

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Building Community & Well-being (Drop-In Group) 2:00pm - 3:30pm	Exploring Mental Health & Grief Through Writing 11:00am-12:30pm	Music Appreciation 10:30am-12:00pm Writing True Stories 1:00pm - 2:30pm	
7	8	9	10	11
Statutory Holiday	Building Community & Well-being (Drop-In Group) 2:00pm - 3:30pm Mindfulness for All 2:15pm - 4:15pm WRAP for Families Info Session 4:30pm - 5:30pm	Exploring Mental Health & Grief Through Writing 11:00am-12:30pm	Music Appreciation 10:30am-12:00pm Relationship Charcuterie 1:00pm-3:00pm	Autism Informed Mindfulness 1:00pm - 2:30pm
14	15	16	17	18
Peer Support Core Competencies Training 11:00am-1:00pm Writing Drop-in Group 1:00pm - 2:00pm	Building Community & Well-being (Drop-In Group) 2:00pm - 3:30pm Mindfulness for All 2:15pm - 4:15pm WRAP for Families 4:30pm - 7:30pm	Exploring Mental Health & Grief Through Writing 11:00am-12:30pm Self-Exploration Through Creativity 1:00pm - 2:30pm	Music Appreciation 10:30am-12:00pm Relationship Charcuterie 1:00pm-3:00pm	Autism Informed Mindfulness 1:00pm - 2:30pm Autumn Reflections 1:30pm - 3:15pm
21	22	23	24	25
Writing Drop-in Group 1:00pm - 2:00pm	Building Community & Well-being (Drop-In Group) 2:00pm - 3:30pm Mindfulness for All 2:15pm - 4:15pm WRAP for Families 4:30pm - 7:30pm	Exploring Mental Health & Grief Through Writing 11:00am-12:30pm Self-Exploration Through Creativity 1:00pm - 2:30pm	Music Appreciation 10:30am-12:00pm Relationship Charcuterie 1:00pm-3:00pm Workshop on Gaps in Employment and/or Education 1:30pm - 3:30pm	Autism Informed Mindfulness 1:00pm - 2:30pm Autumn Reflections 1:30pm - 3:15pm
28	29	30		Registration Website: clc.camh.ca Email: clc@camh.ca Phone: 365-275-7135 or 1 800 463-2338, ext. 36077 (toll free)
Writing Drop-in Group 1:00pm - 2:00pm	Building Community & Well-being (Drop-In Group) 2:00pm - 3:30pm Mindfulness for All 2:15pm - 4:15pm WRAP for Families 4:30pm - 7:30pm	Exploring Mental Health & Grief Through Writing 11:00am-12:30pm Self-Exploration Through Creativity 1:00pm - 2:30pm		

Upcoming Courses

Mindfulness for All

Adapted from Mindfulness Based Stress Reduction. Mindfulness doesn't have to be sitting still for long periods and feeling our bodies in ways that might be uncomfortable for us. In this Mindfulness series we will be learning mindfulness together in ways that we can individualize it for our unique selves. 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. This program happens in-person and requires registration. New mindfulness techniques will be taught each week, in an 8 week cycle. We will have some fun while taking care of our wellbeing. Mindfulness is not therapy-

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

Relationship Charcuterie

This 4-week relationship series acts as an early introduction to important relationship topics intended to help identify personal opportunities for improvement, and inspire a future in-depth exploration. These bite-sized topic introductions offer opportunities and exercises for learning and practicing new relationship skills focused solely on creating healthy and secure relationships.

Thursdays | September 10th – October 1st | 1:00pm-3:00pm | 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 | Open

WRAP For Families

WRAP for Families provides strength-based support for family members of people with or without a diagnosed mood disorder. The program will help family members develop a WRAP Plan to practice self-care, using the key concepts of mental health recovery, and be introduced to the benefits of peer support. Family members will learn to exemplify recovery principles and, in turn, be of greater support to themselves and other family members experiencing mental health or life challenges.

Information Session (mandatory): Tuesday September 8th | 4:30pm – 5:30pm | 1025 Queen St. W

Course: Tuesdays | September 15th – October 20th | 4:30pm – 7:30pm | Hudson's Bay Lounge | 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



Upcoming Courses

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!

Wednesdays | September 16th – 30th | 1:00pm – 2:30pm | Virtual | Open

Music Appreciation Drop-In Group – Summer

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 | July 2nd – September 24th | 10:30am-12:00pm | Virtual | Open

Writing True Stories

In this course, participants explore a range of nonfiction works, reflect on the themes, and narrative techniques they use. We'll consider elements of storytelling including voice, character, setting, and tone, while also exploring questions related to the ethics of nonfiction writing.

Thursdays | July 16th – September 3rd | 1:00pm – 2:30pm | Virtual | Open

Autism-Informed Mindfulness

This program offers a chance to learn and practice adapted mindfulness tools in an inclusive and neurodiversity-affirming setting. This course is open to beginners and experienced meditators alike.

Fridays | September 11th – October 16th | 1:00pm – 2:30pm | Virtual | Waitlist

Building Community & Well-Being

This six-week peer-led drop-in group explores practical ways to strengthen wellbeing through connection, self-compassion, and shared learning alongside others with lived experience. Guided by weekly themes, this group offers a welcoming space to discuss and reflect on belonging, support systems, asking for help, navigating difficult times, and the small everyday practices that help us keep going.

Tuesdays | August 25th – September 29th | 2:00pm – 3:30pm | Virtual | Open

Gaps in Employment and/or Education

Whether you've been managing your health, caring for family, or simply taking a different path, this workshop offers practical tips for discussing employment and education gaps with confidence. We'll explore interview responses, resume wording, and focus on strength over stigma.

Thursday September 24th | 1:30pm-3:30pm | Virtual | Open

Writing Drop-In Group – Summer Session

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 | July 6th – September 28th (no class September 7th) | 1:00pm-2:00pm | Virtual | Open

Exploring Mental Health Grief Through Writing

This writing group is designed for people navigating grief related to their experiences with mental illness. Participants will work in a supportive group environment to write and share their experiences around illness and identity, grief, loss, resilience and gratitude.

Wednesdays | August 26th – September 30th | 11:00pm-12:30pm | Virtual | Waitlist

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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