

# Collaborative Learning College

formerly CAMH Recovery College

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>Exploring Our Relationship with Food: Holiday Edition</b> 3:30pm-4:30pm	<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		

**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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December

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Navigating Holiday Gatherings 10:00am-11:30am Yale LET'S Lead 1:00pm-3:00pm	2
5 Exploring Our Relationship with Food: Holiday Edition 3:30pm-4:30pm	6 Peer Support Group 12:00pm-1:00pm Writing Your Lived Experiences 2:30pm-4:00pm	7 Music Appreciation Group 1:00pm-2:00pm Stand Up Comedy for Mental Health 2:00pm-4:00pm	8 Dealing with Loneliness Part 1 10:00am-11:30am	9
12 Exploring Our Relationship with Food: Holiday Edition 3:30pm-4:30pm	13 Peer Support Group 12:00pm-1:00pm	14 Town Hall 12:00pm-1:00pm	15 Dealing with Loneliness Part 2 10:00am-11:30am	16
19	20 Peer Support Group 12:00pm-1:00pm	21	22 Introduction to Self-Care 10:00am-11:30am	23
26 Stat Holiday	27 Stat Holiday	28	29	30

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November & December

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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.

## 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](#)

## 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 | [Waitlist](#)

## 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](#)

## 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](#)

## 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](#)

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## Yale Let's Lead

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

Thursdays | September 15- December 1st | 1pm-3pm | [Closed](#)

## Navigating Holiday Gatherings

We'll be exploring different challenges to make the most of your holiday pressures, whether it be group functions, family dynamics, work parties, or otherwise.

Thursday December 1st | 10am-11:30am | [Pre-registration required](#)

## Dealing With Loneliness (Part 1 & 2)

Join us as we explore the impacts our surroundings and others can have on our emotions and how to take back control using our own personal resources.

Thursday December 8th & 15th | 10am-11:30am | [Pre-registration required](#)

## Introduction to Self-Care

Join us as we explore physical, emotional, spiritual, and social needs and how to actively take part and create your own self-care practices.

Thursday December 22nd | 10am-11:30am | [Pre-registration required](#)

## Exploring Our Relationship with Food: Holiday Edition

Explore how your relationship with food may change during the holidays and learn positive strategies to maintain a healthy and happy relationship with food before, during, and after holiday gatherings, festivals, large meals, and parties.

Mondays | Nov. 28th, Dec. 5th & 12th | 3:30pm-4:30pm | [Ongoing registration](#)

## Town Hall December

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 December 14th | 12pm-1pm | [Pre-registration required](#)

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