Social Planning Council of Peel

THRIVE WORKSHOP

Beating Burnout: Compassion & Care

Daniel Kirilo

About the Facilitator:

Daniel Kirilo is a Behaviour Specialist, educator, and entrepreneur with front-line experience at Syl Apps Youth Centre, the Children's Aid Society and McMaster Children's Hospital. Since 2021, he has taught in Sheridan College's Child and Youth Care and Social Service Worker programs.

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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