

Collaborative Learning College

formerly CAMH Recovery College

February

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Peer Support 12:00pm-1:00pm Writing Your Lived Experience 1:00pm-2:30pm	2 The Music of Film: A Beginners Guide 5:30pm-6:30pm	3 Peer Support Core Competencies Training 10:00am-12:00pm Mindfulness Matters 1:30pm-2:30pm	4
7 Cooking Essentials and Time-Saving Hacks 1:00pm-2:15pm	8 Peer Support 12:00pm-1:00pm Writing Your Lived Experience 1:00pm-2:30pm	9 Starting Your Own Business-Idea Generator 12:30pm-2:00pm The Music of Film: A Beginners Guide 5:30pm-6:30pm	10 Peer Support Core Competencies Training 10:00am-12:00pm Mindfulness Matters 1:30pm-2:30pm	11
14 Cooking Essentials and Time-Saving Hacks 1:00pm-2:15pm	15 Peer Support 12:00pm-1:00pm Writing Your Lived Experience 1:00pm-2:30pm Music, the Mind & Healing 5:00pm-6:30pm	16 The Music of Film: A Beginners Guide 5:30pm-6:30pm	17 Peer Support Core Competencies Training 10:00am-12:00pm Mindfulness Matters 1:30pm-2:30pm	18
21 Statutory Holiday	22 Peer Support 12:00pm-1:00pm Writing Your Lived Experience 1:00pm-2:30pm Music, the Mind & Healing 5:00pm-6:30pm	23 The Music of Film: A Beginners Guide 5:30pm-6:30pm	24 Peer Support Core Competencies Training 10:00am-12:00pm Mindfulness Matters 1:30pm-2:30pm	25 *Town Hall* 12:00pm-1:00pm
28 Cooking Essentials and Time-Saving Hacks 1:00pm-2:15pm				

TO REGISTER:

Website: clc.camh.ca

Phone: 416-524-2137 or 1800-463-2338 x 36077 (toll free)

Email: clc@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 February 9th | 12:30pm-2:00pm | [Pre-registration required](#)

The Music of Film: A Beginners Guide

Some film scores are almost as powerful and memorable as their films. Why is that? This course explores how film music is made and why it matters. Wednesdays | February 2nd - 23rd | 5:30pm-6:30pm | [Ongoing registration](#)

Music, the Mind & Healing

"Why do we enjoy music, and how does it help us to feel better?" Join us to explore different types of music and our reactions to it through music psychology. Tuesdays | February 15th - March 8th | 5pm-6:30pm | [Ongoing registration](#)

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 | [Waitlist](#)

Cooking Essentials & Time-Saving Hacks

Learn essential foundational kitchen skills along with time-saving hacks to make delicious meals that are nutritious, accessible, and simple to prepare. Mondays | February 7th - March 7th | 1pm-2:30pm | [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 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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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 | [Waitlist](#)

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 we can better meet community needs. All are invited to attend.

Friday February 25th 2022 | 12pm-1pm |
Pre-registration required



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