

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Peer Support Drop-in Group (Fall Cycle!) 12:00pm-1:30pm Mindfulness Through Photography 5:00pm-7:00pm	2 Stand Up Comedy for Mental Health 2:00pm-4:00pm Intro to Novel Writing Story Structure 3:00pm-4:30pm	3 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	4
7 Writing Drop-In Group (Fall Cycle!) 1:00pm-2:00pm	8 Peer Support Drop-in Group 12:00pm-1:30pm Mindfulness Through Photography 5:00pm-7:00pm	9 Music Appreciation Group (Fall Cycle!) 1:00pm-2:00pm Stand Up Comedy for Mental Health 2:00pm-4:00pm Intro to Novel Writing Story Structure 3:00pm-4:30pm	10 Peer Support Core Competencies Training 10:00am-12:00pm Yale LET(s) Lead 1:00pm-3:00pm	11
14 Statutory Holiday	15 Peer Support Drop-in Group 12:00pm-1:30pm Mindfulness Through Photography 5:00pm-7:00pm	16 Music Appreciation Group 1:00pm-2:00pm Stand Up Comedy for Mental Health 2:00pm-4:00pm Intro to Novel Writing Story Structure 3:00pm-4:30pm	17 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 CLC Town Hall: Subcommittee Spotlight 12:00pm-1:00pm
21 Writing Drop-In Group 1:00pm-2:00pm	22 Peer Support Drop-in Group 12:00pm-1:30pm Mindfulness Through Photography 5:00pm-7:00pm	23 Pursuing Employment When Receiving ODSP/OW 12:00pm-1:00pm Music Appreciation Group 1:00pm-2:00pm Stand Up Comedy for Mental Health 2:00pm-4:00pm Intro to Novel Writing Story Structure 3:00pm-4:30pm	24 Peer Support Core Competencies Training 10:00am-12:00pm Yale LET(s) Lead 1:00pm-3:00pm Hygiene for Autistic Folks 2:00pm-4:00pm BIWOC Hibiscus Healing Circle 5:30pm-7:30pm	25
28 Writing Drop-In Group 1:00pm-2:00pm	29 Peer Support Drop-in Group 12:00pm-1:30pm Mindfulness Through Photography 5:00pm-7:00pm	30 Music Appreciation Group 1:00pm-2:00pm Writing True Stories 3:00pm-4:15pm	31 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	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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18	19	20	21	22
<p>Writing Drop-In Group 1:00pm-2:00pm Making Music 6:00pm-8:00pm</p>	<p>Peer Support Drop-in Group 12:00pm-1:30pm</p>	<p>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</p>	<p>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</p>	
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Upcoming 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 EDT | Virtual | Open

Navigating Workplace Accommodations and Your Rights as an Employee

This workshop will guide you through the process of requesting workplace accommodations and understanding your employer's duty to provide them. You'll learn about the "undue hardship" standard, how to protect your rights, and what to do if faced with discrimination. With insights into the Employment Standards Act and Human Rights Code, this session will equip you to confidently navigate workplace accommodations. This workshop is offered in collaboration with the RBC Patient & Family Learning Space and Employment Works!

Wednesday November 20th | 12:00pm-1:00pm EDT | Virtual | 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 EDT | Virtual | Open

Hygiene for Autistic Folks

Join a class developed and led by individuals with Autism Spectrum Disorder (ASD) on hygiene! This class aims to create a space for folks with ASD to discuss hygiene practices, including practical strategies tailored to sensory sensitivities, routines, and individual needs. No diagnosis required.

Thursday October 24th | 2:00pm-4:00pm 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



Ongoing & Upcoming Courses

Making It Work: Pursuing Employment When Receiving ODSP or Ontario Works

This workshop provides an overview of how employment affects benefits, with a focus on key topics such as the impact of working on benefits, employee start-up benefits, monthly working benefits, and available supports and programs through Ontario Works. Participants will gain practical insights to navigate employment while maintaining essential supports. This workshop is offered in collaboration with the RBC Patient & Family Learning Space and Employment Works!
Wednesday October 23rd | 12:00pm-1:00pm EDT | 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 EDT | Virtual | Waitlist

Mindfulness Through Photography

This 8-week course is designed to help students explore the art of photography as a meditative practice, fostering mindfulness in both their creative process and daily lives. The course will emphasize the value of attention to detail, slowing down, and cultivating presence in each moment, allowing students to capture the essence of their surroundings with a mindful lens.
Tuesdays | Sept. 17th – Nov. 5th | 5pm-7pm EDT | Virtual | Closed

Yale LET(s) Lead

A transformational leadership program offered in partnership with Yale University.
Thursdays | September 12th- November 28th | 1:00pm-3:00pm EST | Virtual | Closed

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 EDT | 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 EDT | Virtual | Open

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 EDT | 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 EDT | Virtual | Open

CLC Town Hall: Subcommittee Spotlight

Join us for an informative and interactive Town Hall that will shine a spotlight on the work of our three key subcommittees: the Course and Program Subcommittee, the Evaluation Subcommittee, and the Research Subcommittee.
Friday Oct. 18th | 12pm-1pm EDT | Virtual | Open

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