

October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
			Yoga for Wellness and Recovery IN PERSON 2 PM - 3 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
6	7	8	9	10	11	12
		Wellness with Words: Reading and Writing Drop-in IN PERSON 2 PM - 3 PM Community Services Pop up IN PERSON 2 PM - 4 PM	Yoga for Wellness and Recovery IN PERSON 2 PM - 3 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
13	14	15	16	17	18	19
	PFLS CLOSED	Interactive virtual reality workshop: how to respond to an opioid overdose IN PERSON 4:00 - 6:00 PM	Yoga for Wellness and Recovery IN PERSON 2 PM - 3 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		

20	21	22	23	24	25	26
		Art Workshop with Taryn Lee IN PERSON 12 PM - 2 PM	Employment series: Making it Work: Pursuing employment when receiving ODSP or OW ONLINE 12:00 - 1:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
		Wellness with Words: Reading and Writing Drop-in IN PERSON 2 PM - 3 PM	Yoga for Wellness and Recovery IN PERSON 2 PM - 3 PM	Service Canada Info Session: Special Employment Insurance Benefits ONLINE 12:00 PM - 1:00 PM		
27	28	29	30	31	1	2
	Patient Safety Week	Patient Safety Week	Patient Safety Week	Patient Safety Week	Patient Safety Week	
			Demystifying the CAMH Emergency Department ONLINE 12:00 PM - 1:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
			Yoga for Wellness and Recovery IN PERSON 2 PM - 3 PM			

November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
		Reading and Writing Drop-in IN PERSON 2 PM - 3 PM		Sleep and Mental Health: CBT-I and insomnia ONLINE 12 PM - 1 PM		
10	11	12	13	14	15	16
	Veterans Day	Community Services Pop up IN PERSON 2 PM - 4 PM Interactive virtual reality workshop: how to respond to an opioid overdose IN PERSON 4:00 - 6:00 PM		Social prescribing for older adults ONLINE 12 PM - 1 PM		
17	18	19	20	21	22	23
		Art Workshop with Taryn Lee				

		12:00 - 2:00 PM IN PERSON				
		Reading and Writing Drop-in IN PERSON 2 PM - 3 PM	Employment series: Right On! Navigating Workplace Accommodations and Your Rights as an Employee ONLINE 12:00 - 1:00 PM			
24	25	26	27	28	29	30
		Practical Strategies for Daily Living with Schizophrenia: CAT for Families ONLINE 5 PM - 7 PM	Understanding the use of antipsychotics among people with developmental disabilities ONLINE 12PM - 1PM		Community Picnic Nutrition and Mental Health with Kenzie Osborne IN PERSON 12 PM - 1 PM	

December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
		Reading and Writing Drop-in IN PERSON 2 PM - 3 PM		Gerstein and TCCS Online 12 - 1		
8	9	10	11	12	13	14

		Community Services Pop up IN PERSON 2 PM - 4 PM	Employment Series: Interviewing and networking ONLINE 12PM - 1PM			
15	16	17	18	19	20	21
		Art Workshop with Taryn Lee 12:00 - 2:00 PM IN PERSON				
22	23	24	25	26	27	28
	PFLS Closed for in person programs. Available remotely	PFLS Closed for in person programs. Available remotely	Christmas	PFLS Closed for in person programs. Available remotely	PFLS Closed for in person programs. Available remotely	
			PFLS Closed for in person programs. Available remotely			
29	30	31	1	2	3	4
			PFLS CLOSED			

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 Community Services Pop up IN PERSON 2 PM - 4 PM	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29 Coffee Chats - info session	30	31	

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 Caregiver coffee chats:Sharing Our Realities ONLINE 12:00 PM - 1:30 PM (closed group)	6	7	8
9	10	11 Community Services Pop up IN PERSON 2 PM - 4 PM	12 Caregiver coffee chats:Sharing Our Realities ONLINE 12:00 PM - 1:30 PM (closed group)	13	14	15
16	17	18	19 Caregiver coffee chats:Sharing Our Realities ONLINE	20	21	22

2	3	4	5 Caregiver coffee chats:Sharing Our Realities ONLINE 12:00 PM - 1:30 PM (closed group)	6	7	8
9	10	11 Community Services Pop up IN PERSON 2 PM - 4 PM	12 Caregiver coffee chats:Sharing Our Realities ONLINE 12:00 PM - 1:30 PM (closed group)	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 Community Services Pop up IN PERSON 2 PM - 4 PM	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13 Community Services Pop up IN PERSON 2 PM - 4 PM	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 Community Services Pop up IN PERSON 2 PM - 4 PM	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26

27	28	29	30	31		

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

31						
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September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

30						
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December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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PAST CALENDARS

February 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
		Privacy and consent webinar 6:30-8:00pm				

20	21	22	23	24	25	26
				How to evaluate health information 12:00-1:00pm		
27	28	1	2	3	4	5
	CAT Training Workshop 6:30-8:30pm					

March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	1	2	3	4	5
6	7	8	9	10	11	12

13	14	15	16	17	18	19
20	21	22	23	24	25	26
			Mental health rights and the law 12:00-1:00 pm			
27	28	29	30	31	1	2
				International Transgender Visibility Day 11:00 AM - 12:00 AM		
				Cafe Connection: Self-Care Series: Finding Balance as a Caregiver 6-7:30pm Register		

April 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2

3	4	5	6	7	8	9
		Psychiatric medications 101				
		12:00-1:00 pm				
10	11	12	13	14	15	16
	CAT Training Workshop				Good Friday	
	6:30-8:30 pm					
17	18	19	20	21	22	23
Easter Sunday		Ask the Experts:the importance of sleep and its link to mental health				
		12:00-1:00pm				
24	25	26	27	28	29	30
			Patient and Family engagement in Research	Cafe Connection: To Be Determined		
			12:00-1:00pm			

May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
Mother's Day						
15	16	17	18	19	20	21
		Opioid use and administering Naloxone 12:00- 1:00 pm				
22	23	24	25	26	27	28
		World schizophrenia day panel 11:30 am - 1:00 pm	Sex, gender and cannabis use 12:00-1:00 pm	Cafe Connection: Topic TBD 6-7:30pm Register		
29	30	31	1	2	3	4
	Memorial Day					

June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
	CAT Training for families workshop 6:30- 8:30 PM	Ask the Experts: Sleep and Cannabis 12:00 - 1:00 PM				
19	20	21	22	23	24	25
Father's Day			Ask the Experts: Decriminalization of substance use			

			12:00-1:00 PM			
26	27	28	29	30	1	2
		Service Spotlight: Slight Centre 12:00- 1:00 PM	Ask the Experts: Suicide and suicidality 12:00-1:00 pm			

July 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	27	28	29	30	1	2
3	4	5	6	7	8	9
	<i>Independence Day</i>		Eating Disorders Series: Understanding eating disorders and exploring strategies to support loved ones (Session 1) 5:30- 7:30 PM			
10	11	12	13	14	15	16
			Eating Disorders Series: Eating disorders and the pandemic: How isolation		Get to know the Toronto Public Library 12:30 PM - 1:30 PM	

			and re-opening impacts those struggling (Session 2) 5:30-7:30 PM			
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13

14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10

	Labor Day		How to share feedback about your experience at CAMH 12:00-1:00 PM			
11	12	13	14	15	16	17
			Ask the Experts: Sleep and Insomnia 12:00 - 1:00 PM			
18	19	20	21	22	23	24
		Lost and Found: Queer Selves, Stay-at-Home Orders, and the Covid-19 Pandemic 12:00- 1:00 PM				
25	26	27	28	29	30	1
		Supporting a loved one with schizophrenia: CAT for families 6:30 PM- 8:30 PM				

October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	Thanksgiving					
16	17	18	19	20	21	22
		Patient and Family Learning Space GRAND OPENING 11:00-6:00 PM	Dementia and depression 12:00-1:00 PM	Supporting a loved one with neurodevelopmental disabilities and mental health concerns 12:00- 1:00 PM		
23	24	25	26	27	28	29

			Toronto 2SLGBTQIA+ Health and Well-Being During the Covid-19 Pandemic: A Study Overview 12:00- 1:00 PM			
30	31	1	2	3	4	5
	Halloween					

November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	3	3
6	7	8	9	10	11	12
Treaties Recognition Week						
13	14	15	16	17	18	19

		Ask the Expert: Pain management and opioid use 12:00- 1:00 PM		Caregiver Lunch & Unlearn: What is mindfulness, really? 12:00- 1:00 PM		
20	21	22	23	24	25	26
Trans Day of Remembrance		Metabolic health and mental illness 12:00- 1:00 PM	Sleep and Mental Health Series: Circadian Rhythms 12:00-1:00 PM	Machine learning and artificial intelligence 12:00- 1:00 PM		
27	28	29	30			
		Supporting a loved one with schizophrenia: CAT Training for families 6:30 - 8:30 PM	Ask the Experts: mental health and stroke 12:00 - 1:00 PM			
			Tax Clinic (CAMH patients only- appointment needed) IN PERSON @ 1025 Queen Street West 11:00- 1:00 PM			

December 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3

4	5	6	7	8	9	10
				211 or 911: Toronto Community Crisis Service: Gerstein Crisis Centre 12:00-1:00 PM		
				Autism and Mental Health: Socializing and Masking. 7:00-8:00 PM		
11	12	13	14	15	16	17
		Toronto Public Library Pop-up 2:00- 4:00 PM IN PERSON @ 1025 Queen Street West		Caregivers Lunch & Unlearn: Autism and Psychiatry 12:00- 1:00 PM		
				Family Advisory Committee Meeting 5:00-7:00 PM		
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Christmas						

January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
New Year's Day						
8	9	10	11	12	13	14
		Autism and Mental Health: Coping Skills 2:00-3:00pm				
		Toronto Public Library Pop-up 2:00- 4:00 PM				
15	16	17	18	19	20	21
	M L King Day		Patient Engagement in Research 12:00- 1:00 PM	Toronto Community Crisis Service: 2-Spirited People of the 1st Nations 12:00 - 1:00 PM	ID Clinic (CAMH patients only- appointment needed) IN PERSON @ 1025 Queen Street West 10:00 AM- 12:00 PM	
				Caregiver Lunch & Unlearn: Autistic Adults		

				and Mental Health: Unlearning Advocacy 1:30 - 2:30 PM		
22	23	24	25	26	27	28
			SIN Clinic (CAMH patients only- appointment needed) IN PERSON 11:00 AM- 1:00 PM	Toronto Community Crisis Service: TAIBU Community Health Centre 12:00 - 1:00 PM	ID Clinic (CAMH patients only- appointment needed) IN PERSON @ 1025 Queen Street West 10:00 AM- 12:00 PM	
29	30	31	1	2	3	4
		Family Advisory Committee Facebook Live on Barriers to Care: Stigma ONLINE 6:00 PM - 7:00 PM				

February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4

				<p>CAMH Community Wide Black History Month Kick Off Celebration</p> <p>12 - 1:30 PM Webex link: https://camh.webex.com/camh/j.php?MTID=mec844ba2a5ba1dc aa04adba6b6501e17 Meeting ID: 2429 871 7106 Password: BHM2023</p>		
5	6	7	8	9	10	11
		<p>Autism and Mental Health Webinar Series: Autism, Neurodiversity and Models of Disability. 12PM - 1PM</p>				
12	13	14	15	16	17	18
		<p>Toronto Public Library Pop-up 2:00- 4:00 PM</p>	<p>Toronto Community Crisis Service: Canadian Mental Health Association Toronto 12:00-1:00 PM</p>		<p>ID Clinic (CAMH patients only- appointment needed) IN PERSON 10:00 AM- 12:00 PM</p>	
		<p>Pet therapy @ PFLS 2:00 PM - 3:00 PM</p>				
		<p>18th Annual Strawberry Ceremony in honour of</p>				

		Missing and Murdered Indigenous Women, Girls, Trans and 2Spirit People				
19	20	21	22	23	24	25
	Presidents' Day					
			SIN Clinic (CAMH patients only- appointment needed) IN PERSON 11:00 AM- 1:00 PM	Poetry Workshop w/ Asante Haughton 2:00 PM - 4:00 PM	ID Clinic (CAMH patients only- appointment needed) IN PERSON 10:00 AM- 12:00 PM	
			Winter Art Series IN PERSON 2:00 PM - 4:00 PM			
26	27	28	1	2	3	4
	Poetry Workshop w/ Asante Haughton 2:00 PM - 4:00 PM					

April 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8

		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM			PFLS Closed	
9	10	11	12	13	14	15
Easter Sunday	PFLS Closed	Toronto Public Library Pop-up DROP IN 2:00- 4:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00-5:00 PM			
16	17	18	19	20	21	22
		The Silver Wave: Impacts of an aging population on mental health and more (Hudson's Bay Lounge) IN PERSON or VIRTUAL 1:30 - 3:30 PM Pet Therapy with Pelusa DROP IN 2:00-3:00 PM	Winter Art Series IN PERSON 2:00- 4:00 PM	Queer Covid-TO Webinar series 12 PM - 1 PM		
23	24	25	26	27	28	29
	Art Workshop IN PERSON Details to come 2:00- 3:00 PM	Patient Advisory Committee Open House DROP IN 2:00 - 4:00 PM Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	SIN Clinic (CAMH patients only- appointment needed) 11:00 AM- 1:00 PM Yoga for Wellness and Recovery IN PERSON 4:00-5:00 PM	Autism and Mental Health Webinar Series (Webinar #4) 12:00 PM - 1:00 PM	ID Clinic (CAMH patients only- appointment needed) 10:00 AM- 12:00 PM	

	Patient and Family Experience Week	Patient and Family Experience Week	Patient and Family Experience Week	Patient and Family Experience Week	Patient and Family Experience Week	
30	1		3	4	5	6

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM				
7	8	9	10	11	12	13
		Toronto Public Library Pop-up 2:00- 4:00 PM Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00-5:00 PM			
		CAT (Cognitive Adaptation Training) for Families ONLINE WORKSHOP 6:30 - 8:30 PM				

14	15	16	17	18	19	20
Mother's Day		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Panel presentation: Immigrant and Refugee Mental Health ONLINE 11:30 AM - 1:00 PM			
21	22	23	24	25	26	27
	PFLS CLOSED	Art Workshop IN PERSON 12:00- 2:00 PM CANCELLED: Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00-5:00 PM	Sleep and Mental Health ONLINE 12:00-1:00 PM		
28	29	30	31	1	2	3
		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	SDOH Job Fair IN PERSON 9:00 AM- 12:00 PM			
			Autism and Mental Health Webinar Series ONLINE 12:00 PM - 1:00 PM			

June 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3

4	5	6	7	8	9	10
		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00-5:00 PM	Opioids and Naloxone spotlight IN PERSON @ PFLS 11:00 AM- 1:00 PM	Sleep and Mental Health ONLINE 12:00-1:00 PM	
	CAMH Education Achieve Week	CAMH Education Achieve Week	CAMH Education Achieve Week	CAMH Education Achieve Week	CAMH Education Achieve Week	
11	12	13	14	15	16	17
		Pet Therapy with Pelusa DROP IN CANCELLED 2:00 - 3:00 PM Toronto Public Library Pop-up CANCELLED IN PERSON 2:00- 4:00 PM	CAMH POW WOW 12:00 PM - 4:00 PM OUTSIDE / IN PERSON TD COMMONS - (Parkette @ Queen and Shaw) POSTPONED Yoga for Wellness and Recovery IN PERSON 4:00-5:00 PM	Caregiver learning series: Autism and Mental Health ONLINE 12:00- 1:30 PM		
18	19	20	21	22	23	24
Father's Day		Summertime Blooms Art Workshop IN PERSON 12:00 - 2:00 PM Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00-5:00 PM	Indigenous Drum Teachings for CAMH clients IN PERSON contact: <a href="mailto:Regina.Wasalinska@ca
mh.ca">Regina.Wasalinska@ca mh.ca 2:00 PM - 3:00 PM	ID Clinic (CAMH patients only- appointment needed) IN PERSON @ 1025 Queen Street West 10:00 AM- 12:00 PM	
25	26	27	28	29	30	1

	ASD and Depression ONLINE 12:00 - 1:30 PM	Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	SIN Clinic (CAMH patients only- appointment needed) IN PERSON @ 1025 Queen Street West 11:00 AM- 1:00 PM Yoga for Wellness and Recovery IN PERSON 4:00-5:00 PM		ID Clinic (CAMH patients only- appointment needed) IN PERSON @ 1025 Queen Street West 10:00 AM- 12:00 PM	
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July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
	PFLS CLOSED	Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			
9	10	11	12	13	14	15
		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Service Canada Info session ONLINE 12:00- 1:00 PM	Webinar: Autism and Sexuality ONLINE 12:00- 1:00 PM		

		Toronto Public Library Pop-up DROP IN 2:00- 4:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			
16	17	18	19	20	21	22
		Summertime Blooms Art Workshop IN PERSON 12:00 - 2:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM		ID Clinic (CAMH patients only- appointment needed) IN PERSON @ 1025 Queen Street West 10:00 AM- 12:00 PM	
		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM				
23	24	25	26	27	28	29
		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	SIN Clinic (CAMH patients only- appointment needed) IN PERSON @ 1025 Queen Street West 11:00 AM- 1:00 PM Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM		ID Clinic (CAMH patients only- appointment needed) IN PERSON @ 1025 Queen Street West 10:00 AM- 12:00 PM	
30	31	1	2	3	4	5

August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			
6	7	8	9	10	11	12
	PFLS CLOSED	Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM Toronto Public Library Pop-up DROP IN 2:00- 4:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			
13	14	15	16	17	18	19
		Summertime Blooms Art Workshop IN PERSON 12:00 - 2:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM		ID Clinic (CAMH patients only- appointment needed) IN PERSON @ 1025 Queen Street West 10:00 AM- 12:00 PM	
		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM				
20	21	22	23	24	25	26
			Yoga for Wellness and Recovery		ID Clinic	

			IN PERSON 4:00 - 5:00 PM		(CAMH patients only- appointment needed) IN PERSON @ 1025 Queen Street West 10:00 AM- 12:00 PM	
27	28	29	30	31	1	2
			Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			

September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
	Labor Day		Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			
10	11	12	13	14	15	16
		Toronto Public Library Pop-up 2:00- 4:00 PM	Service Canada Info session ONLINE 12:00- 1:00 PM			
		ID Clinic	Yoga for Wellness and Recovery			

		(CAMH patients only- appointment needed) IN PERSON 1:00 PM- 3:00 PM	IN PERSON 4:00 - 5:00 PM			
17	18	19	20	21	22	23
		CLC Crafternoons class Registration and details here: https://clc.camh.ca/enrol/index.php?id=294 3:00 PM - 4:00 PM	Webinar: Men's suicide prevention- the Buddy Up campaign 12:00 PM- 1:00 PM		ID Clinic (CAMH patients only- appointment needed) IN PERSON @ 1025 Queen Street West 10:00 AM- 12:00 PM	
			Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			
24	25	26	27	28	29	30
		Fall Art Workshop Series IN PERSON 12:00 - 2:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	White Ribbon Campaign ONLINE 12:00- 1:00 PM	ID Clinic (CAMH patients only- appointment needed) IN PERSON @ 1025 Queen Street West 10:00 AM- 12:00 PM	
		CAT Workshop ONLINE 5:00- 7:00 PM				

October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
			Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			

8	9	10	11	12	13	14
		Service Canada Info Session: Youth Programs ONLINE 12:00- 1:00 PM ID clinic IN PERSON 1:00 - 3:00 PM Toronto Public Library Pop-up 2:00- 4:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Tai Chi IN PERSON 11:00 AM - 12:00 PM		
		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM				
15	16	17	18	19	20	21
		Fall Art Workshop Series IN PERSON 12:00 - 2:00 PM Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			
22	23	24	25	26	27	28

	White Ribbon Campaign: Parents & Caregivers Promoting Healthy Masculinities ONLINE 12:00- 1:00 PM	ID clinic IN PERSON 1:00 - 3:00 PM Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Service Spotlight: Collaborative Learning College ONLINE 12:00 - 1:00 PM Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Tai Chi IN PERSON 11:00 AM - 12:00 PM		
29	30	31	1	2	3	4
		PFLS Open House! IN PERSON 11:00 AM-2:00 PM				
		A Youth's Guide to Bipolar Disorder ONLINE 12:00-1:00 PM Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM				

November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
			Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			

5	6	7	8	9	10	11
		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Thursday morning Tai Chi with Anne 11 AM - 12 PM		Veterans Day
12	13	14	15	16	17	18
		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			
		Toronto Public Library Pop-up 2:00- 4:00 PM	Caregivers Coffee Chat Series ONLINE 12:00 PM- 1:30 PM			
19	20	21	22	23	24	25
		Fall Art Workshop Series IN PERSON 12:00 - 2:00 PM		Thursday morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Caregivers Coffee Chat Series ONLINE (closed group) 12:00 PM- 1:30 PM			

			Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			
26	27	28	29	30	1	2
		Sleep and Mental Health webinar series ONLINE 12:00 - 1:00 PM	Caregivers Coffee Chat Series ONLINE (closed group) 12:00 PM- 1:30 PM			
		Pet Therapy with Pelusa DROP IN 2:00 - 3:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	CAT Workshop ONLINE 5:00- 7:00 PM		

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6

	New Year's Day	NO PET THERAPY				
	PFLS CLOSED		Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			
7	8	9	10	11	12	13
		Toronto Public Library Pop-Up IN PERSON 2 - 4 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
		Pet Therapy with Pelusa IN PERSON 2 - 3 PM				
14	15	16	17	18	19	20
	Sleep and Mental Health Webinar ONLINE 12 - 1 PM	Art Workshop with Taryn Lee IN PERSON 12 - 2 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			
21	22	23	24	25	26	27
		VR Opioid Overdose Training for Family Members	Caregiver coffee chat reunion ONLINE	Morning Tai Chi with Anne IN PERSON		

		IN PERSON 10:00 AM- 12:30 PM Pet Therapy with Pelusa IN PERSON 2 - 3 PM	(closed group)	11 AM - 12 PM		
		Supporting a family member with Schizophrenia Workshop ONLINE 5:00- 7:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	VR Opioid Overdose Training for Family Members IN PERSON 5:30- 8:00 PM		
28	29	30	31	1	2	3
		Pet Therapy with Pelusa IN PERSON 2 - 3 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
				Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM	CBC Black Life: Untold Stories EP1: Haven but not heaven IN PERSON 12:00 - 1:00 PM	

4	5	6	7	8	9	10
	Webinar Screening: Food is Medicine IN PERSON 12:00 - 1:00 PM	Pet Therapy with Pelusa 2:00 - 3:00 PM	Caregiver coffee chats: Sharing Our Realities Orientation ONLINE 12:00 PM - 1:30 PM (closed group)	Morning Tai Chi with Anne IN PERSON Hudson's Bay Lounge 11 AM - 12 PM		
			Textile Art Workshop Intro to Textile Art IN PERSON 1:30 - 3:30 PM (CAMH clients only) Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM		CBC Black Life: Untold Stories EP2: Revolution Remix IN PERSON Hudson's Bay Lounge 12:00 - 1:00 PM	
11	12	13	14	15	16	17
		Pet Therapy with Pelusa 2:00 - 3:00 PM				
		Toronto Public Library Pop Up 2:00 - 4:00 PM	Valentine's Day	Morning Tai Chi with Anne IN PERSON Hudson's Bay Lounge 11 AM - 12 PM		
	CBC Black Life: Untold Stories EP3: Northern Beats IN PERSON Hudson's Bay Lounge 12:00 - 1:00 PM	Youth and mental health with Jack.org ONLINE 12:00 - 1:00 PM	Caregiver coffee chats: Sharing Our Realities ONLINE 12:00 PM - 1:30 PM (closed group) Yoga for Wellness and Recovery		CBC Black Life: Untold Stories EP4: Migrations IN PERSON Hudson's Bay Lounge 12:00 - 1:00 PM	

			IN PERSON 4:00 - 5:00 PM			
18	19	20 Pet Therapy with Pelusa 2:00 - 3:00 PM	21	22	23	24
	CBC Black Life: Untold Stories EP5: Creation Insists IN PERSON Hudson's Bay Lounge 12:00 - 1:00 PM	Art Workshop with Taryn Lee IN PERSON 12 - 2 PM	Caregiver coffee chats: Sharing Our Realities ONLINE 12:00 PM - 1:30 PM (closed group)	Morning Tai Chi with Anne IN PERSON Hudson's Bay Lounge 11 AM - 12 PM		
	Presidents' Day		Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Service Canada/ CRA Info Session: Disability Benefits & Canadian Dental Plan ONLINE 12:00 PM - 1:00 PM	CBC Black Life: Untold Stories EP6: More than a game IN PERSON Hudson's Bay Lounge 12:00 - 1:00 PM	
				Textile Art Workshop Blackout Poetry IN PERSON and ONLINE 1:30 - 3:30 PM (CAMH clients and families only)		
25	26	27 Pet Therapy with Pelusa 2:00 - 3:00 PM	28	29	1	2
	CBC Black Life: Untold Stories EP7: Justice Denied IN PERSON Hudson's Bay Lounge		Caregiver coffee chats: Sharing Our Realities ONLINE 12:00 PM - 1:30 PM	Morning Tai Chi with Anne IN PERSON Hudson's Bay Lounge 11 AM - 12 PM	CBC Black Life: Untold Stories EP8: Claiming Space IN PERSON Hudson's Bay Lounge 12:00 - 1:00 PM	

	12:00 - 1:00 PM		(closed group)			
			Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Textile Art Workshop Batik Mini Tote Bags IN PERSON 1:30 - 3:30 PM (CAMH clients and families only)		

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	2
3	4	5	6	7	8	9
			Caregiver coffee chats: Sharing Our Realities ONLINE 12:00 PM - 1:30 PM (closed group)	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM Textile Art Workshop Nature Clay Bowls IN PERSON 1:30 - 3:30 PM (CAMH clients and families only)		
			Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			

10	11	12	13	14	15	16
		Toronto Public Library Pop Up 2:00 - 4:00 PM		Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
		Art Workshop with Taryn Lee IN PERSON 12 - 2 PM	Caregiver coffee chats: Sharing Our Realities ONLINE 12:00 PM - 1:30 PM (closed group)	Textile Art Workshop Mosaic Fabric Collage Keepsake Boxes IN PERSON 1:30 - 3:30 PM (CAMH clients and families only)		
			Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			
17	18	19	20	21	22	23
			Caregiver coffee chats: Sharing Our Realities ONLINE 12:00 PM - 1:30 PM (closed group)	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
		Supporting a family member with Schizophrenia Workshop ONLINE 5:00- 7:00 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Textile Art Workshop Colour and Light, Alcohol Ink Tile Art IN PERSON 1:30 - 3:30 PM (CAMH clients only)		
24	25	26	27	28	29	30
				Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
					Good Friday	

		Service Spotlight: CAMH's Therapeutic Neighbourhood ONLINE 12:00 - 1:00 PM				
			Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM			
31	1	2	3	4	5	6
Easter Sunday						

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
			Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM	Webinar: Sports Betting and Mental Health ONLINE 12:00 - 1:00 PM	
7	8	9	10	11	12	13
		Toronto Public Library Pop Up 2:00 - 4:00 PM Webinar: Nicotine Harm Reduction: E-Cigarettes & Beyond ONLINE	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		

		12:00 - 1:00 PM				
14	15	16	17	18	19	20
		Art Workshop with Taryn Lee IN PERSON 12 - 2 PM	Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
21	22	23	24	25	26	27
			Sleep and Mental Health Webinar Series: Sleep and Cancer ONLINE 12:00 PM - 1:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
			Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Service Canada Info Session ONLINE 12:00 PM - 1:00 PM		
28	29	30	1	2	3	4
	Patient and Family Experience Resource Fair IN PERSON 3:00 PM - 5:00 PM					

May 2024

SUNDAY	MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30		1	2	3	4
					Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
				Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Sunshine Garden Greenhouse tour and Composting Workshop IN PERSON 1:30 - 3:30 PM		
5	6	7		8	9	10	11
		Employment Works! & Toronto Public Library Pop Up IN PERSON DROP IN 2:00 - 4:00 PM		Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
		Pet Therapy with Pelusa IN PERSON DROP IN 2:15 - 3:00 PM					
12	13	14		15	16	17	18
Mother's Day		Pet Therapy with Pelusa IN PERSON DROP IN 2:15 - 3:00 PM			Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
		Supporting a family member with		Yoga for Wellness and Recovery	Author Talk ONLINE		

		Schizophrenia Workshop ONLINE 5:00- 7:00 PM		IN PERSON 4:00 - 5:00 PM	12:00-1:30 PM		
19	20	21		22	23	24	25
	Victoria Day- PFLS Closed	Art Workshop with Taryn Lee IN PERSON DROP IN 12 - 2 PM		Caregiver coffee chats: Sharing Our Realities ONLINE 12:00 PM - 1:30 PM (closed group)	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM	Celebrate Spring Art Workshop Series with Apanaki Temitayo IN PERSON 1:30 - 3:30 PM	
		Pet Therapy with Pelusa IN PERSON 2:15 - 3:00 PM		Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Webinar: Understanding mental health and well-being in later life ONLINE 12:00 PM- 1:00 PM		
26	27	28		29	30	31	1
		Pet Therapy with Pelusa IN PERSON DROP IN 2:15 - 3:00 PM		Caregiver coffee chats: Sharing Our Realities ONLINE 12:00 PM - 1:30 PM (closed group)	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
		Interactive virtual reality workshop: how to respond to an opioid overdose IN PERSON 4:00 - 6:00 PM		Yoga for Wellness and Recovery IN PERSON 4:00 - 5:00 PM	Webinar: What's the difference between anxiety and an anxiety disorder? ONLINE 12:00 PM - 1:00 PM	Celebrate Spring Art Workshop Series with Apanaki Temitayo IN PERSON 1:30 - 3:30 PM	

July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
	PFLS CLOSED		Yoga for Wellness and Recovery IN PERSON 2:00 - 3:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
7	8	9	10	11	12	13
		Community Services Pop up IN PERSON 2:00 PM - 4:00 PM	Yoga for Wellness and Recovery IN PERSON 2:00 - 3:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM Webinar: Obsessive Compulsive Disorder ONLINE 12:00 - 1:00 PM		
14	15	16	17	18	19	20
		Supporting a family member with	Yoga for Wellness and Recovery	Morning Tai Chi with Anne		

		Schizophrenia Workshop ONLINE 5:00- 7:00 PM	IN PERSON 2:00 - 3:00 PM	IN PERSON 11 AM - 12 PM		
21	22	23	24	25	26	27
		Art Workshop with Taryn Lee IN PERSON 12 - 2 PM	Yoga for Wellness and Recovery IN PERSON 2:00 - 3:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
28	29	30	31	1	2	3
			Yoga for Wellness and Recovery IN PERSON 2:00 - 3:00 PM			

August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
				Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		

4	5	6	7	8	9	10
		Pet Therapy with Pelusa 2:15 - 3:00 PM IN PERSON				
	PFLS CLOSED	Interactive virtual reality workshop: how to respond to an opioid overdose IN PERSON 4:00 - 6:00 PM	Yoga for Wellness and Recovery IN PERSON 2:00 - 3:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
11	12	13	14	15	16	17
		Pet Therapy with Pelusa 2:15 - 3:00 PM IN PERSON				
		Community Services Pop up IN PERSON 2:00 PM - 4:00 PM	Yoga for Wellness and Recovery IN PERSON 2:00 - 3:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		
		Nutrition and Mental Health with Kenzie Osborne IN PERSON		Sleep and Mental Health Series: REM Sleep Disorders ONLINE 12:00 - 1:00 PM		
18	19	20	21	22	23	24
		Art Workshop with Taryn Lee IN PERSON 12 - 2 PM	Yoga for Wellness and Recovery IN PERSON 2:00 - 3:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM Service Canada Info Session		

				ONLINE 12:00 PM - 1:00 PM		
		Pet Therapy with Pelusa 2:15 - 3:00 PM IN PERSON				
25	26	27	28	29	30	31
		Pet Therapy with Pelusa 2:15 - 3:00 PM IN PERSON				
			Yoga for Wellness and Recovery IN PERSON 2:00 - 3:00 PM	Morning Tai Chi with Anne IN PERSON 11 AM - 12 PM		