

Collaborative Learning College

formerly CAMH Recovery College

April

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Employment & Mental Health 2:00pm-3:00pm
4 High Heals: Visual Arts 7:00pm-9:00pm	5 Peer Support Group 12:00pm-1:00pm	6 Music, the Mind & Healing 12:00pm-1:30pm Managing Your Finances 5:00pm-6:00pm	7 Peer Support Training 10:00am-12:00pm Mindfulness Matters 1:30pm-2:30pm Music Appreciation Group 3:00pm-4:00pm	8
11 High Heals: Visual Arts 7:00pm-9:00pm	12 Peer Support Group 12:00pm-1:00pm Braving the Elements: Creative Writing Essentials 1:00pm-2:30pm	13 Music, the Mind & Healing 12:00pm-1:30pm Business Idea Generator 1:30pm-3:00pm Managing Your Finances 5:00pm-6:00pm	14 Peer Support Training 10:00am-12:00pm Mindfulness Matters 1:30pm-2:30pm Music Appreciation Group 3:00pm-4:00pm	15 Stat Holiday
18 Stat Holiday	19 Peer Support Group 12:00pm-1:00pm Braving the Elements: Creative Writing Essentials 1:00pm-2:30pm	20 Music, the Mind & Healing 12:00pm-1:30pm Managing Your Finances 5:00pm-6:00pm The Struggle for Mental Health Justice 6:30pm-8:00pm	21 Peer Support Training 10:00am-12:00pm Mindfulness Matters 1:30pm-2:30pm Music Appreciation Group 3:00pm-4:00pm	22
25 High Heals: Music 7:00pm-9:00pm	26 Peer Support Group 12:00pm-1:00pm Braving the Elements: Creative Writing Essentials 1:00pm-2:30pm	27 Music, the Mind & Healing 12:00pm-1:30pm Managing Your Finances 5:00pm-6:00pm	28 Mindfulness Matters 1:30pm-2:30pm Music Appreciation Group 3:00pm-4:00pm	29 *Town Hall* 12:00pm-1:00pm

TO REGISTER:

Website: clc.camh.ca

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

Email: clc@camh.ca

camh

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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.

High Heals: Visual Arts

In these workshops you will learn a variety of free online resources to create digital artwork for your projects.

Mondays | April 4th & 11th | 7pm-9pm | [Pre-registration required](#)

High Heals: Music

Join us for a beginner's guide to creating music, adding music to websites/art project/film as well as putting music to songwriting and spoken word.

Mondays | April 25th & May 2nd | 7pm-9pm | [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](#)

Braving the Elements: Creative Writing Essentials

In collaboration with Inkwell, this course invites participants to explore creative writing and storytelling techniques while building a mindful writing practice.

Tuesdays | April 12th - May 17th | 1pm-2:30pm | [Pre-registration required](#)

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.

Wednesdays | April 6th - 27th | 12pm-1:30pm | [Ongoing registration](#)

Managing Your Finances

This course will cover different topics each week incl. taxes, money challenges, savings and credit cards, providing you strategies for smarter money management.

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

The Struggle for Mental Health Justice

In partnership with PARC, we will explore experiences of mental health and the systems which impact mental health while centering madness and mad activism.

Wednesday April 20th | 6:30pm-8pm | [Pre-registration required](#)

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Business Idea Generator

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

Wednesday April 13th | 1:30pm-3pm | [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 | [Waitlist](#)

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](#)

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.

Thursdays | 3pm-4pm | [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](#)

Town Hall

Please join us to share your feedback and suggestions about how we can better meet community needs. All are invited to attend.

Friday April 29th | 12pm-1pm | [Pre-registration required](#)

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