

# Collaborative Learning College

formerly CAMH Recovery College

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 2:30pm-3:45pm</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>				

**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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November

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Peer Support Group</b> 1 12:00pm-1:00pm  <b>Mindfulness Drop-in</b> 1:00pm-2:00pm  <b>Writing Your Lived Experiences</b> 2:30pm-4:00pm	<b>Music Appreciation Group</b> 2 1:00pm-2:00pm  <b>Stand Up Comedy for Mental Health</b> 2:00pm-4:00pm	<b>Peer Support Core Competencies Training</b> 3 10:00am-12:00pm  <b>Yale LET'S Lead</b> 1:00pm-3:00pm	4
<b>Coping with Stress</b> 7 1:00pm-3:00pm	<b>Peer Support Group</b> 8 12:00pm-1:00pm  <b>Mindfulness Drop-in</b> 1:00pm-2:00pm  <b>Writing Your Lived Experiences</b> 2:30pm-4:00pm	<b>Music Appreciation Group</b> 9 1:00pm-2:00pm  <b>Stand Up Comedy for Mental Health</b> 2:00pm-4:00pm	<b>Peer Support Core Competencies Training</b> 10 10:00am-12:00pm  <b>Yale LET'S Lead</b> 1:00pm-3:00pm	11
<b>Coping with Stress</b> 14 1:00pm-3:00pm	<b>Peer Support Group</b> 15 12:00pm-1:00pm  <b>Mindfulness Drop-in</b> 1:00pm-2:00pm  <b>Writing Your Lived Experiences</b> 2:30pm-4:00pm	<b>Music Appreciation Group</b> 16 1:00pm-2:00pm  <b>Stand Up Comedy for Mental Health</b> 2:00pm-4:00pm	<b>Peer Support Core Competencies Training</b> 17 10:00am-12:00pm  <b>Yale LET'S Lead</b> 1:00pm-3:00pm	18
<b>Coping with Stress</b> 21 1:00pm-3:00pm	<b>Peer Support Group</b> 22 12:00pm-1:00pm  <b>Mindfulness Drop-in</b> 1:00pm-2:00pm  <b>Writing Your Lived Experiences</b> 2:30pm-4:00pm	<b>Music Appreciation Group</b> 23 1:00pm-2:00pm  <b>Stand Up Comedy for Mental Health</b> 2:00pm-4:00pm	<b>Peer Support Core Competencies Training</b> 24 10:00am-12:00pm  <b>Yale LET'S Lead</b> 1:00pm-3:00pm	25
<b>Coping with Stress</b> 28 1:00pm-3:00pm	<b>Peer Support Group</b> 29 12:00pm-1:00pm  <b>Mindfulness Drop-in</b> 1:00pm-2:00pm  <b>Writing Your Lived Experiences</b> 2:30pm-4:00pm	<b>Music Appreciation Group</b> 30 1:00pm-2:00pm  <b>Stand Up Comedy for Mental Health</b> 2:00pm-4:00pm		

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*October & November*

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## Ongoing Registration:

These courses you can register for at any time. Registrations are accepted on a continuous basis.

## Pre-Registration/Closed:

Courses which require you to sign up before the start date. If the course has already begun, it will be listed as "closed."

## Waitlist:

This course is full. Register to be notified of open spaces.

## 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](#)

## 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.

Every Tuesday | 1pm-2pm | [Ongoing registration](#)

## 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](#)

## 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 | [Closed](#)

## 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 | [Closed](#)

## 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 | [Closed](#)

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## 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](#)

## Writing Your Lived Experience

Hosted by Inkwell, this course will focus on creative techniques for the true stories of writers who have lived/living experiences of mental health.

Tuesdays | November 1st - December 6th | 2:30pm-4pm | [Pre-registration required](#)

## 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 | November 2nd to December 7th | 2pm-4pm | [Pre-registration required](#)

## 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.

Wednesdays | November 2nd - December 7th | 1pm-2pm | [Ongoing registration](#)

## Coping with Stress

In this 4 part series, we will explore the affects of stress on the mind and body, while identifying and practicing coping strategies.

Mondays | November 7th to November 28th | 1pm-3pm | [Ongoing registration](#)

## Town Hall October

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.

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

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