



Social Planning Council of Peel

THRIVE WORKSHOP

Finding Your Calm: Self-Regulation Tools for Stress, Emotions, and Well-Being



Sonia Okorie

Meet The Facilitator:

Sonia is a Registered Social Service Worker who supports children and families by promoting mental wellness, resilience, and personal growth. She is especially passionate about creating safe and inclusive spaces to uplift Black youth.

What You Will Gain:

-  Manage stress with simple calming technique
-  Understand emotions and respond in healthy ways
-  Practice self-regulation in challenging situations
-  Build healthy habits for overall well-being



SATURDAY OCT 10th, 2026



2:00 PM – 5:00 PM



communityharmonyyouth@spcpeel.com
(905) 629-3044



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

FUNDED BY
CANADA
SERVICE
CORPS

Canada 