



Social Planning Council of Peel

# THRIVE: VOLUNTEERS FOR COMMUNITY HARMONY WORKSHOP SERIES

Join us for an upcoming workshop:  
**Emotions: You're not the boss of me!**



**Saturday,  
March 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:**  
Christine  
McCormack



## What You Will Learn

-  **Understand how emotions work and the emotion cycle**
-  **Learn skills to manage and regulate strong emotions**
-  **Practice techniques like pausing and self-soothing**
-  **Express emotions through a creative emotion-mapping activity**

Christine McCormack is a psychotherapist with 30+ years' experience helping youth and adults with anxiety and mood disorders using CBT, DBT, mindfulness, and creative approaches. She previously led the Guelph Distress Centre.

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