



Patient and Family Learning Space

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Legend In-Person Sessions Online Sessions	3 Harm Reduction 101 Workshop Series 12:30 PM – 2:00 PM	4 Caregiver Coffee Chats (closed group) 12:00 PM - 1:30 PM	5 Pet Therapy 10:30 AM – 11:30 AM Morning Tai Chi 11:00 AM – 12:00 PM Trauma-Informed Yoga 2 PM – 3 PM	6
9	10 Harm Reduction 101 Workshop Series 12:30 PM – 2:00 PM Community Services Pop up 2 PM - 4 PM	11 Caregiver Coffee Chats (closed group) 12:00 PM - 1:30 PM Employment Series: ODSP and Ontario Works 11:30 AM - 1:00 PM	12 Pet Therapy 10:30 AM – 11:30 AM Morning Tai Chi 11:00 AM – 12:00 PM Trauma-Informed Yoga 2 PM – 3 PM	13 Early Psychosis Intervention 11:30 AM - 1:00 PM
16	17 Art Workshop with Taryn 12 PM – 2 PM Harm Reduction 101 Workshop Series 12:30 PM – 2:00 PM Interactive VR Workshop: Responding to an Opioid Overdose 4 PM – 6 PM	18 Caregiver Coffee Chats (closed group) 12:00 PM - 1:30 PM	19 Pet Therapy 10:30 AM – 11:30 AM Morning Tai Chi 11:00 AM – 12:00 PM Trauma-Informed Yoga 2 PM – 3 PM	20
23	24 Sleep and Mental Health Webinar 12 PM – 1 PM	25 Caregiver Coffee Chats (closed group) 12:00 PM - 1:30 PM	26 Pet Therapy 10:30 AM – 11:30 AM Morning Tai Chi 11:00 AM – 12:00 PM Cognition and Depression Webinar 12 PM – 1 PM Trauma-Informed Yoga 2 PM – 3 PM	27

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

What you need to Know about Harm Reduction

Tuesdays June 3rd, 10th, 17th

12:30 PM – 3:00 PM | Online | Registration required

Harm reduction is more than substance use— it’s a value system rooted in dignity, compassion, and social justice. This series introduces core harm reduction principles, drug policy and overdose responses.

Caregiver Coffee Chats (Closed group)

Weekly Wednesdays, May 7th - June 18th

12:00 PM – 1:30 PM | Online | Registration required

Are you looking for a space where you are valued for your perspective as a caregiver? Join us and other caregivers for 6-weeks of guided discussions on important themes. **This is not a webinar!**

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

Every Thursday

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

No experience is required, all are welcome!

Trauma-Informed Yoga

Every Thursday

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

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

Community Services Pop Up

Tuesday, June 10th

2:00 PM – 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 Public Library, Primary CONNECT, Collaborative Learning College, and Employment Works!**

Employment Series: Working while Receiving ODSP and Ontario Works

Wednesday, June 11th

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

Are you receiving ODSP or Ontario Works and thinking about getting a job? This workshop will help you understand how working can affect your benefits. We'll talk about your rights, how income changes your support, and what help is available when you're looking for work.

Early Psychosis Intervention: Signs, symptoms and support options

Wednesday, June 11th

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

Presenters will explore key topics and answer common questions, including: What is psychosis? What are its causes? Why is early intervention so critical? What treatment options are available?

Art Workshop with Taryn

Tuesday, June 17th

12:00 PM to 2:00 PM | In-person | Registration required

Join this final session of our 6-month co-creative process to help make a community art piece in celebration of Neurodiversity Week

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

Tuesday, June 17th

4:00 PM – 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 respond to and prevent an opioid overdose, including administering naloxone.

Sleep and Mental Health

Tuesday, June 24th

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

This webinar series explores on how sleep affects your mental health. Our sleep experts will talk about the impact of Daylight Saving Time, clear up common sleep myths, and explore potential health risks. You’ll also learn simple tips to help improve your sleep and overall well-being.

Thinking through Depression: Links between thinking patterns and mood

Thursday, June 26th

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

This talk will explore how depression can affect thinking skills like attention, memory, and the ability to manage emotions - often referred to as “cognition.” We will also share results from a recent study of over 240 adults, including people with current depression, people with past depression, and those with no current or past depression.

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