



THRIVE WORKSHOP

COOL, CALM & CONNECTED: STRESS AND ANXIETY STRATEGIES THAT WORK

About the Facilitator:


Nicole Johnson is a Professor in the School of Community Studies at Sheridan College. She is a trauma-informed researcher, educator, and consultant specializing in wellness, crisis intervention, and community development, with over 20 years of experience in the social services sector.



Nicole Johnson





 **SATURDAY JULY 4th 2026**

 **2:00 PM – 5:00 PM**

 **communityharmonyyouth@spcpeel.com
(905) 629-3044**

 **Sheridan College
7899 McLaughlin Rd, Brampton
ON L6Y 5H9
Room C328
(Free Parking)**

What You Will Learn:

-  Recognize signs of stress and anxiety
-  Learn practical coping and relaxation techniques
-  Build resilience and healthy self-care habits
-  Strengthen communication and support-seeking skills