

Collaborative Learning College

formerly CAMH Recovery College



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Stat Holiday
4	5 Peer Support Group 12:00pm-1:00pm Braving the Elements 2: Special Topics in Creative Writing 1:00pm-2:30pm	6 Making Comics for Yourself 10:00am-11:00am Understanding Eating Disorders and Strategies for Support 5:30pm-7:00pm	7 Braving the Elements: Creative Writing Essentials 1:00pm-2:30pm Music Appreciation Group 3:00pm-4:00pm	8 Harm Reduction Drop-In Group 12:00pm-1:00pm
11	12 Peer Support Group 12:00pm-1:00pm Braving the Elements 2: Special Topics in Creative Writing 1:00pm-2:30pm Facilitation Training 2:30pm-4:30pm	13 Making Comics for Yourself 10:00am-11:00am Eating Disorders and the Pandemic 5:30pm-7:00pm	14 Braving the Elements: Creative Writing Essentials 1:00pm-2:30pm Music Appreciation Group 3:00pm-4:00pm	15 An Intro to the Toronto Public Library 12:30pm-1:30pm
18 Town Hall 5:00pm-6:00pm	19 Peer Support Group 12:00pm-1:00pm Braving the Elements 2: Special Topics in Creative Writing 1:00pm-2:30pm Facilitation Training 2:30pm-4:30pm	20 Making Comics for Yourself 10:00am-11:00am	21 Braving the Elements: Creative Writing Essentials 1:00pm-2:30pm Music Appreciation Group 3:00pm-4:00pm	22 Harm Reduction Drop-In Group 12:00pm-1:00pm
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TO REGISTER: Website: clc.camh.ca
 Phone: 416-524-2137 or 1800-463-2338 x 36077 (toll free)
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August

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stat Holiday	2 Peer Support Group 12:00pm-1:00pm Facilitation Training 2:30pm-4:30pm	3 The Embodied Mind 10:00am-11:15am	4 Music Appreciation Group 3:00pm-4:00pm	5 Harm Reduction Drop-In Group 12:00pm-1:00pm
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July & August

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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.

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 | July 7th - August 11th | 3pm-4pm | [Ongoing registration](#)

Facilitation Training

This 8-week course will cover fundamental facilitation skills while providing opportunities for practice in a supportive setting.

Tuesdays | July 12th - August 30th | 2:30pm-4:30pm | [Pre-registration required](#)

Harm Reduction Drop-In Group

Join us for an informal 'come as you are' style drop-in group to share, explore and discuss practical harm reduction strategies.

Every other Friday | 12pm-1pm | [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.

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

Making Comics for Yourself

This four-week course offers a range of creative experiences, skills for self-discovery, and tools for making comics.

Wednesdays | July 6th - 27th | 10am-11am | [Pre-registration required](#)

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](#)

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July & August

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Stand Up Comedy for Mental Health

A collaborative and supportive comedy course that will help participants reframe their lived experience of mental health and addiction through the lens of humour.

Wednesdays | August 17th to September 21st | 4pm-6pm | [Pre-registration required](#)

The Embodied Mind

Join us to explore the mind-body connection and learn strategies to cultivate the benefits of the interconnected nature of movement, mentality, and lifestyle.

Wednesdays | August 3rd - 24th | 10am-11:15am | [Ongoing registration](#)

Combatting Mental Health Advocacy Burnout

In this 3-part series, we will look at the stages of advocacy burnout, how it applies to our mental health and explore different ways to reset before hitting burnout.

Wednesdays | August 10th - 24th | 12pm-1pm | [Ongoing registration](#)

Exploring & Healing Our Body Image

Join us for an insightful discussion about the impacts of unrealistic beauty standards, self-image and how to heal our relationship with ourselves.

Mondays | August 8th - 22nd 1pm-2:15pm | [Ongoing registration](#)

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 | August 18th - November 24th | 10am-12pm | [Waitlist](#)

Town Hall

Come learn about what's happening with the CLC and share your feedback on how we can better meet community needs. All are invited to attend.

July:

Monday July 18th | 5pm-6pm | [Pre-registration required](#)

August:

Friday August 26th | 12pm-1pm | [Pre-registration required](#)

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In collaboration with the Patient & Family Learning Space (PFLS)

An interactive hub for patients, families and the community to access reliable information about mental health, substance use and recovery.

Understanding Eating Disorders and Exploring Strategies to Support Loved Ones

This workshop will share insightful perspectives on the diverse ways that eating disorders show up in people's lives. We will explore some of the signs, symptoms and challenges associated with eating disorder diagnoses, in addition to, strategies for supporting a loved one (and yourself).

Wednesday July 6th | 5:30pm-7pm | [Pre-registration required](#)

Eating Disorders and the Pandemic: How Isolation and Re-Opening Impact Those Struggling

This workshop will discuss how the COVID-19 pandemic increased the prevalence of eating disorders and the challenges of a post-COVID world. Find out how you can support those suffering through this time of re-opening and recovery.

Wednesday July 13th | 5:30pm-7pm | [Pre-registration required](#)

It's More Than Just Books: An Intro to the Toronto Public Library

Toronto Public Library (TPL) Librarians will give an overview of library services and resources, both physical and digital, including Museum and Arts Passes and the Parkdale Musical Instrument Lending Library. They will also explain how to get a library card, and answer your questions.

Friday July 15th | 12:30pm-1:30pm | [Pre-registration required](#)

Click [here](#) to learn more about the Patient & Family Learning Space!

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