



Patient and Family Learning Space

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Legend</div> <div>In-Person Sessions</div> <div>Online Sessions</div>	1 <div>Know Your Tenant Rights: Human Rights and Housing</div> <div>12 PM – 1 PM</div>	2	3 <div>Pet Therapy</div> <div>10:30 AM – 11:30 AM</div> <div>Morning Tai Chi</div> <div>11:00 AM – 12:00 PM</div> <div>Trauma-Informed Yoga</div> <div>2 PM – 3 PM</div>	4
7	8 <div>Wellness through Words</div> <div>2 PM - 3 PM</div> <div>Community Services Pop up</div> <div>2 PM - 4 PM</div>	9 <div>Job Search Boot Camp: Strategies for Finding Employment</div> <div>11:30 AM - 1:00 PM</div>	10 <div>Pet Therapy</div> <div>10:30 – 11:30 AM</div> <div>Morning Tai Chi</div> <div>11:00 AM – 12:00 PM</div> <div>Trauma-Informed Yoga</div> <div>2 PM – 3 PM</div>	11
14	15 <div>Interactive VR Workshop: Responding to an Opioid Overdose</div> <div>4 PM – 6 PM</div> <div>Practical Strategies for Daily Living with Schizophrenia: CAT for families</div> <div>5 PM – 7 PM</div>	16 <div>Psychiatric Patient Advocacy Office: Application for Psychiatric Assessment</div> <div>12 PM - 1 PM</div>	17 <div>Pet Therapy</div> <div>10:30 – 11:30 AM</div> <div>Morning Tai Chi</div> <div>11:00 AM – 12:00 PM</div> <div>Trauma-Informed Yoga</div> <div>2 PM – 3 PM</div>	18 <div>PFLS CLOSED</div>
21 <div>PFLS CLOSED</div>	22 <div>Art Workshop with Taryn Lee</div> <div>12 PM – 2 PM</div> <div>Wellness through Words</div> <div>2 PM - 3 PM</div>	23	24 <div>Pet Therapy</div> <div>10:30 – 11:30 AM</div> <div>Morning Tai Chi</div> <div>11:00 AM – 12:00 PM</div> <div>Neuro-Affirming Approaches to Mental Health</div> <div>12 PM – 1 PM</div> <div>Trauma-Informed Yoga</div> <div>2 PM – 3 PM</div>	25
28	29 <div>Sunshine Garden Greenhouse and Biodiversity Workshop</div> <div>1:30 PM – 3:00 PM</div>	30 <div>Relaxed Open House in the PFLS</div> <div>1:00 – 4:00 PM</div>		

Use the QR Code to sign up

Or learn more at <https://linktr.ee/pfls>

Questions? pfls@camh.ca

*Plans can change! For recurring drop-in events, email us (pfls@camh.ca) to confirm the schedule.



Event Details

Know Your Rights: Human Rights and Housing

Tuesday, April 1st

12:00 PM – 1:00 PM | Online | Registration required

This session will discuss the definition of discrimination, who it affects, where and when it happens, how landlords should respond and exceptions to the Human Rights Code.

Pet Therapy

Every Thursday morning

10:30 AM to 11:30 AM | In-person | Drop in!

Pelusa is a former street dog from Mexico who now calls Toronto home. She believes that everyone is a friend she hasn't met yet.

Thursday morning Tai Chi with Anne

Thursdays

11:00 AM to 12:00 PM | In-person | Registration required.

No experience is required, all are welcome!

Trauma-Informed Yoga

Thursdays

2:00 PM to 3:00 PM | In-person | Registration required.

No experience is required, all are welcome! Mats provided.

Wellness through Words

Tuesday, April 8th & 22nd

2:00 PM to 3:00 PM | In-person | Drop in

All are welcome to join this small group drop-in program facilitated by **Gideon** (he/him) from **United for Literacy** to strengthen reading, writing, and comprehension skills.

Community Services Pop Up

Tuesday, April 8th

2:00 – 4:00 PM | In-person | Drop in

Drop in to learn more about CAMH and community services. This month we will have a **Seed Giveaway** with CAMH's Sunshine Garden. Meet and greet with staff from **Service Canada**, the **Toronto Public Library, Parkdale Project Read**, the **Collaborative Learning College**, and **Employment Works!**

Job Search Boot Camp: Strategies for Finding Employment

Wednesday, April 9th

11:30 AM – 1:00 PM | Online | Registration required

This workshop is for anyone looking for strategies on finding employment opportunities. Topics include: tips on looking and applying for employment; discussing different strategies and unconventional approaches; how to ensure your applications are getting seen.

Interactive Virtual Reality Workshop: How to Respond to an Opioid Overdose

Tuesday, April 15th

4:00 – 6:00 PM | In-person | Registration required

This interactive simulation workshop uses virtual reality headsets. The training walks participants through each step and teaches the skills you need to prevent an opioid overdose.

Practical Strategies for Daily Living with Schizophrenia: CAT for Families

Tuesday, April 15th

5:00 PM – 7:00 PM | Online | Registration required

Cognitive Adaptation Training (CAT) is a practical, evidence-based approach for families and caregivers of adults living with schizophrenia. In this interactive workshop you will learn strategies and tools to help your loved one build independence in taking care of themselves, their spaces, and participating in their communities.

Psychiatric Patient Advocate Office Explains: Appealing an Ontario Review Board Decision

Wednesday, April 16th

12:00 – 1:00 PM | Online | Registration required

What is a Form 1? Can the doctor keep me in the hospital against my will? Does the doctor have to tell me the reason for keeping me in hospital? Can I apply to the consent and capacity board to challenge the form 1? And ask your own questions.

Art Workshop with Taryn Lee

Co-Created Community Art Series: Celebrate Neurodiversity!

Tuesday, April 22nd

12 - 2 PM | In-person | Registration required

We will design and install the creation of a community art piece out of textiles, fabrics, and other materials in the PFLS.

Neuro-Affirming Approaches to Mental Health

Thursday, April 24th

12:00 PM – 1:00 PM | Online | Registration required

For Autism Acceptance month, join us to learn about neuro-affirming mental health services provided by Adult Neurodevelopmental Services and the Azrieli Centre. Clinicians and Autistic people will talk about the importance of a neuro-affirming approach, the co-design process, and the benefits they've have noticed in the groups the helped design.

Sunshine Garden Greenhouse and Biodiversity Workshop

Tuesday, April 29th

1:30 – 3:00 PM | In-person | Registration required

Join us as we tour CAMH's FoodShare Sunshine Garden Greenhouse and learn about the biodiversity of the food forest. We will learn about the different strategies for composting and nourishing soil. We will get our hands dirty while we learn together! You'll come away with free seeds, a healthy snack, a bucket hat, and lots of information to help get you inspired for the growing season ahead!

Relaxed Open House

Tuesday, April 30th

1:00 PM – 4:00 PM | In-person | Drop In!

Join us for a casual afternoon of relaxed socializing, learning, and exploring the various services available to patients and families at CAMH! You're invited to explore the Patient and Family Learning Space, Family Resource Centre, Library, and Empowerment Council. We will keep the lights low and sensory sensitivities in mind. Come away with snacks, fidget toys, stress balls, and more. All expressions are welcome, feel free to move around, making noise, stay quiet, or stim!

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