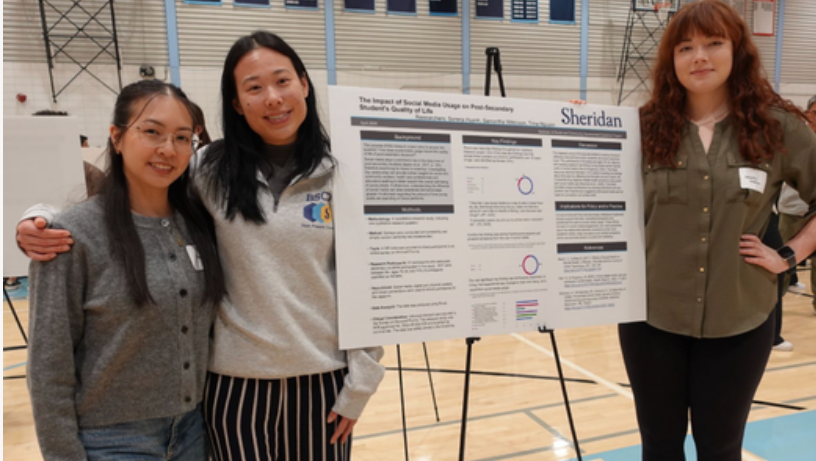




Social Planning Council of Peel

THRIVE WORKSHOP

THE IMPACT OF SOCIAL MEDIA



What You Will Gain:

-  Learn about the impact social media has on young people
-  Understand how research influences decision-making
-  Explore healthy digital habits and boundaries
-  Practical skills to engage and create online, with balance

Group Facilitators:

Trina Nguyen, Samantha Wilkinson & Serena Huynh are Social & Community Development graduates passionate about mental health and community well-being. They will be presenting their capstone research project findings: *The Impact of Social Media Usage on Post-Secondary Student's Quality of Life*.



SATURDAY SEPT 12TH 2026



2:00 PM – 5:00 PM



communityharmonyyouth@spcpeel.com
(905) 629-3044



Sheridan College
7899 McLaughlin Rd, Brampton
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