

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135</p>				<p>1</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:00pm-2:30pm</p>
<p>4</p> <p>Statutory Holiday</p>	<p>5</p> <p>Peer Support Drop-in Group 12:00pm-1:00pm</p> <p>Crafternoons 3:00pm-4:00pm</p>	<p>6</p> <p>Global Healing Methods 11:00am-3:00pm</p> <p>Introduction to Novel Writing 1:00pm-2:30pm</p>	<p>7</p> <p>Habit Hacking 11:00am-12:00pm</p>	<p>8</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:00pm-2:30pm</p>
<p>11</p> <p>Adulthood 3:00pm-4:30pm</p> <p>Coping with Procrastination 6:00pm-8:00pm</p>	<p>12</p> <p>Peer Support Drop-in Group 12:00pm-1:00pm</p> <p>Crafternoons 3:00pm-4:00pm</p>	<p>13</p> <p>Global Healing Methods 11:00am-3:00pm</p> <p>Introduction to Novel Writing 1:00pm-2:30pm</p>	<p>14</p> <p>Habit Hacking 11:00am-12:00pm</p>	<p>15</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:00pm-2:30pm</p>
<p>18</p>	<p>19</p> <p>Peer Support Drop-in Group 12:00pm-1:00pm</p> <p>Crafternoons 3:00pm-4:00pm</p>	<p>20</p> <p>Global Healing Methods 11:00am-3:00pm</p> <p>Introduction to Novel Writing 1:00pm-2:30pm</p>	<p>21</p> <p>Habit Hacking 11:00am-12:00pm</p> <p>Yale LET's Lead 1:00pm-3:00pm</p>	<p>22</p> <p>Music Appreciation Group 12:00pm-1:00pm</p> <p>Writing Drop-In Group 1:00pm-2:30pm</p>
<p>25</p>	<p>26</p> <p>Peer Support Drop-in Group 12:00pm-1:00pm</p> <p>Crafternoons 3:00pm-4:00pm</p>	<p>27</p> <p>Global Healing Methods 11:00am-3:00pm</p>	<p>28</p> <p>CLC Town Hall 12:00pm-1:00pm</p> <p>Yale LET's Lead 1:00pm-3:00pm</p>	<p>29</p> <p>Music Appreciation Group 12:00pm-1:00pm</p>



Upcoming Courses

Crafternoons: Cross Stitch

Come join us for a fun and social virtual “crafternoon” of cross stitch! Even if you have never tried it before, come learn the basics and/or create your own masterpiece with the craft of your choosing! Tuesdays | September 5th-26th | 3pm-4pm EST | Hybrid (virtual and in-person at 1025 Queen St. West) | Limited space available

Writing Drop-In Group

This group will provide a space for writers to discuss and share their writing as well as engage in discussion about writing-related topics with peers. Fridays | August 4th – September 22nd | 1pm-2:30pm EST | Virtual | Ongoing registration

Habit Hacking

Welcome the fall season with new habits! In this 3-part series, learn the process of habit-setting and build a sustainable plan to implement new habits in your daily routine. Thursdays | September 7th – 21st | 11am-12pm EST | Virtual | Ongoing registration

Music Appreciation Group

Hosted by Mobile Arts Programming, this group provides a platform for discussion about all things music and is open to anyone who listens to music. Additionally, there is an option to explore music creation using a web-based program. Fridays | July 7th – September 29th | 12pm-1pm EST | Virtual | Ongoing registration

Peer Support Drop-In Group

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. Join us for an interactive drop-in group Every Tuesday | 12pm-1pm EST | Virtual | Ongoing registration

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

**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

Coping with Procrastination

An 8-week course to connect with others, gain deeper understanding about procrastination and learn coping strategies.

Mondays | July 10th – September 11th | 6pm-8pm EST | Virtual | Closed

Adulting

Join us in a non-judgmental course, where we will go back to the basics of routines, and 'adulting'. Each week, we will examine helpful habits, organizational strategies, and preparations for your adult years.

Mondays | July 10th – September 11th | 3pm-4:30pm EST | Virtual | Ongoing registration

Introduction to Novel Writing

Hosted by Inkwell Workshops, this course offers an introduction to story structure for writers looking to pursue traditional full-length novel publishing.

Wednesdays | August 2nd - September 20th | 1pm-2:30pm EST | Virtual | Closed

Yale LET's Lead

A transformational leadership program offered in partnership with Yale University.

Thursdays | September 21st- December 7th | 1pm-3pm EST | Virtual | Closed

Global Healing Methods

Offered in collaboration with the Fleming College Child and Youth Care Program, this course will expand students' knowledge of modalities and approaches to healing which diverge from traditional medical approaches.

Thursdays | September 6th – October 18th | 11am-3pm EST | Virtual | Waitlist

CLC Town Hall

Join us for our town hall where we will share updates about what is happening with the CLC and hear from you about what you want to see in the future.

Thursday September 28th | 12pm-1pm EST | Virtual | Pre-registration required

Ongoing Registration

These courses you can register for at any time. Registrations are accepted on a continuous basis

Pre-Registration/Closed

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