

# RBC Patient and Family Learning Space

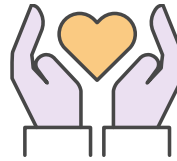
## Upcoming May Events

### Patient and Family Experience Week

**Monday April 29<sup>th</sup> – Friday May 3<sup>rd</sup>**

Join us for a week of in person and virtual events across CAMH to celebrate Patient and Family Experience Week.

Full schedule available at <https://rb.gy/r162tv>



**Drop in**



### Sunshine Gardens Greenhouse Tour & Composting Workshop

**Thursday May 2<sup>nd</sup>**

**1:30 PM – 3:30 PM | In Person**

Head gardener, Dr. Javad Mozafari, will guide us through the Sunshine Gardens Greenhouse and teach us the basics of composting.

**Register**

### Toronto Public Library & Parkdale Project Read & Employment Works! Pop Up

**Tuesday May 7<sup>th</sup>**

**2 PM – 4 PM | In Person**

Kristy, a Librarian from Parkdale Library, Martha, from Parkdale Project Read, and John, from Employment Works! will be on-site to share information about free neighbourhood programs. **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  
4 PM – 5 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](mailto:PFLS@camh.ca)**

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## Upcoming May Events

### Pet Therapy with Pelusa

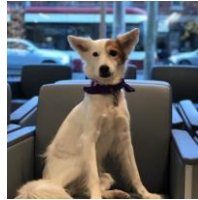
Tuesdays starting May 7<sup>th</sup>

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



### Tell Stories and Build Community: Poetry, Music, Celebration

Wednesday May 8<sup>th</sup>

1:30 PM – 3:30 PM | Online

Inspired by a Jewish tradition of story-telling and creative writing that's based on our stories, we will explore your own inner-poet. We will explore how you can express your history, heritage and your story through creative writing.

Register

### Supporting a Family Member with Schizophrenia: CAT for Families

Tuesday May 14<sup>th</sup>

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



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## Upcoming May Events



### Tell Stories and Build Community: Poetry, Music, Celebration

Wednesday May 15<sup>th</sup>

1:30 PM- 3:30 PM | In Person

Join a shared music making event featuring professional guest artists who share their lived-experience as Jewish performers and psychiatric service-users through meaningful song.

[Register](#)

### *Rough Magic: Living with Borderline Personality Disorder*

Thursday May 16<sup>th</sup>

12 PM - 1:30 PM | Online

Join writer Miranda Newman for the launch of her harrowing but ultimately uplifting memoir about living with Borderline Personality Disorder—one of the most stigmatized diagnoses in mental health.



[Register](#)



### Closed

Monday May 20<sup>th</sup>

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.



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## Upcoming May Events



### The Beauty of Botanicals: Watercolour with Taryn Lee

Tuesday May 21<sup>st</sup>  
12 PM - 2 PM | In Person



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

[Register](#)

### Caregiver Coffee Chats: Sharing Our Realities 30 min Orientation Session

Wednesday May 22<sup>nd</sup>  
12 PM - 12:30 PM | Online

Are you looking for a space where you are valued for your perspective as a caregiver? Join to learn about this 6 week peer support event for caregivers of adults with neurodevelopmental disorders (including Autism).



[Register](#)



### Nurturing Mental Wellness in Older Adults: Accessing Resources & Support

Thursday May 23<sup>rd</sup>  
12 PM - 1 PM | Online

This webinar explores resources for supporting the mental health and well-being of older adults. Learn about community-based workshops, multilingual information, and more!

[Register](#)



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### Celebrate Spring! Art Workshops

Fridays starting May 24<sup>th</sup>

1:30 PM – 3:30 PM | In Person

Artist and educator, Apanaki Temitayo, guides participants through an immersive and creative journey through the vibrant world of mixed-media and African textile art. **All supplies will be provided and all are welcome!**



Register

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

Tuesday May 28<sup>th</sup>

4 PM – 6 PM | In Person

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.



Register



### What's the Difference between Anxiety and an Anxiety Disorder?

Thursday May 30<sup>th</sup>

12 PM – 1 PM | Online

This webinar will explain the differences between anxiety and distress related disorders like obsessive-compulsive disorder and post-traumatic stress disorder.

Register



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