

Feel it, Name it, Manage it

Hosted by Youssra Saab

Professor and Social Service Professional



Saturday, February 14th, 2026



Workshop Highlights:

- Why name your emotions?
- Myths and facts about mental health
- Coping mechanisms



2:00PM - 5:00PM



**communityharmonyyouth
@spcpeel.com**



**Sheridan College Davis
Room C217
7899 McLaughlin Rd
Brampton
ON L6Y 5H9**



Register:



**THRIVE: VOLUNTEERS
FOR COMMUNITY HARMONY**

FUNDED BY
**CANADA
SERVICE
CORPS**

Canada