

# Collaborative Learning College

formerly CAMH Recovery College

*January*

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Peer Support 12:00pm-1:00pm	5 New Years Resolutions 3:00pm-4:00pm	6 Mindfulness Matters 1:30pm-2:30pm	7
10 Connecting Through Food 6:00pm-7:00pm	11 Peer Support 12:00pm-1:00pm	12 New Years Resolutions 3:00pm-4:00pm	13 Peer Support Core Competencies Training 10:00am-12:00pm Mindfulness Matters 1:30pm-2:30pm	14
17 Connecting Through Food 6:00pm-7:00pm	18 Peer Support 12:00pm-1:00pm	19 New Years Resolutions 3:00pm-4:00pm Starting Your Own Business- Idea Generator 5:30pm-6:30pm	20 Peer Support Core Competencies Training 10:00am-12:00pm Mindfulness Matters 1:30pm-2:30pm	21 *Town Hall* 12:00pm-1:00pm
24 Connecting Through Food 6:00pm-7:00pm	25 Peer Support 12:00pm-1:00pm Memoir Writing 1:00pm-2:30pm	26 New Years Resolutions 3:00pm-4:00pm	27 Peer Support Core Competencies Training 10:00am-12:00pm Mindfulness Matters 1:30pm-2:30pm	28
31 Connecting Through Food 6:00pm-7:00pm				

**TO REGISTER:** Website: [clc.camh.ca](http://clc.camh.ca)  
 Phone: 416-524-2137 or 1800-463-2338 x 36077 (toll free)  
 Email: [recovery.college@camh.ca](mailto:recovery.college@camh.ca)



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## Ongoing Registration:

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

## Pre-Registration:

Courses which require you to sign up before the start date.

## Waitlist:

This course has already begun. Register to be notified of open spaces or the next time we offer this course.

## Starting Your Own Business: Idea Generator

In collaboration with RISE, this workshop will take you through interactive activities and explore possibilities for starting your entrepreneurship journey. Wednesday January 19th | 5:30pm-6:30pm | [Pre-registration required](#)

## Peer Support Core Competencies Training

This training consists of 15 interactive training modules that will support your understanding of peer support core competencies and best practices. Thursdays | January 13th - April 21st | 10am-12pm | [Pre-registration required](#)

## Writing Our Lived Experience

In collaboration with Inkwell, this course will focus on creative techniques for writing true stories about our lived experience in a supportive environment. Tuesdays | January 25th - March 1st | 1pm-2:30pm | [Pre-registration required](#)

## New Years Resolutions

This workshop is designed to get you thinking about how you can create realistic long and short term financial goals. Wednesdays | January 5th - 26th | 12pm-1pm | [Ongoing registration](#)

## Connecting Through Food

Join us at our virtual dinner table as we talk about our day and share tips/tricks for making sustainable, enjoyable, and accessible meals. Mondays | January 10th - 31st | 6pm-7pm | [Ongoing registration](#)

## Peer Support

In collaboration with Health Out Loud, we bring you an interactive peer support group for informal discussion and mutual support. Tuesdays | 12pm-1pm | Ongoing | [Ongoing registration](#)

## Mindfulness Matters

A drop-in group for mindfulness practice and discussion. Join us as we explore topics in the study of mindfulness. No prior experience is required. Thursdays | 1:30-2:30pm | [Ongoing registration](#)

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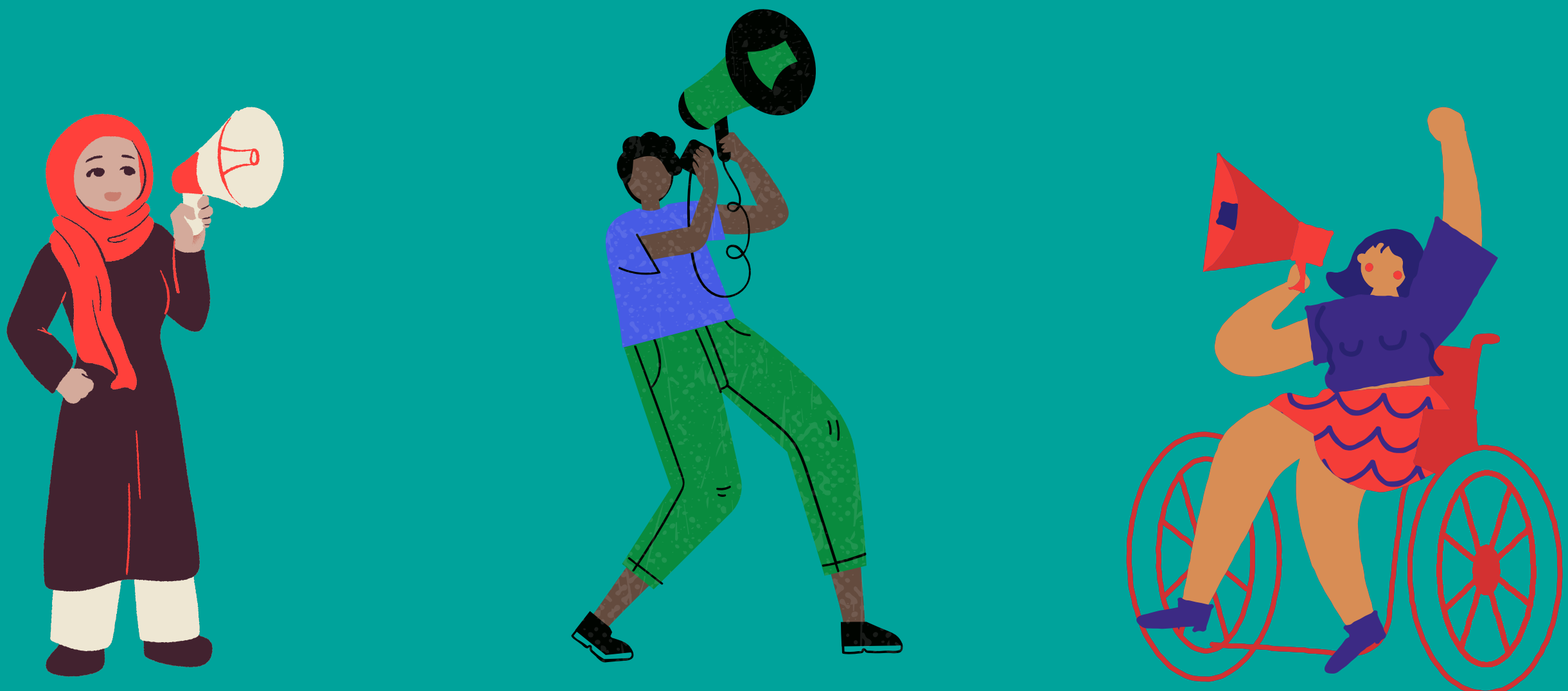
## Town Hall

We are hosting our first ever town hall!

As a program which strives to centre the voices of people with lived experience, your input is critical to the future of this program. Please join us to share your feedback and suggestions about how the Collaborative Learning College can better meet community needs. All are invited to attend.

We hope to see you there!

**Friday January 21st 2022 | 12pm-1pm | Pre-registration required**



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## CLC Town Hall

Please join us to offer your feedback and suggestions about how we can improve our program to better meet community needs.

Friday January 21st | 12pm-1pm | [Pre-registration required](#)

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**Building a balanced meal can seem like an overwhelming task. Learn simple ways to boost the nutrition of your meal so you can live life “in your zone!”.**

Monday November 8th | 6-7pm | [Pre-registration required](#)

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**Learn about the benefits of fats on the mind and body - and why adopting a low-fat diet may have negatively impacted the Western Diet.**

Monday November 15th | 6-7pm | [Pre-registration required](#)

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**Gain a deeper understanding of self-care using the holistic Eastern healing practices of the A-Y-M approach: Ayurveda (nutrition) Yoga, and Meditation .**

Tuesday | November 16th | 5:00-6:30pm | [Pre-registration required](#)

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**Learn how additives in processed foods affect the brain, and how to eat more whole foods in sustainable, budget-friendly, and practical ways.**

Monday November 29th | 6-7pm | [Pre-registration required](#)

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**Are your goals really worth it? Join us for this first goal setting session as we learn a little more about ourselves and what we truly want.**

Wednesday November 3rd | 10am-11:30am | [Pre-registration required](#)

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**Join us to learn effective ways to plan our pathway to success. In this class, we'll explore why failing to plan can often mean planning to fail.**

Wednesday November 10th | 10am-11:30am | [Pre-registration required](#)

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## Goal Setting: Habit Setting

**The fastest changes are often the most unsustainable. Learn about the science of habit setting and gain tools to make those habits stick.**

Wednesday November 17th | 10am-11:30am | [Pre-registration required](#)

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## Goal Setting: Future Planning & Setbacks

**In this class you'll learn how to face those challenges, overcome them, and turn your setbacks into incredible opportunities that you look at with gratitude.**

Wednesday November 24th | 10am-11:30am | [Pre-registration required](#)

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