

Collaborative Learning College

February

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Intro to Novel Writing Story Structure 1:00pm-2:30pm Making Music with Technology 5:30pm-6:30pm	2 Facilitation Training 10:00am-12:00pm Writing Your Lived Experience 2:30pm-4:00pm Cooking Theory 5:00pm-6:00pm	3
6	7 Peer Support Group 12:00pm-1:00pm Creative Writing Essentials 1:00pm-2:30pm Pet Therapy 2:00pm-3:00pm Financial Literacy for Youth 6:00pm-7:30pm	8 Intro to Novel Writing Story Structure 1:00pm-2:30pm Making Music with Technology 5:30pm-6:30pm	9 Facilitation Training 10:00am-12:00pm Writing Your Lived Experience 2:30pm-4:00pm Cooking Theory 5:00pm-6:00pm	10
13	14 Peer Support Group 12:00pm-1:00pm Pet Therapy 2:00pm-3:00pm Financial Literacy for Youth 6:00pm-7:30pm	15 Dealing with Loneliness 10:00am-11:30am Intro to Novel Writing Story Structure 1:00pm-2:30pm Making Music with Technology 5:30pm-6:30pm	16 Facilitation Training 10:00am-12:00pm Writing Your Lived Experience 2:30pm-4:00pm Cooking Theory 5:00pm-6:00pm	17
20 Stat Holiday	21 Peer Support Group 12:00pm-1:00pm Creative Writing Essentials 1:00pm-2:30pm Pet Therapy 2:00pm-3:00pm Financial Literacy for Youth 6:00pm-7:30pm	22 Dealing with Loneliness 10:00am-11:30am Making Music with Technology 5:30pm-6:30pm	23 Facilitation Training 10:00am-12:00pm Writing Your Lived Experience 2:30pm-4:00pm Cooking Theory 5:00pm-6:00pm	24 Town Hall 12:00pm-1:00pm
27	28 Peer Support Group 12:00pm-1:00pm Pet Therapy 2:00pm-3:00pm Stand Up Comedy for Mental Health 2:00pm-4:00pm Financial Literacy for Youth 6:00pm-7:30pm			

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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Collaborative Learning College

March

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Arts & Access 11:00am-4:00pm Mindfulness for Mental Health 11:00am-12:30pm Literary Grant Writing 1:00pm-2:30pm Making Music with Technology 5:30pm-6:30pm	Facilitation Training 10:00am-12:00pm Writing Your Lived Experience 2:30pm-4:00pm	
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Collaborative Learning College

February & March

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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.

Intro to Novel Writing Story Structure

In collaboration with Inkwell, this course is an introduction to story structure for writers looking to pursue traditional publishing.

Wednesdays | January 11th - February 15th | 1pm-2:30pm | [Closed](#)

Making Music with Technology

Learn how music can be composed using computers, synthesizers, mobile phones, and other digital technologies and collectively compose a piece of music.

Wednesdays | February 1st- March 8th | 5:30pm-6:30pm | [Ongoing registration](#)

Facilitation Training

This 10-week course will cover fundamental facilitation skills while providing opportunities for practice in a supportive setting.

Thursdays | February 2nd - April 6th | 10am-12pm | [Closed](#)

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.

Thursdays | February 2nd - March 9th | 2:30pm-4pm | [Pre-registration required](#)

Cooking Theory

Up your cooking game with this interactive course. Learn how to pair ingredients to maximize flavour, adapt the dishes you love and improve your technique!

Thursdays | February 2nd - 23rd | 5pm-6pm | [Ongoing registration](#)

Peer Support Drop-In Group

Join us for an interactive peer support drop-in group for informal discussion and mutual support.

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

Creative Writing Essentials

In collaboration with Inkwell, this course invites participants to explore creative writing and storytelling techniques while building a mindful writing practice.

Tuesdays | January 10th - February 21st (except Feb 14) | 1pm-2:30pm | [Closed](#)

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Pet Therapy with Pelusa

In collaboration with the Patient & Family Learning Space, come visit Pelusa for pet therapy!

Tuesdays | 2-3pm | **IN PERSON** at 1025 Queen St. West | [No registration required](#)

Financial Literacy for Youth

Join us as we unpack all of the jargon and acronyms, while answering your questions on topics such as taxes, bank accounts, budgeting and investments.

Tuesdays | January 31st - March 28th | 6pm-7:30pm | [Ongoing registration](#)

Dealing With Loneliness

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.

Wednesdays February 15th & 22nd | 10am-11:30am | [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.

Tuesdays | February 28th - April 18th | 2pm-4pm | [Pre-registration required](#)

Arts & Access at Humber

In partnership with Humber College, we'll be hosting a full-day arts event featuring sessions that will explore diverse art forms including painting, music and drawing.

Weds March 1st | 11am-4pm | **IN PERSON** at Humber Lakeshore | [Pre-registration required](#)

Mindfulness for Mental Health

In this course, mindfulness techniques like gentle yoga, deep breathing, meditation and journaling will be explored to help you build resilience.

Wednesdays | March 1st - 22nd | 11am-12:30pm | [Ongoing registration](#)

Video Games & Culture

This course will explore several aspects of today's video games: their history, the technologies used to make them, impacts on mental health and their future.

Wednesdays | March 15th - April 5th | 5:30pm-6:30pm | [Ongoing registration](#)

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Literary Grant Writing

In collaboration with Inkwell, this course is for writers looking to learn how to apply for government grant funding for literary projects.

Wednesdays | March 1st - 22nd | 1pm-2:30pm | [Ongoing registration](#)

Pet Loss & Grief: Writing to Heal

This six-week writing group is designed for people coping with the loss of a companion animal (through death, surrender, rehoming, lost pet).

Thursdays | March 16th - April 20th | 1pm-2pm | [Pre-registration required](#)

Town Hall

Share your suggestions and feedback on how we can better meet community needs.

Friday February 24th | 12pm-1pm | [Pre-registration required](#)

News, Events & Opportunities

Calling All Facilitators:

Fleming College Child & Youth Care program and the Collaborative Learning College are seeking individuals who are interested in facilitating an interactive workshop on an approach to healing that you have lived experience utilizing and/or utilized in professional practice. The workshops selected will be part of a course titled Global Healing Methods that will be offered in the fall semester. To apply for this opportunity, go to clc.camh.ca and select "Get Involved" for more information on how to apply.

Application Deadline: Feb 3rd, 2023.

Free Residency Opportunity for Artists!

We are partnering with a west end community arts organization, the Music Gallery, and the Patient & Family Learning Space to offer a residency program. We've been granted access to their venue at 918 Bathurst for the week of February 27th - March 2nd. If you are an artist who could benefit from access to free space to create art, please email jana.vigor@camh.ca for more information by Feb 3rd, 2023.

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