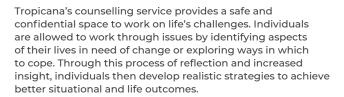


## Individual, Couples, & Family Counselling





- We assist participants with various life challenges:
  - Abuse
  - Communication
  - Emotional regulation
  - Grief
  - Illness
  - Mental wellness
  - Parenting
  - Relationships
  - Stress
  - Self-esteem
  - Trauma
- We support individual, family, and group sessions.
- · Group sessions are dependent on availability.
- The fee is \$25 per session, but payment options can be arranged for those in need.

## Eligibility

Those seeking culturally appropriate mental health support, or facing financial or social barriers, can apply for this service.

To learn more or to apply for this program, go to mytropicana.ca/counselling



## Funded by

