



## FOR IMMEDIATE RELEASE

Tropicana's Community Services' – Young Men's Health & Wellness Conference

**Foster - Facilitate - Advance - Mobilize – Understand - Promote and Advocate**  
For the health of young men of colour

**Toronto, ON – November 1, 2016** - The goal of the Young Men's Health & Wellness Conference (YMHWC) is to deliver a holistic experience which provides education and connections to community resources which improve the health and well-being of men of colour, aged 13 to 29 years from the GTA and surrounding areas. The YMHWC is an extension of the *Man Up* program, ran by Tropicana Community Services; which seeks to create a platform for men of colour to exchange ideas and share knowledge that will help broaden the perspective of at-risk and priority males. This conference hopes to encourage positive habits and expand resources available to young men of colour; in order to foster their transition into folks whom are healthier, and are more engaged community members.

Where: Tropicana's Centre of Excellence – [1385 Huntingwood Dr. Scarborough, ON](#)

When: November 19<sup>th</sup> 2016

Time: 10:00 am to 6:00 pm

YMHWC is produced in partnership with City of Toronto Youth Development Dept., Toronto Public Health and Young and Potential Fathers. The day long intensive will focus on addressing some of the social determinants of health and present the youth in attendance with tools for a healthier lifestyle. Tropicana staff will also work with youth and facilitators deliver policy recommendations on improving the health young men of colour.

### **About Tropicana Community Services**

Tropicana Community Services, a Toronto-based multi-service organization, provides all youth, newcomers, people of Black and Caribbean heritage and others in need with opportunities and alternatives that lead to success and positive life choices. Our mission is achieved through culturally appropriate programs such as counselling, child care, educational and employment services and youth development. For more information visit [www.tropicanacommunity.org](http://www.tropicanacommunity.org)

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