

Collaborative Learning College

formerly CAMH Recovery College

March

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Peer Support Group 1 12:00pm-1:00pm Writing Your Lived Experience 1:00pm-2:30pm Music, the Mind & Healing 5:00pm-6:30pm	2 Business Idea Generator 5:30pm-7:00pm	3 Peer Support Training 10:00am-12:00pm Mindfulness Matters 1:30pm-2:30pm	4
7 Cooking Essentials 1:00pm-2:15pm High Heals: Red Dress/Textile Arts 7:00pm-9:00pm	8 Peer Support Group 12:00pm-1:00pm Music, the Mind & Healing 5:00pm-6:30pm	9 Managing Your Finances 5:00pm-6:00pm The Struggle for Mental Health Justice 6:30pm-8:00pm	10 Peer Support Training 10:00am-12:00pm Entrepreneurship Support Group 1:00pm-2:00pm Mindfulness Matters 1:30pm-2:30pm	11 Employment & Mental Health 2:00pm-3:00pm
14 How to Start A Food Business 2:00pm-3:00pm High Heals: Red Dress/Textile Arts 7:00pm-9:00pm	15 Peer Support Group 12:00pm-1:00pm Exploring Our Relationship with Food, the Body & Ourselves 2:00pm-3:15pm	16 Managing Your Finances 5:00pm-6:00pm	17 Peer Support Training 10:00am-12:00pm Entrepreneurship Support Group 1:00pm-2:00pm Mindfulness Matters 1:30pm-2:30pm	18 *Town Hall* 12:00pm-1:00pm Employment & Mental Health 2:00pm-3:00pm
21 High Heals: Creative Writing 7:00pm-9:00pm	22 Peer Support Group 12:00pm-1:00pm Exploring Our Relationship with Food, the Body & Ourselves 2:00pm-3:15pm	23 Business Idea Generator 1:30pm-3:00pm Managing Your Finances 5:00pm-6:00pm The Struggle for Mental Health Justice 6:30pm-8:00pm	24 Peer Support Training 10:00am-12:00pm Entrepreneurship Support Group 1:00pm-2:00pm Mindfulness Matters 1:30pm-2:30pm	25 Employment & Mental Health 2:00pm-3:00pm
28 High Heals: Creative Writing 7:00pm-9:00pm	29 Peer Support Group 12:00pm-1:00pm Exploring Our Relationship with Food, the Body & Ourselves 2:00pm-3:15pm	30 Managing Your Finances 5:00pm-6:00pm	31 Peer Support Training 10:00am-12:00pm Entrepreneurship Support Group 1:00pm-2:00pm Mindfulness Matters 1:30pm-2:30pm	

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.

Business Idea Generator

In collaboration with RISE, this workshop will take you through interactive activities and explore possibilities for starting your entrepreneurship journey.

Wednesday March 2nd | 5:30pm-7pm | [Pre-registration required](#)

Wednesday March 23rd | 1:30pm-3pm | [Pre-registration required](#)

High Heals: Red Dress/Textile Arts

These workshops will focus on adorning red dresses and donating them to The Red Dress Project. Learn the basics of beading, basic hand stitching and more.

Mondays | March 7th & 14th | 7pm-9pm | [Pre-registration required](#)

High Heals: Creative Writing

In these workshops you will learn three ways to process difficult experiences through creative writing: Biographical, Spoken Word/Poetry and Songwriting.

Mondays | March 21st & 28th | 7pm-9pm | [Pre-registration required](#)

Managing Your Finances

This course will cover different topics each week incl. goal planning, budgeting, and paying off debt, providing you with strategies for smarter money management.

Wednesdays | March 9th - April 27th | 5pm-6pm | [Ongoing registration](#)

The Struggle for Mental Health Justice

Rooted in the principles of the consumer survivor movement, we will explore experiences of mental health and the systems which impact mental health.

Wednesday March 9th & Wednesday March 23rd | 6:30pm-8pm | [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](#)

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-2:15pm | [Ongoing registration](#)

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Exploring Our Relationship with Food, the Body & Ourselves

In this workshop series, we will unpack our thoughts/beliefs about bodies, food and ourselves, while thinking critically about the impact of media and culture.

Tuesdays | March 15th - 29th | 2pm-3:15pm | [Ongoing registration](#)

Entrepreneurship Support Group

Join a community of fellow entrepreneurs that you can bounce ideas off of and have some fun while talking about the ups and down of entrepreneurship.

Thursdays | March 10th - March 31st | 1pm-2pm | [Ongoing registration](#)

Employment & Mental Health

We will discuss and build on a variety of topics including burnout, cultivating hope in unprecedented times and connecting with community resources.

Fridays | March 11th - April 1st | 2pm-3pm | [Ongoing registration](#)

How to Start Your Own Food Business

Learn everything you need to start your own food business from licensing, branding supplies and more.

Monday March 14th | 2pm-3pm | [Pre-registration required](#)

Peer Support Group

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 | 1:30pm-2:30pm | [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](#)

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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 March 18th 2022 | 12pm-1pm |
Pre-registration required



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