm Looking & Seeing Drawing 1:30pm-3:00pm BIPOC Conversation and Arts Collective 6:00pm-8:00pm	**12** Music Appreciation 10:30am-12:00pm Peer Support Drop-In 12:30pm- 2:00pm	**13** Autism-Informed Mindfulness 1:00pm - 3:00pm Autumn Reflections 1:30pm - 3:15pm
16 Writing Drop-in Group 1:00pm - 2:00pm	**17** BIPOC Book Discussion Group 12:30pm-2:00pm Practical Tools from Yoga 1:00pm - 2:30pm	**18** Weathering the Storm 10:30am-12:00pm Self-Exploration Through Creativity 1:00pm-2:30pm Stand-Up Comedy for Mental Health 1:00pm - 3:00pm AGO Tour: Indigenous & Canadian Art 3:00pm - 4:00pm	**19** Music Appreciation 10:30am-12:00pm Peer Support Drop-In 12:30pm- 2:00pm	**20** Autism-Informed Mindfulness 1:00pm - 3:00pm Autumn Reflections 1:30pm - 3:15pm
23 Writing Drop-in Group 1:00pm - 2:00pm	**24** BIPOC Book Discussion Group 12:30pm-2:00pm Practical Tools from Yoga 1:00pm - 2:30pm Winter Mindfulness for All 2:30pm - 4:30pm	**25** Weathering the Storm 10:30am-12:00pm Self-Exploration Through Creativity 1:00pm-2:30pm Stand-Up Comedy for Mental Health 1:00pm - 3:00pm	**26** Music Appreciation 10:30am-12:00pm Peer Support Drop-In 12:30pm- 2:00pm	**27** Autism-Informed Mindfulness 1:00pm - 3:00pm Autumn Reflections 1:30pm - 3:15pm
30 Writing Drop-in Group 1:00pm - 2:00pm				

Registration

Website:
clc.camh.ca
Email: clc@camh.ca
Phone: 365-275-7135
or
1 800 463-2338,
ext. 36077
(toll free)

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November 2026

Upcoming Courses

BIPOC Book Discussion Group

This 7 week course is open to readers and writers of all experience levels. The BIPOC Book Discussion Group is a space for BIPOC folks to come together to discuss non-fiction works centering our community's unique experiences of dealing with systemic barriers and cultivating therapeutic healing strategies. Sessions will consist of reading passages of a work together as a group, time for open discussion, questions posed by the facilitator, as well as guided writing exercises and in-class prompts related to the material. The book discussion pick for this course is Set Boundaries, Find Peace by Nedra Glover Tawwab. Tawwab writes about practical advice and tools for setting healthy boundaries in a variety of different areas of life including family, work and social relationships. Students will not be required to buy or read the full text, key passages will be provided and read as a group together during sessions.

Tuesdays | November 3rd – December 15th | 12:30pm – 2:00pm| Virtual | Open

Weathering the Storm

Join us for a 6-week online writing group, where we will explore the challenges we each face, and the ways in which we can weather the storms of life with more wisdom and compassion. Each session features time to check in, discussion, inspiring quotes, an invitation to write in response to a prompt, and sharing our fresh first-drafts. No writing experience required.

Wednesdays | November 11th – December 16th | 10:30am-12:00pm | Virtual | Open

BIPOC Conversation & Arts Collective

Join this 6-week online group to connect, reflect, and explore our experiences as BIPOC. Each week includes group activities, mindfulness, and trauma-informed wellness exercises. We'll also explore intersectionality and make space for free writing. In the final session, you can choose to share your work in an optional poetry slam.

Wednesdays | October 7th - November 11th| 6:00pm-8:00pm| Virtual | Open

Autism-Informed Mindfulness

In this Autism-informed Mindfulness group, we will be learning mindfulness together in ways that we can individualize it for our unique selves as autistic folks. 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. We also welcome folks who have tried mindfulness before and previously found it unhelpful!

Fridays | November 6th – December 18th| 1pm – 3:00pm | Virtual | Open

Open	**Waitlist**	**Closed**
These courses are currently accepting registrations.	These courses are full. Register to be notified if a space becomes available before the course begins.	These courses are no longer accepting new registrations.

Register at **clc.camh.ca**

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November 2026

Upcoming Courses

Winter Mindfulness for All

Mindfulness doesn't have to be sitting still for long periods and feeling our bodies in ways that might be uncomfortable for us. 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.
Tuesdays | November 24th – January 26th | 2:30pm – 4:30pm | 100 Stokes St. 2nd floor (Sacred Space) | Open

AGO Tour: Indigenous & Canadian Art

Join us for a guided AGO tour that invites conversation and curiosity. Discover Indigenous and Canadian art from the AGO's collection, spanning 11,000 years of visual expression. Together, we'll discuss artworks that explore what Indigeneity and Canada mean to us.
Wednesday | November 18th | 3:00pm-4:00pm| In-person | Closed

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. 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.
Thursdays | October 15th – December 17th| 12:30pm-2:00pm | Virtual | Open

Looking & Seeing Drawing

Looking and Seeing is a 5-week course that is all about taking non-judgmental, intentional moments to observe and ground through unique drawing exercises. The focus will be attention to the moment, play, and process instead of trying to make the final art look "right" or "perfect". Alternating between the classroom, the Art Gallery of Ontario, and the Royal Ontario Museum, we will use observation, curiosity, and practice to help us get out of our own way with making imperfect art.
Wednesdays | October 14th – November 11th | 1:30pm-3:00pm | Various (Toronto)| Closed

Self-Exploration Through Creativity

This 4-week guided journey through self-exploration encompasses art and creativity to help participants connect with a deeper understanding of themselves, their personal values, and complexities. Utilizing a different form of artistic expression each week, we explore various topics including: Colour of Emotion; Holding Opposing Emotions; Control Circles; and Hope From the Future. No artistic experience needed!
Wednesdays | November 18th – December 9th| 1pm – 2:30pm | Virtual | Open

Ongoing Registration	**Pre-Registration/Closed**	**Waitlist**
These courses you can register for at any time. Registrations are accepted on a continuous basis	Courses which require you to sign up before the start date. If the course has already begun, it will be listed as "closed."	This course is full. Register to be notified of open spaces.

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Upcoming Courses

Writing Drop-In Group – Fall

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 | October 5th – December 21st (no class October 12th)| 1:00pm-2:00pm| Virtual | Open

Understanding the Self: Practical Tools from Yoga Philosophy

Created with Within Studio, this course explores yoga philosophy for mental well-being. Through reflection and gentle movement, students will practice noticing thought patterns and finding steadiness during stress.
Tuesdays | October 6th – December 8th| 1:00pm-2:30pm | In-person | Closed

Stand Up Comedy for Mental Health

In this 11-week course, participants will be empowered to reframe their lived experience through the lens of humour, in a collaborative and supportive environment. Topics covered will include joke elements and structure, brainstorming and writing techniques (like how to overcome writer's block!), various comedic styles, and how to approach comedy ethically. The course will culminate in a short performance of a 3-minute comedy set.
Wednesdays | October 7h - December 16th| 1:00pm-3:00pm| Virtual | Closed

Music Appreciation Drop-In Group – Fall

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 | October 1st – December 17th | 10:30am-12:00pm | Virtual | Open

Autumn Reflections

This 10-week series explores creativity through seasonal mixed-media art. Students are invited to try techniques like collage, painting, and journaling while reflecting on gratitude, resilience, and growth. Each workshop offers a welcoming space for mindfulness and connection.
Fridays | September 18th – November 20th | 1:30pm – 3:15pm | 1025 Queen St. West| Closed

Research Engagement Foundations

This course introduces research fundamentals and meaningful engagement. It explores the research cycle, engagement principles, and the difference between participating in research and helping shape it. Practical examples show how lived and living experience can strengthen research and health outcomes.
Thursdays | October 1st – November 5th | 2:00pm – 4:00pm | Virtual | Closed

Ongoing Registration	Pre-Registration/Closed	Waitlist
These courses you can register for at any time. Registrations are accepted on a continuous basis	Courses which require you to sign up before the start date. If the course has already begun, it will be listed as "closed."	This course is full. Register to be notified of open spaces.

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