

Collaborative Learning College

formerly CAMH Recovery College

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	4 Music Appreciation Group 3:00pm-4:00pm	5 Harm Reduction Drop-In 12:00pm-1:00pm
8 Exploring & Healing our Body Image 1:00pm-2:15pm	9 Peer Support Group 12:00pm-1:00pm Facilitation Training 2:30pm-4:30pm	10 Combatting Mental Health Advocacy Burnout 12:00pm-1:00pm	11 Music Appreciation Group 3:00pm-4:00pm	12
15 Exploring & Healing our Body Image 1:00pm-2:15pm	16 Peer Support Group 12:00pm-1:00pm Facilitation Training 2:30pm-4:30pm	17 Combatting Mental Health Advocacy Burnout 12:00pm-1:00pm Stand Up Comedy for Mental Health 4:00pm-6:00pm	18 Peer Support Core Competencies Training 10:00am-12:00pm	19 Harm Reduction Drop-In 12:00pm-1:00pm
22 Exploring & Healing our Body Image 1:00pm-2:15pm	23 Peer Support Group 12:00pm-1:00pm Facilitation Training 2:30pm-4:30pm	24 Combatting Mental Health Advocacy Burnout 12:00pm-1:00pm Stand Up Comedy for Mental Health 4:00pm-6:00pm	25 Peer Support Core Competencies Training 10:00am-12:00pm	26 Town Hall 12:00pm-1:00pm
29	30 Peer Support Group 12:00pm-1:00pm Facilitation Training 2:30pm-4:30pm	31 Stand Up Comedy for Mental Health 4:00pm-6:00pm		

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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September

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			1 Peer Support Core Competencies Training 10:00am-12:00pm	2
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August & September

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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.

Peer Support Drop-In 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](#)

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 | [Full](#)

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](#)

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](#)

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](#)

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](#)

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 | [Full](#)

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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.

Friday August 6th and 19th | 12pm-1pm | [Ongoing registration](#)

Mindfulness Drop-In

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.

Tuesdays | September 6th - 27th | 1pm-2pm | [Ongoing registration](#)

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 | September 7th- 28th | 10:30am-12pm | [Ongoing registration](#)

Global Healing Methods

Offered in collaboration with the Fleming College Child & Youth Care Program, this course will explore a variety of global healing methods.

Thursdays | September 8th- October 20th | 4pm-8pm | [Pre-registration required](#)

Food for the Mind, Body, Soul & Budget

This course explores food through six different sessions: budget-friendly cooking, maximizing nutritional value, food for mental health and food of the world.

Mondays | September 12th - October 17th | 2pm-3:15pm | [Ongoing registration](#)

Disclosure & Accommodation in the Workplace

Explore the if, what, when and how of disclosure and employment. Learn how to request and advocate for workplace accommodations.

Friday September 23rd | 1pm-2pm | [Pre-registration required](#)

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.

August:

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

September:

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

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