

# Collaborative Learning College

formerly CAMH Recovery College

May

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  <b>Introduction to Mindfulness</b> 1:00pm-2:30pm  <b>High Heals: Music</b> 7:00pm-9:00pm	3  <b>Peer Support Group</b> 12:00pm-1:00pm  <b>Braving the Elements: Creative Writing Essentials</b> 1:00pm-2:30pm	4  <b>Music &amp; Film: A Beginner's Guide</b> 12:00pm-1:00pm	5  <b>Employment Wellbeing: Challenging Your Inner Critic</b> 1:00pm-2:00pm  <b>Mindfulness Matters</b> 1:30pm-2:30pm	6
9  <b>Introduction to Mindfulness</b> 1:00pm-2:30pm  <b>High Heals: Finale</b> 7:00pm-9:00pm	10  <b>Peer Support Group</b> 12:00pm-1:00pm  <b>Braving the Elements: Creative Writing Essentials</b> 1:00pm-2:30pm	11  <b>Music &amp; Film: A Beginner's Guide</b> 12:00pm-1:00pm	12  <b>Entrepreneurship Support Group</b> 12:00pm-1:00pm  <b>Mindfulness Matters</b> 1:30pm-2:30pm	13  <b>The Art of Being Hired</b> 3:00pm-5:00pm
16  <b>Introduction to Mindfulness</b> 1:00pm-2:30pm	17  <b>Peer Support Group</b> 12:00pm-1:00pm  <b>Braving the Elements: Creative Writing Essentials</b> 1:00pm-2:30pm	18  <b>Music &amp; Film: A Beginner's Guide</b> 12:00pm-1:00pm	19  <b>Entrepreneurship Support Group</b> 12:00pm-1:00pm  <b>Mindfulness Matters</b> 1:30pm-2:30pm	20  <b>The Art of Being Hired</b> 3:00pm-5:00pm
23  Statutory Holiday	24  <b>Peer Support Group</b> 12:00pm-1:00pm	25  <b>Music &amp; Film: A Beginner's Guide</b> 12:00pm-1:00pm  <b>Town Hall</b> 5:00pm-6:00pm	26  <b>Entrepreneurship Support Group</b> 12:00pm-1:00pm  <b>Mindfulness Matters</b> 1:30pm-2:30pm	27  <b>The Art of Being Hired</b> 3:00pm-5:00pm
30  <b>Introduction to Mindfulness</b> 1:00pm-2:30pm	31  <b>Peer Support Group</b> 12:00pm-1:00pm			

**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)

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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.

## 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 6th (except May 23rd) | 1pm-2:30pm | [Ongoing registration](#)

## 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](#)

## High Heals: Finale

In this final workshop we will cover the final steps of getting your work noticed. We will discuss the power of social media and more!

Monday May 9th | 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 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 | May 4th to 25th | 12pm-1pm | [Ongoing registration](#)

## Town Hall

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

Wednesday May 25th | 5pm-6pm | [Pre-registration required](#)

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## Employment Wellbeing: Challenging Your Inner Critic

In this workshop, we will discuss how critical self-talk can impact us with employment and strategies to reframe/respond to our self-talk with compassion.

Thursday May 5th | 1pm-2pm | [Pre-registration required](#)

## 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](#)

## 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 | 12pm-1pm | [Ongoing registration](#)

## 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 | [Pre-registration required](#)

## Share Your Suggestions!

We've launched a survey on our website so that you can share your suggestions for courses you'd like to see us offer, as well as, provide feedback on how we're doing.

[Click here to complete the survey!](#)

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