

# Collaborative Learning College

formerly CAMH Recovery College

September

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Peer Support Core Competencies Training 10:00am-12:00pm	
5	6	7	8	9
Stat Holiday	Peer Support Group 12:00pm-1:00pm Mindfulness Drop-in 1:00pm-2:00pm	The Embodied Mind 10:30am-12:00pm Stand Up Comedy for Mental Health 4:00pm-6:00pm	Peer Support Core Competencies Training 10:00am-12:00pm Global Healing Methods 4:00pm-8:00pm	
12	13	14	15	16
Food for the Mind, Body, Soul & Budget 2:30pm-3:45pm	Peer Support Group 12:00pm-1:00pm Mindfulness Drop-in 1:00pm-2:00pm	The Embodied Mind 10:30am-12:00pm Stand Up Comedy for Mental Health 4:00pm-6:00pm	Peer Support Core Competencies Training 10:00am-12:00pm Yale LET'S Lead 1:00pm-3:00pm Global Healing Methods 4:00pm-8:00pm	
19	20	21	22	23
Food for the Mind, Body, Soul & Budget 2:30pm-3:45pm	Peer Support Group 12:00pm-1:00pm Mindfulness Drop-in 1:00pm-2:00pm	The Embodied Mind 10:30am-12:00pm Stand Up Comedy for Mental Health 4:00pm-6:00pm	Peer Support Core Competencies Training 10:00am-12:00pm Yale LET'S Lead 1:00pm-3:00pm Global Healing Methods 4:00pm-8:00pm	
26	27	28	29	30
Food for the Mind, Body, Soul & Budget 2:30pm-3:45pm	Peer Support Group 12:00pm-1:00pm Mindfulness Drop-in 1:00pm-2:00pm	The Embodied Mind 10:30am-12:00pm	Peer Support Core Competencies Training 10:00am-12:00pm Yale LET'S Lead 1:00pm-3:00pm Global Healing Methods 4:00pm-8:00pm	Town Hall 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)

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October

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Food for the Mind, Body, Soul &amp; Budget 2:30pm-3:45pm</p>	<p>4</p> <p>Peer Support Group 12:00pm-1:00pm</p> <p>Mindfulness Drop-in 1:00pm-2:00pm</p> <p>Making Music With Technology 6:00pm-7:00pm</p>	<p>5</p>	<p>6</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>Yale LET'S Lead 1:00pm-3:00pm</p> <p>Global Healing Methods 4:00pm-8:00pm</p>	<p>7</p> <p>Disclosure &amp; Accommodations at Work 1:00pm-2:00pm</p>
<p>10</p> <p>Stat Holiday</p>	<p>11</p> <p>Peer Support Group 12:00pm-1:00pm</p> <p>Mindfulness Drop-in 1:00pm-2:00pm</p> <p>Making Music With Technology 6:00pm-7:00pm</p>	<p>12</p>	<p>13</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>Yale LET'S Lead 1:00pm-3:00pm</p> <p>Global Healing Methods 4:00pm-8:00pm</p>	<p>14</p>
<p>17</p> <p>Food for the Mind, Body, Soul &amp; Budget 2:30pm-3:45pm</p>	<p>18</p> <p>Peer Support Group 12:00pm-1:00pm</p> <p>Mindfulness Drop-in 1:00pm-2:00pm</p> <p>Making Music With Technology 6:00pm-7:00pm</p>	<p>19</p> <p>Town Hall 12:00pm-1:00pm</p>	<p>20</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>Yale LET'S Lead 1:00pm-3:00pm</p> <p>Global Healing Methods 4:00pm-8:00pm</p>	<p>21</p>
<p>24</p> <p>Food for the Mind, Body, Soul &amp; Budget 2:00pm-3:15pm</p>	<p>25</p> <p>Peer Support Group 12:00pm-1:00pm</p> <p>Mindfulness Drop-in 1:00pm-2:00pm</p> <p>Making Music With Technology 6:00pm-7:00pm</p>	<p>26</p>	<p>27</p> <p>Peer Support Core Competencies Training 10:00am-12:00pm</p> <p>Yale LET'S Lead 1:00pm-3:00pm</p>	<p>28</p>
<p>31</p>				

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September & October

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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 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](#)

## 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](#)

## 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](#)

## 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](#)

## 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 | [Waitlist](#)

## Yale Let's Lead

In partnership with Yale University, this course provides education and mentorship to support the development of transformational leadership skills.

Thursdays | 1-3pm | Sept. 15- Dec 1 | [Application process closed for this cycle](#)

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## Waitlist:

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## 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 | Sept. 12th - Oct. 24th (except Oct.10) | 2:30pm-3:45pm | [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 October 7th | 1pm-2pm | [Pre-registration required](#)

## Making Music with Technology

Learn how music can be composed and performed using computers, synthesizers, mobile phones, and other digital technologies. Tuesdays | October 4th- 25th | 6pm-7pm | [Ongoing registration](#)

## Town Hall

### September:

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

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

### October:

Wednesday October 19th | 12pm-1pm | [Pre-registration required](#)

## Share Your Thoughts!

Share your thoughts on courses you would like to see us offer, as well as, provide feedback on how we're doing. All comments and suggestions are appreciated.

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

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