

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Statutory Holiday</b>	3 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm	4 <b>Stand-Up Comedy for Mental Health</b> 2:00pm-4:00pm <b>Intro to Novel Writing Story Structure</b> 3:00pm-4:30pm	5 <b>Peer Support Core Competencies Training</b> 10:00am-12:00pm <b>Letter Writing</b> 1:00pm-2:30pm <b>Coping with Procrastination</b> 6:00pm-8:00pm	6 <b>Music Appreciation Group</b> 12:00pm-1:00pm <b>Writing Drop-In Group</b> 1:30pm-2:30pm
9 <b>Improving Interpersonal Communications</b> 1:00pm-3:00pm	10 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm	11 <b>Stand-Up Comedy for Mental Health</b> 2:00pm-4:00pm <b>Intro to Novel Writing Story Structure</b> 3:00pm-4:30pm	12 <b>Peer Support Core Competencies Training</b> 10:00am-12:00pm <b>Letter Writing</b> 1:00pm-2:30pm <b>Yale LET(s) Lead</b> 1:00pm-3:00pm <b>Coping with Procrastination</b> 6:00pm-8:00pm	13 <b>Music Appreciation Group</b> 12:00pm-1:00pm <b>Writing Drop-In Group</b> 1:30pm-2:30pm
16 <b>Improving Interpersonal Communications</b> 1:00pm-3:00pm	17 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Mindfulness Through Photography</b> 5:00pm-7:00pm	18 <b>Coping with Stress</b> 2:00pm-3:00pm <b>Stand-Up Comedy for Mental Health</b> 2:00pm-4:00pm <b>Intro to Novel Writing Story Structure</b> 3:00pm-4:30pm	19 <b>Peer Support Core Competencies Training</b> 10:00am-12:00pm <b>Letter Writing</b> 1:00pm-2:30pm <b>Yale LET(s) Lead</b> 1:00pm-3:00pm <b>BIWOC Hibiscus Healing Circle</b> 5:30pm-7:30pm	20 <b>Music Appreciation Group</b> 12:00pm-1:00pm <b>Writing Drop-In Group</b> 1:30pm-2:30pm
23 <b>Improving Interpersonal Communications</b> 1:00pm-3:00pm	24 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Mindfulness Through Photography</b> 5:00pm-7:00pm	25 <b>"I Hate Resumes &amp; Cover Letters": Strategies That Work</b> 12:00pm-1:00pm <b>Stand-Up Comedy for Mental Health</b> 2:00pm-4:00pm <b>Intro to Novel Writing Story Structure</b> 3:00pm-4:30pm	26 <b>Peer Support Core Competencies Training</b> 10:00am-12:00pm <b>Letter Writing</b> 1:00pm-2:30pm <b>Yale LET(s) Lead</b> 1:00pm-3:00pm <b>BIWOC Hibiscus Healing Circle</b> 5:30pm-7:30pm	27 <b>Music Appreciation Group</b> 12:00pm-1:00pm <b>Writing Drop-In Group</b> 1:30pm-2:30pm
30 <b>Improving Interpersonal Communications</b> 1:00pm-3:00pm				<b>Registration Website:</b> <a href="http://clc.camh.ca">clc.camh.ca</a> <b>Email:</b> <a href="mailto:clc@camh.ca">clc@camh.ca</a> <b>Phone:</b> 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Peer Support Drop-in Group (Fall Cycle!)</b> 12:00pm-1:30pm <b>Mindfulness Through Photography</b> 5:00pm-7:00pm	2 <b>Stand Up Comedy for Mental Health</b> 2:00pm-4:00pm <b>Intro to Novel Writing Story Structure</b> 3:00pm-4:30pm	3 <b>Peer Support Core Competencies Training</b> 10:00am-12:00pm <b>Yale LET(s) Lead</b> 1:00pm-3:00pm <b>BIWOC Hibiscus Healing Circle</b> 5:30pm-7:30pm	4
7 <b>Writing Drop-In Group (Fall Cycle!)</b> 1:00pm-2:00pm	8 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Mindfulness Through Photography</b> 5:00pm-7:00pm	9 <b>Music Appreciation Group (Fall Cycle!)</b> 1:00pm-2:00pm <b>Stand Up Comedy for Mental Health</b> 2:00pm-4:00pm <b>Intro to Novel Writing Story Structure</b> 3:00pm-4:30pm	10 <b>Peer Support Core Competencies Training</b> 10:00am-12:00pm <b>Yale LET(s) Lead</b> 1:00pm-3:00pm	11
14 <b>Statutory Holiday</b>	15 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Mindfulness Through Photography</b> 5:00pm-7:00pm	16 <b>Music Appreciation Group</b> 1:00pm-2:00pm <b>Stand Up Comedy for Mental Health</b> 2:00pm-4:00pm <b>Intro to Novel Writing Story Structure</b> 3:00pm-4:30pm	17 <b>Peer Support Core Competencies Training</b> 10:00am-12:00pm <b>Yale LET(s) Lead</b> 1:00pm-3:00pm <b>BIWOC Hibiscus Healing Circle</b> 5:30pm-7:30pm	18 <b>CLC Town Hall: Subcommittee Spotlight</b> 12:00pm-1:00pm
21 <b>Writing Drop-In Group</b> 1:00pm-2:00pm	22 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Mindfulness Through Photography</b> 5:00pm-7:00pm	23 <b>Pursuing Employment When Receiving ODSP/OW</b> 12:00pm-1:00pm <b>Music Appreciation Group</b> 1:00pm-2:00pm <b>Stand Up Comedy for Mental Health</b> 2:00pm-4:00pm <b>Intro to Novel Writing Story Structure</b> 3:00pm-4:30pm	24 <b>Peer Support Core Competencies Training</b> 10:00am-12:00pm <b>Yale LET(s) Lead</b> 1:00pm-3:00pm <b>Hygiene for Autistic Folks</b> 2:00pm-4:00pm <b>BIWOC Hibiscus Healing Circle</b> 5:30pm-7:30pm	25
28 <b>Writing Drop-In Group</b> 1:00pm-2:00pm	29 <b>Peer Support Drop-in Group</b> 12:00pm-1:30pm <b>Mindfulness Through Photography</b> 5:00pm-7:00pm	30 <b>Music Appreciation Group</b> 1:00pm-2:00pm <b>Writing True Stories</b> 3:00pm-4:15pm	31 <b>Peer Support Core Competencies Training</b> 10:00am-12:00pm <b>Yale LET(s) Lead</b> 1:00pm-3:00pm <b>BIWOC Hibiscus Healing Circle</b> 5:30pm-7:30pm	<b>Registration</b> <b>Website:</b> <a href="http://clc.camh.ca">clc.camh.ca</a> <b>Email:</b> <a href="mailto:clc@camh.ca">clc@camh.ca</a> <b>Phone:</b> 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)

## Upcoming Courses

### “I Hate Resumes and Cover Letters”: Strategies That Work

This workshop is designed to help participants craft compelling resumes and cover letters that stand out. From understanding the fundamentals of resume writing to exploring the myth of the "perfect" resume, participants will learn practical techniques to showcase their skills and experiences. We will also dive into how AI can be a valuable tool for kickstarting your writing process. This workshop is offered in collaboration with the RBC Patient & Family Learning Space and Employment Works!

Wednesday September 25th | 12:00pm-1:00pm EDT | Virtual | Open

### 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 23<sup>rd</sup> | 12:00pm-1:00pm 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 24<sup>th</sup> | 2:00pm-4:00pm 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 30<sup>th</sup> – December 4<sup>th</sup> | 3:00pm-4:15pm 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](https://clc.camh.ca)

If you or someone you know are interested in learning more about the Collaborative Learning College, please visit [clc.camh.ca](https://clc.camh.ca).  
Phone: 365-275-7135 | Email: [clc@camh.ca](mailto:clc@camh.ca)



## Ongoing & Upcoming Courses

### Coping with Stress

This interactive session will explore how stress can be helpful, the difficulties that come along with overwhelming situations, and how to better understand our own tolerance to stressful situations.  
Wednesday September 18<sup>th</sup> | 2pm-3pm EST | Toronto Public Library- 2178 Bloor St. West | No registration required!

### 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. 17<sup>th</sup> - Nov. 5<sup>th</sup> | 5pm-7pm EDT | Virtual | Closed

### Improving Interpersonal Communications

This course is designed to help participants identify communication styles and habits, understand common errors, and learn to resolve conflicts.  
Mondays | Aug. 12<sup>th</sup> - Sept. 30<sup>th</sup> | 1pm-2:30pm EDT | 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. 5<sup>th</sup> - Dec. 12<sup>th</sup> | 10am-12pm EDT | Virtual | Closed

### Intro to Novel Writing Story Structure

In collaboration with Inkwell Workshops, this course offers an introduction to story structure for writers. The focus of the course is learning how to successfully plot a full-length novel in any genre or age category. Participants will have the opportunity to start to develop a new story outline or work on existing outlines.  
Wednesdays | Sept. 4<sup>th</sup> - Oct. 23<sup>rd</sup> | 3:00pm-4:30pm EDT | 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.  
Wednesdays | Aug. 14<sup>th</sup> - Oct. 23<sup>rd</sup> | 2pm-4pm EDT | Virtual | Closed

### 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. 19<sup>th</sup>- Dec. 12<sup>th</sup> | 5:30pm-7:30pm EDT | Virtual | Open

### 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. 9<sup>nd</sup> - Dec. 18<sup>th</sup> | 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. 1<sup>st</sup> - Dec. 17<sup>th</sup> | 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. 7<sup>th</sup>- Dec. 16<sup>th</sup> | 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. 18<sup>th</sup> | 12pm-1pm EDT | Virtual | Open

#### Open

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#### Closed

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