

LIFE SKILLS WEBINAR ON MANAGING EMOTIONAL UPS AND DOWNS

Thursday, September 3, 2026 | 1:00 p.m. – 2:30 p.m.

Join us for an informative and supportive session to better understand your emotions, explore the connection between thoughts, emotions, and behaviours, and learn practical strategies to manage emotional ups and downs with greater confidence and resilience.

What you will learn:

- Recognizing emotional triggers
- Building resilience through healthy coping
- Responding to challenges with confidence

Eligibility: Individuals on Ontario Works (OW) or Ontario Disability Support Program (ODSP), residing in the Region of Peel

A certificate of participation will be provided for those in attendance

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