



Social Planning Council of Peel

THRIVE: VOLUNTEERS FOR COMMUNITY HARMONY WORKSHOP SERIES

Managing Stress using Self-Regulation and Relaxation



**Saturday,
May 16, 2026**



2:00 PM – 5:00 PM



**communityharmonyyouth@spcpeel.com
(905) 629-3044**



**Sheridan College
7899 McLaughlin Rd, Brampton
ON L6Y 5H9
Room C328
(Free Parking)**

Facilitator, **Rakesh Bhardwaj**, has been a Professor at Sheridan College since 2020. He brings extensive experience in the human services field, supported by an MBA and an MSW. His focus is on health, community development and settlement services. He is passionate about supporting resilience and well-being.



Rakesh Bhardwaj

What You Will Learn:

- ✓ **Connecting to Wellness Resources**
- ✓ **Building Strong Relationships**
- ✓ **Strategies for handling emotional distress**
- ✓ **Resilience & Self-Regulation Strategies**

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