

## April 2025

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

Use the QR Code to sign up

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

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

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



## Event Details

### **Know Your Rights: Human Rights and Housing**

**Tuesday, April 1<sup>st</sup>**

**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 8<sup>th</sup> & 22<sup>nd</sup>**

**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 8<sup>th</sup>**

**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 9<sup>th</sup>**

**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 15<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.

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

**Tuesday, April 15<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.

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

**Wednesday, April 16<sup>th</sup>**

**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 22<sup>nd</sup>**

**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 24<sup>th</sup>**

**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 29<sup>th</sup>**

**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 30<sup>th</sup>**

**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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