



Social Planning Council of Peel

THRIVE WORKSHOP

Beating Burnout: Compassion & Care



Daniel Kirilo

About the Facilitator:

With 20+ years of experience in the mental healthcare field, Daniel has supported youth and adults across judicial, healthcare, educational, and child welfare settings.

What You Will Gain:

-  Recognize the Signs of Burnout
-  Build Healthy Coping Strategies
-  Practice Self-Care & Compassion
-  Create Sustainable Wellness Habits



SATURDAY NOV 21st, 2026



2:00 PM – 5:00 PM



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