



We Change Lives

Our Wellness & Mental Health programs & support services aid individuals (youth and adults) and families.

**Individual & Family
Counselling**

**Violence Against
Women Counselling**

**Enhanced Youth
Outreach Worker**

**Transitional Housing
& Support**

**START for
Life Skills Training**

**SNAP – Stop Now
and Plan**

Together We Can Youth Mentorship



**Visit mytropicana.ca/mentalhealth
or call (416) 439-9009 to learn more.**

