

# We Change Lives.

#### **Employment**

Training, workshops, and job search support Support groups, anti-black

## Life Skills & Self-development

racism workshops and more

### **Mental Health Support**

Counselling, mentorship, senior activities, and support groups

# Recreation

Steelpan classes

#### **Social Services** Foodbank

#### Childcare

Childcare for ages 3 months to 4 years, and 4 to 12 years

