

# Collaborative Learning College

formerly CAMH Recovery College

June

Page 1 of 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
			Yale LET(s) Lead Information Session 6:00pm-7:00pm	The Art of Being Hired 3:00pm-5:00pm
6	7	8	9	10
Introduction to Mindfulness 1:00pm-2:30pm	Peer Support Group 12:00pm-1:00pm	Music & Film: A Beginner's Guide 12:00pm-1:00pm  Publishing 101 2:30pm-4:00pm	Unpacking Diet Myths & Our Relationship to Food 5:00pm-6:15pm	
13	14	15	16	17
Introduction to Mindfulness 1:00pm-2:30pm	Peer Support Group 12:00pm-1:00pm	Publishing 101 2:30pm-4:00pm	Unpacking Diet Myths & Our Relationship to Food 5:00pm-6:15pm	
20	21	22	23	24
	Peer Support Group 12:00pm-1:00pm  Braving the Elements 2: Special Topics in Creative Writing 1:00pm-2:30pm	Publishing 101 2:30pm-4:00pm	Braving the Elements: Creative Writing Essentials 1:00pm-2:30pm  Unpacking Diet Myths & Our Relationship to Food 5:00pm-6:15pm	Town Hall 12:00pm-1:00pm
27	28	29	30	31
	Peer Support Group 12:00pm-1:00pm  Braving the Elements 2: Special Topics in Creative Writing 1:00pm-2:30pm	Publishing 101 2:30pm-4:00pm	Braving the Elements: Creative Writing Essentials 1:00pm-2:30pm	

**TO REGISTER:**

Website: [clc.camh.ca](http://clc.camh.ca)

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

Email: [clc@camh.ca](mailto:clc@camh.ca)

camh

# Collaborative Learning College

formerly CAMH Recovery College

June

Page 2 of 3

## 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.

## Introduction to Mindfulness

This course will focus on cultivating a more mindful approach to everyday life and explore a variety of practices like the body scan and Tonglen meditation.

Mondays | May 2nd- June 13th (except May 23) | 1pm-2:30pm | [Ongoing registration](#)

## 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](#)

## Music & Film: A Beginner's 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 | May 4th - June 8th | 12pm-1pm | [Ongoing registration](#)

## Publishing 101

In collaboration with Inkwell, we will explore different paths to publication for various forms of writing, including essays, poems, short story collections and novels.

Wednesdays | June 8th - 29th | 2:30pm-4pm | [Pre-registration required](#)

## Unpacking Diet Myths & Our Relationship with Food

Exploring how diet myths and marketing strategies cause confusion around "healthy eating" and ultimately impact our relationship with food.

Thursdays | June 9th - 23rd | 5pm-6:15pm | [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.

Thursdays | June 23rd - July 28th | 1pm-2:30pm | [Pre-registration required](#)

## Braving the Elements 2: Special Topics in Creative Writing

In collaboration with Inkwell, this course will explore creative writing across various genres and forms, including poetry, fiction, stage plays, & screenwriting.

Tuesdays | June 21st - July 26th | 1pm-2:30pm | [Pre-registration required](#)

## TO REGISTER:

Website: [clc.camh.ca](http://clc.camh.ca)

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

Email: [clc@camh.ca](mailto:clc@camh.ca)

camh

# Collaborative Learning College

formerly CAMH Recovery College

June

Page 3 of 3

## 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.

## Yale LET(s) Lead Info Session

In collaboration with Yale University, join us for an information session on the LET(s) Lead transformational leadership program.

Thursday June 2nd | 6pm-7pm | [Pre-registration required](#)

## The Art of Getting Hired

In collaboration with CMHAWW, learn the basics of employment readiness from special guest speakers and experts in the field of career development.

Fridays | May 13th - June 3rd | 3pm-5pm | [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 June 24th | 12pm-1pm | [Pre-registration required](#)

## Join our Course and Program (CAP) Subcommittee!

We are looking for people to join our Course and Program subcommittee (CAP). Our goal is to help make sure the classes and programming offered meet the needs and interests of our current participants and the broader community.

As a CAP member, you will...

- have lived/living experience of mental health and substance use challenges
- help determine the courses that will be offered by the Collaborative Learning College
- respect and prioritize equity, self-determination and accessible learning
- be critical of the programs we offer and think about gaps when choosing programs to offer
- review course proposals and be involved in selecting course facilitators

For more information on this opportunity and how to apply, go to our website [clc.camh.ca](http://clc.camh.ca). Application deadline is Friday June 10th at 5pm

## TO REGISTER:

Website: [clc.camh.ca](http://clc.camh.ca)

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

Email: [clc@camh.ca](mailto:clc@camh.ca)

camh