



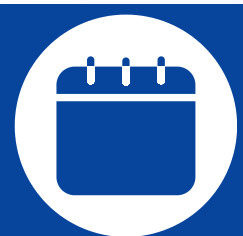
Social Planning Council of Peel

THRIVE: VOLUNTEERS FOR COMMUNITY HARMONY

WORKSHOP SERIES

Join us for an upcoming workshop:

Mental Health and Wellness: Caring For You



Saturday
December 13, 2025



2:00 PM - 5:00 PM
In Person



communityharmonyyouth@spcpeel.com



Sheridan college
7899 McLaughlin Rd, Brampton, ON L6Y 5H9
Room C217 (paralegal Courtroom)



Register
Now to
Join!



Facilitator:
Jacinta Goveas



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