

June 2026

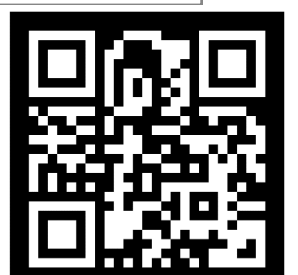
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 In-Person Sessions are purple Online Sessions are green	2 Pet Therapy 10:00 AM - 11:00 AM	3 Caregiver Corner 2:00 PM - 3:00 PM	4 Morning Tai Chi 11:00 AM - 12:00 PM	5 Spring into Bloom Art Workshop with Apanaki Temitayo 1:30 PM - 3:30 PM
8	9 Pet Therapy 10:00 AM - 11:00 AM PFLS Pop Up 2:00 PM - 4:00 PM	10 Caregiver Corner 2:00 PM - 3:00 PM	11 Morning Tai Chi 11:00 AM - 12:00 PM	12
15	16 Pet Therapy 10:00 AM - 11:00 AM Journaling Workshop for Mental Health Service-Users and Caregivers 10:00 AM to 11:00 AM Exotic Patterns Watercolour Workshop with Taryn Lee 12:00 PM - 2:00 PM	17 For Families: Understanding Substitute Decision Makers 12:00 PM to 1:00 PM Caregiver Corner 2:00 PM - 3:00 PM	18 Morning Tai Chi 11:00 AM - 12:00 PM	19 Spring into Bloom Art Workshop with Apanaki Temitayo 1:30 PM - 3:30 PM
22 CAT for Families: Practical Strategies for Daily Living with Schizophrenia 5:00 PM to 7:00 PM	23 Pet Therapy 10:00 AM - 11:00 AM	24 Caregiver Corner 2:00 PM - 3:00 PM	25 Morning Tai Chi 11:00 AM - 12:00 PM Patient and Family Tour: Food Crops and Urban Biodiversity at CAMH Sunshine Garden 12:30 PM - 1:30 PM Employment Series: Ask Me Anything with Iyanu Ojekale 2:00 PM to 3:30 PM	26 Spring into Bloom Art Workshop with Apanaki Temitayo 1:30 PM - 3:30 PM
29	30 Pet Therapy 10:00 AM - 11:00 AM	July 1 CLOSED STAT HOLIDAY		

Use the QR Code to sign up

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

Questions? pfls@camh.ca

In-Person Sessions are purple
Online Sessions are green



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

Event Details

Pet Therapy

Every Tuesday

10:00 AM to 11:00 AM | In-person | Drop in!

Drop in to meet our newest Pet Therapy dog, Cali!

This program is possible thanks to CAMH's Volunteer Resources.

Caregiver Corner

Every Wednesday in June

2:00 PM to 3:00 PM | In-person | Registration required.

Caregiver Corner is a relaxed, welcoming space for families who are supporting loved ones with mental illness and addictions. It offers an opportunity to connect with others, share experiences, and exchange resources in a safe and supportive environment. Sessions are held in the Hudson's Bay Lounge at 1025 Queen Street West. *This group is intended for social connection and peer support. It is not a clinical service, and no medical or therapeutic advice will be provided.*

Hosted in collaboration with the Family Resource Centre.

Thursday morning Tai Chi

Every Thursday

11:00 AM to 12:00 PM | In-person | Registration required.

No experience is required, all are welcome!

Spring into Bloom workshops with Apanaki Temitayo

Fridays, June 5th and June 19th and June 26th

1:30 PM to 3:30 PM | In-person | Registration required.

Spring Into Bloom is a 10-week mixed-media workshop series inspired by the themes of spring—renewal, growth, transformation, and creative possibility. Participants will explore a range of accessible art techniques, including sculpture, collage, painting, textile art, and alternative photographic processes using affordable and recycled materials. Each session introduces a new artistic method while encouraging mindful reflection and playful experimentation. The workshops are designed for all experience levels and emphasize process over perfection, creating a welcoming space where participants can express themselves, build confidence, and connect with others through art.

PFLS Pop Up

Tuesday, June 9th

2:00PM to 4:00PM | In-person | Drop in!

Join us every second Tuesday of the month to learn about CAMH and community programs that can help support your mental wellbeing and recovery. This year, we'll be popping up in the lobby of 1025 Queen Street West.

Journaling Workshop for Mental Health Service-Users and Caregivers

Tuesday, June 16th

10:00 AM to 11:00 AM | Online | Registration required.

Journaling can be an important tool for improving emotional and psychological wellbeing. Journaling allows us the freedom to explore and express our feelings without judgement. This is important for service-users and caregivers, who often face guilt and other complicated feelings throughout our journey. This workshop will provide a creative space to explore the many ways we can use journaling for better clarity and well being.

Use the QR Code to sign up

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Take a Walk on the Wild Side: Exotic Patterns Watercolour Workshop with Taryn Lee

Tuesday, June 16th

12:00 PM to 2:00 PM | In-person | Registration required.

In this 2 hour, in-person art workshop, you'll learn how to create expressive and exotic patterns using watercolour paint. We will be inspired by looking at reference photos of wildlife like beautiful feathers, textured snakeskins, fuzzy furs and then interpret those photos into creating our own artworks with watercolours. You'll practice watercolour techniques that will bring your wild vision to life. You'll leave having observed nature on a micro level and translated it into your own expressive artwork inspired by the beauty of wildlife.

For Families: Understanding Substitute Decision Makers

Wednesday, June 20th

12:00 PM to 1:00 PM | Online | Registration required.

Join us for a family focused session with the Psychiatric Patient Advocate Office. This session will help you understand how you can navigate decisions made about your loved one's care, their rights as a psychiatric patient, and answer questions you have about being or becoming a substitute decision maker (SDM).

CAT for Families: Practical Strategies for Daily Living with Schizophrenia

Monday, June 22nd

5:00 PM to 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 gain strategies and tools to help your loved one build independence in taking care of themselves, their spaces, and participating in their communities.

Patient and Family Tour: Food Crops and Urban Biodiversity at CAMH Sunshine Garden

Thursday, June 25th

12:30 PM to 1:30 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. Dr. Javad Mozafari, Garden Coordinator from FoodShare, will share his knowledge about the different strategies for planting gardens that support the local ecosystem.

This program is made possible thanks to Gifts of Light.

Employment Series: Ask Me Anything with Inayu Ojekale

Thursday, June 25th

2:00 PM to 3:30 PM | Online | Registration required.

This session welcomes Iyanu Ojekale. Iyanu will talk about his interesting path in the world of Information Technology, and other hot topics related to employment and tech. With a focus on pursuing employment goals in 2026, John Fernandes and Iyanu invite participants to bring their questions for an open, engaging 90-minute conversation grounded in lived experience, learning, and possibility.

Hosted in collaboration with the Collaborative Learning College and Employment Works!

