

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)	Student Survey! We're seeking to better understand students' experiences with the CLC and the impact of the program. Scan the QR code to learn more!	 For each survey you complete, you'll have a chance to win a \$100 gift card!	1 Music Appreciation (Fall Series) 10:30am-12:00pm Relationship Charcuterie 1:00pm-3:00pm Research Engagement Foundations 2:00pm-4:00pm	2 Autism Informed Mindfulness 1:00pm - 2:30pm Autumn Reflections 1:30pm - 3:15pm
5 Writing Drop-in Group (Fall Series) 1:00pm - 2:00pm	6 BIPOC Student Advisory 10:30am - 12:30pm Practical Tools from Yoga 1:00pm - 2:30pm Mindfulness for All 2:15pm - 4:15pm WRAP for Families 4:30pm - 7:30pm	7 Stand-Up Comedy for Mental Health 1:00pm - 3:00pm BIPOC Conversation and Arts Collective 6:00pm-8:00pm	8 Music Appreciation 10:30am-12:00pm Research Engagement Foundations 2:00pm-4:00pm	9 Autism Informed Mindfulness 1:00pm - 2:30pm Autumn Reflections 1:30pm - 3:15pm
12 Statutory Holiday	13 Practical Tools from Yoga 1:00pm - 2:30pm Mindfulness for All 2:15pm - 4:15pm WRAP for Families 4:30pm - 7:30pm	14 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	15 Music Appreciation 10:30am-12:00pm Self-Exploration 10:30pm-12:00pm Peer Support Drop-In 12:30pm- 2:00pm Awkward Employment Questions 2:00pm-3:30pm Research Engagement 2:00pm-4:00pm BIPOC Student Advisory 6:00pm-8:00pm	16 Autism Informed Mindfulness 1:00pm - 2:30pm Autumn Reflections 1:30pm - 3:15pm
19 Writing Drop-in Group 1:00pm - 2:00pm	20 Practical Tools from Yoga 1:00pm - 2:30pm Mindfulness for All 2:15pm - 6:30pm WRAP for Families 4:30pm - 7:30pm	21 Stand-Up Comedy 1:00pm - 3:00pm Better Communication 1:00pm - 3:00pm Looking & Seeing Drawing 1:30pm-3:00pm AGO Tour: Collection Highlights 3:00pm - 4:00pm BIPOC Conversation and Arts Collective 6:00pm-8:00pm	22 Music Appreciation 10:30am-12:00pm Self-Exploration Through Creativity 10:30pm-12:00pm Peer Support Drop-In 12:30pm- 2:00pm Research Engagement Foundations 2:00pm-4:00pm	23 Autumn Reflections 1:30pm - 3:15pm
26 Writing Drop-in Group 1:00pm - 2:00pm	27 Practical Tools from Yoga 1:00pm - 2:30pm Mindfulness for All 2:15pm - 4:15pm	28 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	29 Music Appreciation 10:30am-12:00pm Self-Exploration Through Creativity 10:30pm-12:00pm Peer Support Drop-In 12:30pm- 2:00pm Research Engagement Foundations 2:00pm-4:00pm	30 Autumn Reflections 1:30pm - 3:15pm

Upcoming Courses

AGO Tour: Collection Highlights

Led by knowledgeable Art Educators, this engaging tour invites conversation, curiosity, and meaningful connections with art. Discover the spectacular architecture and fabulous treasures in the AGO Collection. See art of the Renaissance; Indigenous and Canadian art; Modern art and recent acquisitions in the Contemporary art collection. There is something for everyone! After the guided tour, students are welcome to continue exploring the gallery with their passes until it closes at 9 p.m. on Wednesdays. Wednesday October 21st | 3:00pm – 4:00pm | AGO- 317 Dundas St. W | Open

BIPOC Conversation & Arts Collective

Join us for a 6-week online group where we'll create space to connect, reflect, and explore our experiences as Black, Indigenous, and People of Colour (BIPOC). Each week, facilitators will lead group activities, mindfulness practices, and trauma-informed wellness exercises focused on introspection, coping strategies and overall well-being. We'll also have opportunities to talk about intersectionality and the ways our different identities and experiences can shape how we move through the world as BIPOC. Throughout the course, there will be space for free writing, with an optional poetry slam during our final session for those who would like to share their work. Wednesdays | October 7th - November 11th | 6:00pm – 8:00pm | Virtual | Open

Understanding the Self: Practical Tools from Yoga Philosophy

This course, developed in collaboration with Within, introduces the down-to-earth philosophy of yoga as a practical toolkit for self-awareness and mental well-being. The course helps individuals look beyond physical exercise to understand how traditional yogic ideas can support daily recovery and ease an overactive mind. Through group discussions, guided personal reflection, practical exercises, and light movement, individuals will explore the roots of mental distress, how to notice and shift unhelpful thought patterns, and ways to cultivate steadiness during stress. Tuesdays | October 6th - December 8th | 1:00pm – 2:30pm | 798 Bloor St W Unit 2 | Open

Research Engagement Foundations

This course provides the fundamentals of research and meaningful research engagement. The course helps individuals understand key differences between research participation and research engagement, how research is conducted and how engaging people with lived/living experience leads to better research and health outcomes. Through practical case studies and examples, individuals will be able to explore the research cycle, principles of engagement, levels of engagement, and best practices for sharing lived/living experience. Thursdays | October 1st - November 5th | 2:00pm-4:00pm | 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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Upcoming Courses

BIPOC Student Advisory Meetings

The CLC is inviting students and alumni to join us for an Advisory Meeting to help shape the future of BIPOC programming at the CLC! This is an opportunity to reflect on your experiences, share what you've learned, and advise on what would make our offerings more meaningful, relevant, and responsive to the needs of BIPOC communities. Honoraria will be provided!
Tuesday October 6th | 10:30am-12:30pm | Virtual
Thursday October 15th | 6:00pm-8:00pm | Virtual

Better Communications

Better Communication is an information-style course that provides a helpful understanding and practical skills surrounding improving interpersonal communication. The course offers opportunities for discussion, and exercised to practice new skills.
Wednesdays | October 14th - November 4th | 1:00pm-3:00pm | 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) | Open

Awkward Employment Questions

This interactive workshop will explore how to navigate some of the most challenging and uncomfortable questions that can come up during a job search or interview. We'll develop strategies for responding to questions about employment gaps, career changes, qualifications, and more with confidence.
Thursday October 15th | 2:00pm - 3:30pm | Virtual | Open

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 7th - December 16th | 1:00pm-3:00pm | 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. 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

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.

Register at clc.camh.ca

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Upcoming Courses

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 | September 8th – November 3rd | 2:15pm – 4:15pm | 100 Stokes St. 2nd floor (Sacred Space) | Open

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

Self-Exploration Through Creativity

This is a 3-week journey into self-exploration using art and creativity. Guided by a Lived Experience Peer Support Specialist, this course is designed to help participants identify and connect with important aspects of themselves for a deeper understanding of their motivations, values and complexities. No artistic experience needed!
Thursdays | October 15th – 29th | 10:30am – 12:00pm | Virtual | Open

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 mixed-media art series invites participants to explore creativity through accessible art practices inspired by the changing season. Using techniques such as textile collage, alcohol inks, acrylic painting, journaling, and mixed-media assemblage, participants will reflect on themes of gratitude, resilience, belonging, and personal growth. Each workshop encourages creative exploration, mindfulness, and community in a supportive, judgment-free environment.
Fridays | September 18th – November 20th | 1:30pm – 3:15pm | 1025 Queen St. West | Closed

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