

RBC Patient and Family Learning Space

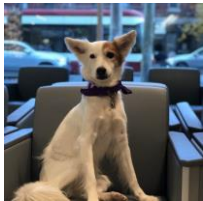
Upcoming July Events

Closed

Monday July 1st

RBC Patient and Family Learning Space, the Family Resource Centre, and the CAMH Library will be closed to the public.

There will be no in-person or remote services.



Register

Pet Therapy with Pelusa

Tuesdays in July

2:15 PM – 3:00 PM | In person

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. All are welcome!

(Please email us to confirm in case of cancellations.)

Made possible by Volunteer Resources.

Community Services Pop Up

Tuesday July 9th

2 PM – 4 PM | In Person

Drop in to learn about the Toronto Public Library, Parkdale Project Read, Employment Works! and The Collaborative Learning College. The Nicotine Dependence Clinic and the CAMH Pharmacy will give away free kits for people who want to quit smoking.



Drop In



Visit our website and sign up to our newsletter to receive it monthly! <https://rb.gy/q865n0>

RBC Patient and Family Learning Space
1025 Queen Street West, Ground Floor
Toronto ON M6J 1H4

Recurring Weekly Events

Made possible thanks to donor funds through CAMH Gifts of Light.

Trauma-Informed Yoga

**Wednesdays
2 PM - 3 PM**

Focusing on the relationship between mood management and the mind-body connection, sessions offer a combination of breathing, movement, postures and mindfulness.



Morning Tai Chi with Anne

**Thursdays
11 AM – 12 PM**

Join this open level program to improve flexibility, coordination, balance and concentration. No experience is required, all are welcome!



Questions?

**Drop by Monday – Friday
10 AM – 4 PM**

or

Email PFLS@camh.ca

RBC Patient and Family Learning Space

Upcoming July Events

Pet Therapy with Pelusa

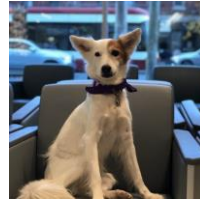
Tuesdays in July

2:15 PM - 3:00 PM | In person

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. All are welcome!

(Please email us to confirm in case of cancellations.)

Made possible by Volunteer Resources.



Drop in



Register

Everything You Need to Know about Obsessive Compulsive Disorder

Thursday July 11th

12 PM - 1 PM | Online

Dr. Gwyneth Zai is back with a live information session about Obsessive Compulsive Disorder. Join virtually to learn about the diagnosis, symptom management, medications, and treatment options.

Supporting a Family Member with Schizophrenia: CAT for Families

Tuesday July 16th

5 PM - 7 PM | Online

This workshop teaches strategies and tools to help loved ones build independence to take care of themselves, their spaces, and participate in their communities.



Register



Visit our website and sign up to our newsletter to receive it monthly! <https://rb.gy/q865n0>

RBC Patient and Family Learning Space
1025 Queen Street West, Ground Floor
Toronto ON M6J 1H4

Recurring Weekly Events

Made possible thanks to donor funds through CAMH Gifts of Light.

Trauma-Informed Yoga

Wednesdays

2 PM - 3 PM

Focusing on the relationship between mood management and the mind-body connection, sessions offer a combination of breathing, movement, postures and mindfulness.



Morning Tai Chi with Anne

Thursdays

11 AM - 12 PM

Join this open level program to improve flexibility, coordination, balance and concentration. No experience is required, all are welcome!



Questions?

Drop by Monday - Friday
10 AM - 4 PM

or

Email PFLS@camh.ca

RBC Patient and Family Learning Space

Upcoming July Events

Pet Therapy with Pelusa

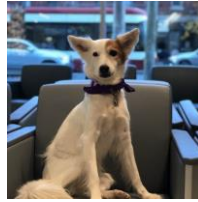
Tuesdays in July

2:15 PM - 3:00 PM | In person

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. All are welcome!

(Please email us to confirm in case of cancellations.)

Made possible by Volunteer Resources.



Drop in



Summer Art Workshop with Taryn Lee

Tuesday July 23rd

12 PM - 2 PM | In Person

Taryn Lee is a neurodivergent artist and educator with lived experience. Join us this summer for Taryn's two hour art workshops to learn something new, connect with others, and explore your own creative process.



Register

Closed

Monday August 5th

RBC Patient and Family Learning Space, the Family Resource Centre, and the CAMH Library will be closed to the public.

There will be no in-person or remote services.



Visit our website and sign up to our newsletter to receive it monthly! <https://rb.gy/q865n0>

RBC Patient and Family Learning Space
1025 Queen Street West, Ground Floor
Toronto ON M6J 1H4

Recurring Weekly Events

Made possible thanks to donor funds through CAMH Gifts of Light.

Trauma-Informed Yoga

Wednesdays

2 PM - 3 PM

Focusing on the relationship between mood management and the mind-body connection, sessions offer a combination of breathing, movement, postures and mindfulness.



Morning Tai Chi with Anne

Thursdays

11 AM - 12 PM

Join this open level program to improve flexibility, coordination, balance and concentration. No experience is required, all are welcome!



Questions?

Drop by Monday - Friday
10 AM - 4 PM

or

Email PFLS@camh.ca