



## THRIVE WORKSHOP

# CULTURAL PRACTICES FOR MENTAL & PHYSICAL WELLNESS



Peter Amponsah

### Meet The Facilitator:

Peter Amponsah is a Ghana-born community leader raised in Rexdale. He holds a BSW and an MSW, and is currently pursuing a PhD in Social Work at York University.

He serves as Associate Dean in the School of Community Studies at Sheridan College.

### What You Will Learn:

- ⊕ Comprehensive Approaches to Well-Being
- ⊕ African Drumming to Promote Healing
- ⊕ The Impact of Culture and Community on Healing
- ⊕ Strategies for Strengthening Resilience



SATURDAY MAY 30<sup>th</sup> 2026



2:00 PM – 5:00 PM



[communityharmonyouth@spcpeel.com](mailto:communityharmonyouth@spcpeel.com)  
(905) 629-3044



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