

## March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><b>Legend</b> In-Person Sessions Online Sessions</p>	<p>4</p> <p>Know Your Tenant Rights: Eviction Prevention 12 PM – 1 PM</p>	<p>5</p> <p>Caregiver Coffee Chats: Sharing Our Realities 12:00 - 1:30 PM (closed group)</p>	<p>6</p> <p>Pet Therapy 10:30 AM – 11:30 AM Morning Tai Chi 11:00 AM – 12:00 PM Trauma-Informed Yoga 2 PM – 3 PM</p>	<p>7</p> <p>Black Mental Health Week: WRAP for Joy and Resilience 12 – 1 PM Art Workshop with Apanaki Temitayo 1:30 – 3:00 PM</p>
<p>10</p>	<p>11</p> <p>Wellness through Words 2 PM - 3 PM Community Services Pop up 2 PM - 4 PM Interactive Virtual Reality Workshop: How to Respond to an Opioid Overdose 4 PM – 6 PM</p>	<p>12</p> <p>Caregiver Coffee Chats: Sharing Our Realities 12:00 - 1:30 PM (closed group)</p>	<p>13</p> <p>Pet Therapy 10:30 - 11:30 AM Morning Tai Chi 11:00 AM – 12:00 PM Support When you need it most: 2-Spirited People of the 1<sup>st</sup> Nations 12:00 – 1:00 PM Trauma-Informed Yoga 2 PM – 3 PM</p>	<p>14</p> <p>Art Workshop with Apanaki Temitayo 1:30 – 3:00 PM</p>
<p>17</p>	<p>18</p> <p>Art Workshop with Taryn Lee 12 PM – 2 PM</p>	<p>19</p> <p>Psychiatric Patient Advocacy Office: Appealing an Ontario Review Board Decision 12 PM - 1 PM</p>	<p>20</p> <p>Pet Therapy 10:30 – 11:30 AM Morning Tai Chi 11:00 AM – 12:00 PM Trauma-Informed Yoga 2 PM – 3 PM</p>	<p>21</p> <p>Art Workshop with Apanaki Temitayo 1:30 – 3:00 PM</p>
<p>24</p>	<p>25</p> <p>Wellness through Words 2 PM - 3 PM Practical Strategies for Daily Living with Schizophrenia: CAT for families 5 PM – 7 PM</p>	<p>26</p> <p>CAMH &amp; Obesity Canada series: Weight Bias, Stigma and Discrimination 12 PM – 1 PM</p>	<p>27</p> <p>Pet Therapy 10:30 – 11:30 AM Morning Tai Chi 11:00 AM – 12:00 PM Trauma-Informed Yoga 2 PM – 3 PM</p>	<p>28</p> <p>Art Workshop with Apanaki Temitayo 1:30 – 3:00 PM</p>

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

Use the QR Code to sign up

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

Questions? [pfls@camh.ca](mailto:pfls@camh.ca)



## Event Details

### Know Your Rights: Eviction Prevention

**Tuesday, March 4th**

**12:00 - 1:00 PM | Online | Registration required**

After this session, you will be able to identify some of the most common issues faced by tenants and know where to go for help.

### Caregiver Coffee Chats: Sharing Our Realities

**January 29 to March 12, 2025**

**Wednesdays 12:00 - 1:30 PM | Online | Registration required**

Caregivers supporting the mental health of adults with neurodevelopmental disabilities (including autism) Guided discussions designed and facilitated by caregivers for caregivers. We aim to provide an empowering space where we can reflect together.

### Pet Therapy

**Every Thursday morning**

**10:30 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!

### Black Mental Health Week: WRAP for Joy and Resilience

**Friday, March 7<sup>th</sup>**

**12:00 to 1:00 PM | In-person | Registration required.**

Join us for an introductory WRAP workshop focusing on helping you cultivate joy and resilience as part of your path to wellness and recovery. This workshop is intended to uplift and celebrate Black patients, families, and allies at CAMH during Black Mental Health Week 2025.

### Multi-Media Art Workshops with Apanaki Temitayo

**Every Friday in March**

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

Join artist and educator, Apanaki Temitayo, this winter to explore the beauty of African fabric collage, mixed media art, air-dry clay, alcohol ink creations, and the versatility of Mod Podge. All are welcome!

### Wellness through Words

**Tuesday, March 11<sup>th</sup> and 25<sup>th</sup>**

**2 pm to 3 pm | In-person | Drop in**

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

### Community Services Pop Up

**Tuesday, March 11<sup>th</sup>**

**2:00 - 4:00 PM | In-person | Drop in**

Drop in to learn more about CAMH and community services. Meet and greet with staff from the **Toronto Community Crisis Service**, the **Toronto Public Library, Parkdale Project Read**, the **Collaborative Learning College**, and **Employment Works!**

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

**Tuesday, March 11<sup>th</sup>**

**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.

### Support When You Need it Most: 2-Spirited People of the 1<sup>st</sup> Nations

**Thursday, March 13<sup>th</sup>**

**12 - 1 PM | Online | Registration required**

**Kamaamwizme wii Naagidiwendiiying** "Coming together to (heal or look after or to take care of) each other," Kamaamwizme wii Naagidiwendiiying is rooted in community, it is relational, trauma informed, non-aggressive, and aims to always centre the individual in their approach to supporting their wholistic health and wellness. Join us to learn more about the city-wide expansion of the Toronto Community Crisis Service and 2-Spirited People of the 1st Nations.

### Art Workshop with Taryn Lee

**Co-Created Community Art Series: Celebrate Neurodiversity!**

**Tuesday, March 18<sup>th</sup>**

**12 - 2 PM | In-person | Registration required**

Over the two remaining sessions, you and the other participants will install and debrief the creation of a community art piece out of textiles, fabrics, and other materials.

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

**Wednesday, March 19<sup>th</sup>**

**12:00 - 1:00 PM | Online | Registration required**

Why would I appeal a decision of the Ontario Review Board? What is needed to file an appeal? How do I serve and file the form 21? What happens after I file the form 21? Join Rights Advisors from the PPAO to learn more about the Ontario Review Board (ORB) and ask your own questions.

### CAMH Practical Strategies for Daily Living with Schizophrenia: CAT for Families

**Tuesday, March 25<sup>th</sup>**

**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.

### CAMH and Obesity Canada Webinar Series

**Session #3 - Weight Bias, Stigma, and Discrimination**

**Wednesday, March 26<sup>th</sup>**

**12:00 PM - 1:00 PM | Online | Registration required**

Join Dr. Sanjeev Sockalingam and Ian Patton to discuss the impacts of weight bias, stigma and discrimination of our mental health and well-being. This session will weave lived experiences with clinical evidence to explore this important topic.

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