

Summer 2025

camh connexions



Celebrating summer, looking ahead to fall

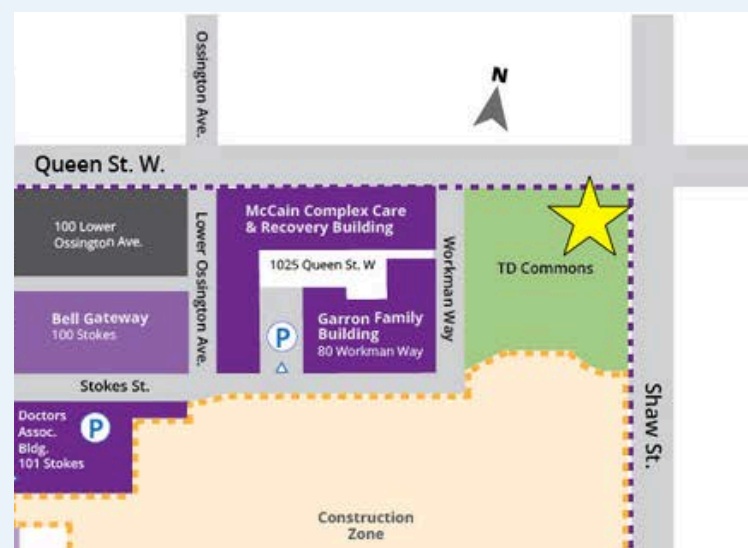
This summer, we hosted a variety of events filled with vibrant community spirit—from shared laughter in the sunshine to meaningful moments of inclusion and connection. Thank you for showing up, for helping make our spaces welcoming to all, and for everything you do to reduce stigma around addiction and mental illness. As we look ahead to fall, we're excited to keep the momentum going with events that celebrate creativity, diversity, and community. Take a look at what's coming up!

Pow Wow —Join us at the CAMH Pow Wow, hosted by Shkaabe Makwa, to celebrate, dance, experience, and learn about Indigenous cultures and traditions. You can expect live music, food, and a unique shopping experience with Indigenous-owned vendors.

12:00 PM – 4:00 PM on **Friday, September 19.**

i Find us at TD Commons

Unless otherwise noted, all events will occur in the TD Commons green space, located at the corner of Shaw Street and Queen Street West.



(Cont'd)

Creative on Queen—For 23 years, CAMH has proudly presented Creative on Queen, a lively art fair that is part of the Queen West Art Crawl. This year, come and discover unique artwork, handcrafted pottery, jewelry, and much more from artists associated with CAMH, Workman Arts, Sistering's Inspirations Studio, and local Indigenous agencies. Engage with artists who showcase diverse, creative practices, bringing their distinct lived experiences and perspectives to the forefront.

12:00 – 6:00 PM on **Saturday, September 20.**



Toronto Flower Market—Connect with growers, florists, and the CAMH community to celebrate and support Ontario-grown flowers and plants. Vendors donate a percentage of their proceeds to CAMH's Gifts of Light program, which supports patients' wellness needs beyond clinical care.

10:00 AM – 3:00 PM on **Saturday, October 4.**



Hippie Vintage Market—A family-friendly market featuring vintage clothing, artwork, small-batch goods, and food and beverages. Vendors donate a percentage of their proceeds from each market to CAMH's Gifts of Light program, supporting patients' wellness needs beyond clinical care.

12:00 – 6:00 PM on these **Saturdays: September 27, October 4, October 18, and October 25.**



Sunshine Garden—Shop organic, affordable, and high-quality vegetables, herbs, and flowers, grown at CAMH! Operated in partnership with Foodshare, the ¼ acre Sunshine Garden enables patients to participate in horticultural therapy while learning about food production and urban biodiversity. Depending on the time of season you may find radishes, romaine and leaf lettuce, mint, basil, cilantro, fresh garlic, zucchini, squash, and more! All market purchases are reinvested in the Sunshine Garden program.

Join us **every Thursday** at the **southwest corner of our Queen Street site** from **June to October** at **11:30 AM – 1:00 PM.**



i Event updates

Rain dates and schedule changes will be posted on our social media (see the back of the newsletter) and at camh.ca/neighbours.

mental health is health

Working together to bring you better health care

A whole-person approach with UHN



CAMH and the University Health Network are collaborating to explore the connection between mental and physical health, enhance access to care, and promote research collaboration. By combining CAMH's expertise in mental health with UHN's strengths in physical health, we aim to break down barriers to holistic healthcare. With its diverse patient population and renowned institutions, Toronto is well-positioned to lead this transformative effort across Canada.

Already, the partnership is advancing clinical research on promising new treatments—like brain stimulation and psychedelics—and using advanced brain imaging to detect conditions such as dementia and chronic traumatic encephalopathy (CTE) earlier, helping patients access timely care.

A new vision for child and youth mental health care



CAMH, the Hospital for Sick Children, and the Garry Hurvitz Centre for Community Mental Health have launched Thriving Minds Information Hub: a one-stop website with trusted mental health resources, program information, and service navigation for children, youth, families, and healthcare providers.

The Hub includes sections for youth and caregivers on topics like anxiety, substance use, and eating disorders, as well as access to crisis resources. Our goal is to help families and youth access vital care, where and when needed most.



Strengthening mental health support in Durham with Lakeridge Health

CAMH and Lakeridge Health are transforming mental health care in Durham Region by combining lived experience with academic and clinical excellence. Together, we're expanding access to inclusive, high-quality care rooted in the community, helping people stay on the path to long-term recovery, while living with dignity and in their best health.

Learn more about these partnerships—and others—in our recent Annual Report: camh.ca/annualreport2025

A heartfelt thank you to the incredible local businesses who joined Rise Local in support of the Sunrise Challenge!

A special spotlight on Queen's Pasta in Etobicoke for creating the Sunrise-shaped Bauletti Pasta Packs in support of CAMH's sunrise challenge. This creative take on fundraising demonstrated how local businesses can have a real impact on our community. Learn more at sunrisechallenge.ca.





See our
progress
in action!



An update on our redevelopment

In 2024, we kicked off the final phase of CAMH's historic redevelopment! This stage involves the construction of two new buildings at our Queen Street site.

- The **Temerty Discovery Centre**, a state-of-the-art facility opening in 2027, will be dedicated to housing CAMH's groundbreaking research.
- The **Waverley House Secure Care & Recovery Building**, opening in 2029, will replace our current facilities for patients with complex mental illnesses who have encountered the legal system.

Find more information on upcoming events, community meetings, and redevelopment progress on our dedicated webpage: camh.ca/redevelopment.

Construction activities scheduled for the fall:

- In the coming months, you'll see the upper floors of both buildings take shape. Throughout September, we'll be working on the fifth floor of the Temerty Discovery Centre.
- We will continue with forming, rebar, and concrete activities as we develop the structure of each building.
- We will continue placing subdivision utilities, including gas lines, hydro, cable, and telephone wires.
- Heritage wall and shed refurbishment restarted in May and will continue through the year.

Thank you for your understanding and patience during this transformative time at CAMH. We are excited to be one year closer to transforming our Queen Street site into a more integrated and welcoming space.

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DID YOU KNOW?

The **Temerty Discovery Centre** will be one of the **greenest** research facilities in the world!



41%* less energy used



67%* less water used



27%* energy cost savings

*compared to industry standards

Explore FREE learning opportunities at CAMH

Unlock your potential with the Collaborative Learning College

Are you ready to advance your knowledge, grow your confidence, and connect with others who share similar experiences? The Collaborative Learning College (CLC) offers free courses for people with lived experience of mental health and addiction who are ready to take the next step in their personal learning journey.

CLC courses are co-created and co-facilitated by people with lived experience, creating a supportive and non-judgmental space for participants to explore a passion and build meaningful connections. This fall, courses include creative opportunities like stand-up comedy, creative writing, comic book creation, facilitation training, and music appreciation.

All courses are free and offered on a rolling basis. Learn more and register at clc.camh.ca.



The CAMH Library has something for everyone

Come browse our stacks! The CAMH Library is open to patients, families, community members, and health care professionals. In addition to resources on mental health, substance use, and recovery, the library also offers a wide selection of children's books, fiction, non-fiction, and more. From books and articles to online databases, the library supports learning, research, and self-directed exploration in a welcoming environment.

CAMH Mental Health Sciences Library is located at 1025 Queen Street West and is open Monday to Friday, 10:00 am – 4:00 pm (closed on all statutory holidays).

Learn more at camh.ca/library, and if you have any questions, contact: library@camh.ca.

YOUTH MENTAL HEALTH | VIRTUAL PANEL FROM OVERWHELMED TO UNDERSTOOD

Thursday, September 25, from 8:00 – 9:30 PM, virtual

For parents, caregivers, educators, and supporters of young people. Join us for an empowering session with CAMH youth mental health experts, who will answer your questions and share tools, insights, and strategies to help your family start the school year strong—with confidence and resilience that lasts.

Event Speakers

Moderated by Donna Bishop, Parent and Podcast Host

Dr. Ben Goldstein, Scientific Director of the Centre for Youth Bipolar Disorder at CAMH

Dr. Amit Rotem, MD, Child & Adolescent Psychiatrist, and Associate Chief, Child, Youth and Family Services

All registrants will receive a digital toolkit with child and youth mental health resources!



Honouring Pride and Indigenous History in June and beyond

As summer winds down, we're reflecting on moments of celebration and community—and Pride and National Indigenous History Month are two of the highlights. Throughout June, we hosted events that brought together community members to honour love, identity, and Indigenous history.

Under sunny skies, we kicked off Pride Month by raising the Progress Pride flag. Sarah Downey, CAMH's President and CEO, joined Chris Clover, MPP for Spadina-Fort York and Deputy Mayor Ausma Malik to mark the occasion.



Shortly after, we were pleased to host Dr. Maureen Lux, researcher, professor, and author, who discussed the history of "Indian Hospitals" and racially segregated healthcare in Canada. She emphasized how these efforts supported national



"To me, Pride is about community. It's about showing up for ourselves and each other as we advocate for our rights. It's a celebration of everything that makes us who we are."

— CAMH staff members

assimilation goals and contributed to Indigenous communities' mistrust of the healthcare system.

Another highlight was watching staff, patients, supporters, and neighbours march side-by-side in the Toronto Pride Parade. It was an unforgettable afternoon filled with joy, colour, and connection.



We closed the month off with a Rainbow Day Mixer for a fun-filled afternoon of games, music, face paintings, refreshments, and photo ops.

Thank you to everyone who attended and supported these events. Your commitment to inclusion helps us build a community where everyone belongs—not just during June, but every day of the year!

Continue the conversation online

Get our latest community and redevelopment news at camh.ca/neighbours and camh.ca/redevelopment.

Send your feedback on redevelopment to redvelopment.feedback@camh.ca.

To join our local community email list, please connect with communityevents@camh.ca.



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