



Patient and Family Learning Space

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Legend</div> <div>In-Person Sessions</div> <div>Online Sessions</div>			<div>1</div> <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>	<div>2</div>
<div>5</div>	<div>6</div> <div>Know Your Tenant Rights: Repairs and Maintenance</div> <div>12 PM – 1 PM</div> <div>Wellness through Words</div> <div>2 PM - 3 PM</div>	<div>7</div> <div>Caregiver Coffee Chats: Sharing our Realities</div> <div>12:00 PM - 1:30 PM</div>	<div>8</div> <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>	<div>9</div>
<div>12</div>	<div>13</div> <div>Community Services Pop up</div> <div>2 PM - 4 PM</div> <div>Interactive VR Workshop: Responding to an Opioid Overdose</div> <div>4 PM – 6 PM</div>	<div>14</div> <div>Employment Series: Let’s Talk Interviews</div> <div>11:30 AM - 1:00 PM</div> <div>Caregiver Coffee Chats: Sharing our Realities</div> <div>12:00 PM - 1:30 PM</div> <div>Psychiatric Patient Advocacy Office</div> <div>12 PM - 1 PM</div>	<div>15</div> <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>	<div>16</div>
<div>19</div> <div>PFLS CLOSED</div>	<div>20</div> <div>Writing Workshop for Caregivers</div> <div>1 PM – 2:30 PM</div> <div>Wellness through Words</div> <div>2 PM - 3 PM</div>	<div>21</div> <div>Caregiver Coffee Chats: Sharing our Realities</div> <div>12:00 PM - 1:30 PM</div>	<div>22</div> <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>	<div>23</div>
<div>26</div> <div>CAMH Primary CONNECT: Let’s Talk About Measles</div> <div>3 PM - 4 PM</div>	<div>27</div> <div>Harm Reduction 101 Workshop Series</div> <div>12:30 PM – 2:00 PM</div>	<div>28</div> <div>Caregiver Coffee Chats: Sharing our Realities</div> <div>12:00 PM - 1:30 PM</div>	<div>29</div> <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>	<div>30</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

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.

Know Your Rights: Repairs and Maintenance

Tuesday, May 6th

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

Know your rights regarding the most common repair and maintenance issues faced by tenants and where to go for help. Issues discussed include pest infestation, when appliances stop working, mould, vital services and how to best communicate repair needs to your landlord.

Wellness through Words

Tuesdays, May 6th & 20th

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.

Caregiver Coffee Chats

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!** We aim to provide an empowering space where we can reflect together. **(Closed group)**

Community Services Pop Up

Tuesday, May 13th

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 Public Library, Primary CONNECT, Collaborative Learning College, and Employment Works!**

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

Tuesday, May 13th

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 respond to and prevent an opioid overdose, including administering naloxone.

Employment Series: Let's Talk Interviews – Building Confidence and Sharing your Story

Wednesday, May 14th

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

Join another interactive workshop with Employment Works! You'll learn about preparing for successful interviews with an emphasis on self-advocacy, practicing answers, and navigating how/if to disclose lived experience in a strengths-based way.

Psychiatric Patient Advocate Office Explains: PPAO Advocacy

Wednesday, May 14th

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

Join us for our fifth educational session with staff from the Psychiatric Patient Advocate Office. This session will cover the following questions and you will have an opportunity to ask your own: What is advocacy? What are the guiding principles of advocacy? What type of advocacy does the PPAO enact? All are welcome!

Writing Workshop for Caregivers

Tuesday, May 20th

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

Caring for an adult loved-one can present daily challenges that feel overwhelming. As caregivers we often have little time left to process our thoughts and emotions. Journaling can be an important tool for improving emotional and psychological wellbeing. This workshop will explore ways of journaling that could be the right fit for you and share a few tools. It will also provide a creative space for caregivers to connect.

CAMH Primary CONNECT: Let's Talk About Measles

Monday, May 26th

3:00 – 4:00 PM | In-person | Drop-in!

Come to this talk to learn all about measles. Questions will be answered by an MD. This event is hosted by the Primary CONNECT Interprofessional Primary Care Team in collaboration with Parkdale Queen West Community Health Centre and CAMH.

Harm Reduction 101 Series

Tuesdays, May 27th & June 3rd

12:30 PM – 2:00 PM | Online | Registration required

Harm reduction is more than substance use— it's a value system rooted in dignity, compassion, and social justice. This FREE 2-part series introduces core harm reduction principles and explores their application across a range of contexts— beyond individual drug use. Join us to deepen your understanding of harm reduction as a relational, systemic, and person-centered approach. Open to all!

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