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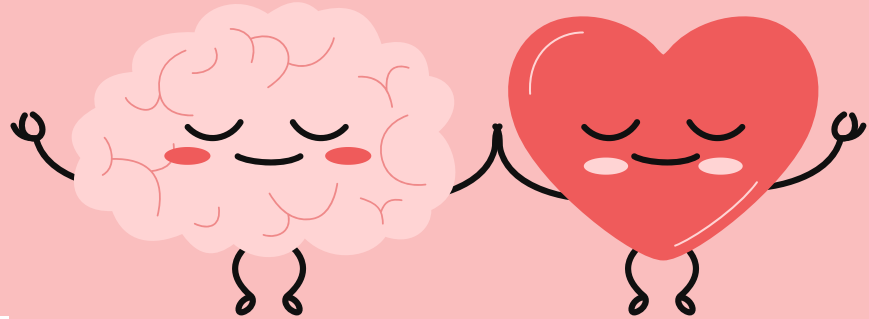
Canada

Thrive: Volunteers for Community Harmony

WORKSHOP SERIES

JOIN US FOR AN UPCOMING WORKSHOP:

Feel it, Name it, Manage it



Workshop Highlights

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



**SATURDAY,
FEBRUARY 14, 2026**



2:00 PM - 5:00 PM



communityharmonyyouth@spcpeel.com



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



**FACILITATOR:
PROFESOR YOUSRA SAAB**

**SOCIAL SERVICE
PROFESSIONAL**