Roots Community Services Presents
Social Enterprising & Entrepreneurial Development (SEED) Program
16 Days Of Activism Against Gender-based Violence



Strength, Healing & Empowerment
A Virtual Panel Discussion

Join us for a conversation exploring women's experiences with resilience, healing and empowerment through shared experiences, emotional well-being and community support.

Wednesday, November 25, 2026
10:30 AM to 12:00 PM

Featured Panelists



Dr. Alethia Cadore
Therapist & Mental Wellness Advocate



Natacha Pennycooke
Founder of NPP Psychotherapy & Consulting Services



Sharifa Manning
Founder & CEO, The Customer Experience Architect Inc.



Aletea Williams
Philanthropist, Humanitarian & Entrepreneur

Register here to join us on Zoom
go.rootscs.org/resilientwomen

For more information, contact our **SEED team** at **seed@rootscs.org** or **call** as at **905-455-6789 ext. 173**

roots community services
Inspiration. Empowerment. Action.