



Social Planning Council of Peel

THRIVE WORKSHOP

THRIVE & STRIVE: FUELING MINDS, BODIES & COMMUNITY SPIRIT



SATURDAY AUG 15TH 2026



2:00 PM – 5:00 PM



communityharmonyyouth@spcpeel.com
(905) 629-3044



Sheridan College
7899 McLaughlin Rd, Brampton
ON L6Y 5H9
Room C217
(Free Parking)



Uzma Aziz

About the Facilitator:

Uzma Aziz Irfan is a passionate youth and community advocate, creative writer, author, artist, and photographer. She is the founder of the Aunty Jeena Foundation and Executive Director of the Malton Women Council. An award-winning community leader, Uzma is dedicated to empowering youth, promoting mental wellness, and building healthier, more connected communities.

What You Will Gain:



Improve physical and mental well-being



Build resilience and motivation



Strengthen teamwork and communication



Encourage community involvement

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