

RBC Patient and Family Learning Space

Upcoming April Events



Closed

Friday March 29th – Monday April 1st
Open on Tuesday April 2nd

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.

Sunshine Gardens Seed Giveaway

Thursday April 4th
1 PM – 3 PM | In Person

Get ready for this year's planting and garden season with gardener, Javad Mozafari, who will share his knowledge of growing your own food from seed. We will be giving away **free seeds and materials!** No previous experience is necessary.



Drop in



Sports Betting & Mental Health

Friday April 5th
12 – 1 PM | Online

There are new sports betting laws in Ontario. Join this webinar to learn about the types of legal sports betting currently available and the potential harms and consequences of participating in each.

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
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.



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
11 AM – 5 PM

or
Email PFLS@camh.ca

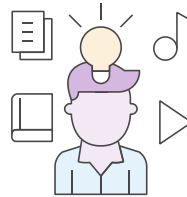
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Toronto Public Library Pop Up

Tuesday April 9th
2 PM – 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



Nicotine Harm Reduction: E-Cigarettes & Beyond

Tuesday April 9th
12 PM – 1 PM | Online

Come learn about effective strategies to support people who may not be ready or unable to quit smoking, with a focus on transitioning to lower-risk nicotine alternatives.

Register



Collaging Art Workshop with Taryn Lee

Tuesday April 16th
12 PM – 2 PM | In Person

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



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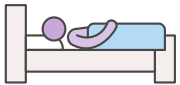


Sleep & Connections to Cancer

Wednesday April 24th
12 PM - 1 PM | Online

What's the link between sleep and cancer? Join this webinar to understand the many connections between sleep and cancer. Dr. Sabrina Agnihotri will share helpful strategies to improve overall sleep and minimize sleep disturbances.

Register



Service Canada Info Session: Skills Training & Employment for Youth

Thursday April 25th
12 PM - 1 PM | Online

Service Canada offers programs for young people looking for skills training and employment. Learn about apprenticeship grants and loans, student financial assistance, work experience programs, and more.



Register



Patient and Family Experience Week

Monday April 29th - Friday May 3rd

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



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