

# RBC Patient and Family Learning Space

## UPCOMING NOVEMBER EVENTS



REGISTER

### THURSDAY MORNING TAI CHI WITH ANNE

THURSDAY NOVEMBER 9<sup>TH</sup>, 11 AM - 12 PM | IN PERSON

Anne moved into body work once she realized how the trio of mind, body and breath hold the key to mental and physical health. Join this open level program to improve flexibility, coordination, balance and concentration.

No experience is required!

### TORONTO PUBLIC LIBRARY POP UP

TUESDAY NOVEMBER 14<sup>TH</sup>, 2 - 4 PM | IN PERSON

Kristy, a Librarian from Parkdale Library, will be on-site to create free library cards, offer library items for you to borrow, explain how to use online resources, and provide information about upcoming library programs.



DROP IN



### CAREGIVER COFFEE CHATS

WEDNESDAYS, FROM NOVEMBER 15<sup>TH</sup> - DECEMBER 20<sup>TH</sup>  
12 PM - 1:30 PM | ONLINE

Caregivers supporting the mental health of adults with developmental disabilities (including Autism).

**This is not a webinar!** Join a group of caregivers for weekly discussions on topics important to you and your loved one. See registration page for eligibility and details!



REGISTER



READ OUR NEWSLETTER & SIGN UP TO GET IT  
MONTHLY: <https://rb.gy/w0xer>

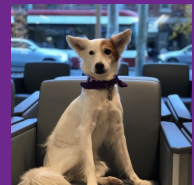
## Recurring Weekly Events

### PET THERAPY WITH PELUSA

(TUESDAYS 2 - 3 PM)

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.

DROP IN



### TRAUMA-INFORMED YOGA

(WEDNESDAYS 4- 5 PM)

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

REGISTER



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

## QUESTIONS?

DROP BY MONDAY - FRIDAY  
11 AM - 5 PM

OR

EMAIL [PFLS@CAMH.CA](mailto:PFLS@CAMH.CA)

# RBC Patient and Family Learning Space

## UPCOMING NOVEMBER EVENTS

### ART WORKSHOP WITH TARYN LEE

**TUESDAY NOVEMBER 21<sup>ST</sup>,  
12 PM - 2 PM | IN PERSON**

Artist and educator, Taryn Lee, will be teaching a 2 hour workshop to support creativity and mindfulness. All are welcome!



**REGISTER**



### SERVICE CANADA: FAMILY PROGRAMS

**WEDNESDAY NOVEMBER 22<sup>ND</sup>, 12 - 1 PM | ONLINE**

Join this interactive info session to learn more about programs designed specifically for families. Topics will include social insurance numbers, employment insurance, job bank, public pensions, Canada revenue agency benefits, education savings incentives, and the Service Canada online tools.

**REGISTER**

### WHITE RIBBON WORKSHOP: ALLYSHIP & CONSENT

**THURSDAY NOVEMBER 23<sup>RD</sup>, 12 - 1 PM | ONLINE**

This interactive workshop builds on previous sessions to engage participants in explorations of allyship and consent in relation to gender based violence prevention. This workshop is open to everyone and helps us navigate the hard stuff together!



**REGISTER**



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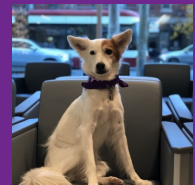
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## UPCOMING NOVEMBER EVENTS



**UNQUIET NIGHT:  
SLEEP DISORDERS & MENTAL HEALTH**  
**TUESDAY NOVEMBER 28<sup>TH</sup>, 12 PM - 2 PM | ONLINE**  
Parasomnias are a type of sleep disorder where a person experiences things that disrupt sleep, such as sleepwalking or night terrors. Join us to learn about the strange things we do in our sleep!

**REGISTER**

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## SUPPORTING A FAMILY MEMBER WITH SCHIZOPHRENIA: CAT FOR FAMILIES

**THURSDAY NOVEMBER 30<sup>TH</sup>, 5 - 7 PM | ONLINE**

CAT is a practical, evidence-based approach for families and caregivers of adults living with schizophrenia. This workshop teaches strategies and tools to help loved ones build independence in taking care of themselves, their spaces, and participating in their communities.

**REGISTER**



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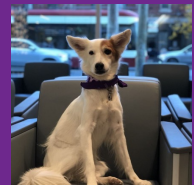
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