

## Grade 10 Student Donates Sports Equipment to Tropicana



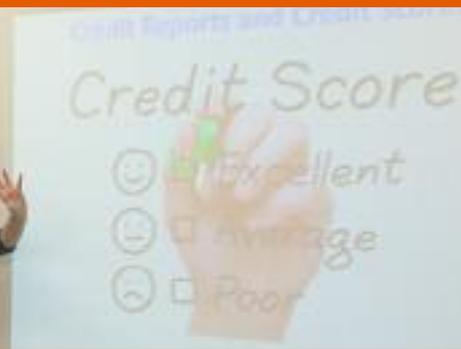
For her school project, grade 10 Branksome Hall student **Jane Cobden** (*center*) decided to hold a fundraiser. She researched organizations and decided that she wanted to use the funds raised to support Tropicana Community Services. As someone who is involved in sports, she determined that the best way for her to contribute was by using her passion for sports and utilizing the proceeds from the fundraiser to purchase sports equipment for Tropicana's youth. Jane reached out to friends and family and invited them to attend her learn to row event which was held on Sunday, November 18, 2018 at Branksome Hall's Athletic & Wellness Centre. During the event, attendees were taught the technique and basics of rowing on an ergometer, in a fun environment.

Jane's event was a great success, resulting in **\$2,000** raised. She used **\$1,500** to purchase sports equipment (including pop up goals, volleyballs, soccer balls, easy score basketball sets, basketballs, and agility training cones for Tropicana) and even purchased bicycle pumps to make the process of inflating the balls easier.

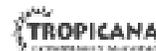
Upon delivery of the items, Jane also presented Tropicana with a **\$500** cheque for the balance of the funds raised. The much needed sports equipment and cheque will be utilized by our youth programs.

*Thank you Jane  
for your generosity!*

# Tropicana's Young Men's Health & Wellness Conference Hits its Stride in *Year 3*



On November 9, 2018, Tropicana's Centre of Excellence was a flurry of activity as 106 young men from grades 7 – 12 walked through the hallways to attend breakout sessions on emotional, physical, financial and sexual wellbeing. This year, Tropicana teamed up with the Toronto District School Board (TDSB) to register their youth for the third annual conference. This field trip included nine participating schools, Bendale Business and Technical Institute, Bliss Carman Senior Public School, David and Mary Thomson Collegiate Institute, Emily Carr Public School, Ionview Public School, Military Trail Public School, Regent Heights Public School, St. Margaret's Public School, and Winston Churchill Collegiate Institute. The day-long conference was witnessed by school guidance counsellors and other TDSB staff who watched their students have multiple "aha" moments as they actively participated in workshops. The conference created an environment where young men from various neighbourhoods were able to access a safe space to address sensitive issues. The tone that was set for the day created comfort and allowed youth to express and share their ideas to help broaden their perspective of being at-risk and residing in priority areas. This conference is an expansion of the ManUp program and welcomes students to partake in this holistic experience to grasp an understanding of these prominent social issues. Funding for this was provided by the City of Toronto.



**YMHC**  
Young Men's Health & Wellness Conference



## WeeSTART launched at Tropicana's Daycare

Tropicana Community Services' successful START for Life program has been modified into a children's program for kids between the ages of 6 – 8 years old enrolled at the daycare centres. **START** for Life is a life skills development program for adults aged 18 years and older. Participants receive an education on enhancing social skills necessary for positive and healthy interpersonal communication, anger-control and decision-making. The program consists of three components: Skills Streaming, Anger Control Training and Moral Reasoning. The **WeeSTART** program varies from the original program in that sessions are shorter and the language and example scenarios are child focused. Each week a new skill is introduced to the young participants, such as "Joining In", which the students learned in week two. Facilitators Melanie Beckford (*right*) and Trecea Lamey (*left*) taught the youth the ABC's of Anger, Act – the action, Behaviour – respond to action (positively or negatively) and Consequence – leads to positive or negative outcome and for each letter the kids gave examples to further strengthen the lesson. After learning the skill of the week, the children break-up into smaller teams and practice the skill through role playing.

The 10-week program was made possible through funding from the Cornelis Van de Graaf and Terence Clarkson Foundation c/o Toronto Foundation.



# TROPICANA'S DAYCARE CENTRES CELEBRATE 30 YEARS



Tropicana's Children of Tomorrow Daycare Centres opened its doors and welcomed the community to celebrate 30 years of childcare service on October 25, 2018. The evening kicked off with drummers from Caribbean Dance Theatre who greeted guests as they entered John McRae Public School, where the full-day kindergarten and school-age centre runs out of. The infant, toddler and pre-school age centre is located right next door to the public school. Parents and friends of the daycares joined staff in the gymnasium as Board Director, Dr. Alice Bhyat emceed the event. Daycare supervisor, Olive McKenzie (*top left*) took to the stage to address the audience and thank everyone for helping the daycares reach this milestone. The daycare staff is made up of a team of 15 individuals, where more than half have been with Tropicana for over 10 years. To acknowledge this accomplishment, each member of the team was called up to the stage where they were given a certificate recognizing their years of service to the organization. Past staff members were also in attendance for the celebration, including Sue Sedgley, former supervisor for the school age program. Sue retired in 2016 after 28 years of service to Tropicana Community Services.



## TD AUTO FINANCE SPONSORS **15** FAMILIES FOR CHRISTMAS

For the second year in a row, the staff at TD Auto Finance reached out to Tropicana Community Services to help bring cheer, joy and relief to families in need for the holiday season. As in 2017, the team sponsored 15 vulnerable families, with the number of people in the families ranging from two to seven individuals. The staff from TD Auto Finance purchased gifts for each individual in the family, according to their age, gender, sizes and wish lists. The gifts were carefully wrapped and labelled so that the family members could identify the presents that were specially selected for them.

The items were delivered to Tropicana's head office in order that the families could be contacted and given the opportunity to receive their gifts in time for the holidays.

Recipients were overwhelmed and visibly moved by the generosity of the TD team.

Tropicana's Annual Food and Toy Drive takes place in December each year and provides practical and emotional support for families in need. Thanks to the team at TD Auto Finance, 15 families had a much merrier Christmas.





# Events and Programs Blooming at TEC



At Tropicana Employment Centre, we are lucky to have so many opportunities to watch people reach their goals. A recent example is Jordan Cardinell, a graduate of the Pre-Apprenticeship Training Program: Autobody and Collision Damage Repairer. Jordan loved autobody but without any training or experience, he wasn't able to break into the industry. He learned about the pre-apprenticeship program at Tropicana and he decided to try it. Jordan excelled in the program and was the recipient of a \$500 scholarship. Suad Dualeh, the Coordinator of the program was particularly impressed with Jordan's commitment, she said, "Jordan never missed a day during school and his work placement at Assured Automotive. He always came to class prepared and on time and his teachers loved him." Jordan completed his placement and the employer is in the process of sponsoring him as an apprentice. Suad is always delighted by the success of the students in the program and said, "we are so proud when our students exceed far more than what they set out to do." Congratulations Jordan!

2019 is off to a busy start at Tropicana Employment Centre.

### **Here are a few of our upcoming workshops:**

The Second Career Information Session will be held on Tuesday, February 5, 2019, from 10am to 12pm. This session will include information about eligibility and suitability, a basic overview about the financial needs assessment, the return to work action plan, and the application process.

The Job Search, Resume Writing, Cover Letter and Cash Register Workshop will be held on Monday, February 11, 2019

from 10:00am to 3:00pm. This combined workshop gives participants the skills they need to create effective resumes and cover letters that will capture the attention of employers. Additionally, this workshop is designed to help participants gain knowledge in the basic functions of a cash register, customer service skills, basic math skills, credit card and change security. Please note that this workshop is for registered clients only.

The TRIEC Mentorship Information Session will be held on Wednesday, February 13, 2019, from 9:30am to 12 noon. This program assists immigrants with a professional background to reconnect with their career with the support of a mentor who works in their field in Canada. A mentor can help the mentee to understand Canadian industry trends, develop more effective job search strategies, build their professional network, and find ways of leveraging their experience and skills. To be eligible for the program, applicants must have more than two years of international experience in their professional field, have lived in Canada for less than five years, and be unemployed or underemployed and looking to reconnect with their career.

**For more information on any of these workshops, please contact Tropicana Employment Centre at 416-491-7000.**

## GIVE A MONTHLY GIFT TO !

Your monthly donation will make a difference in the lives of youth, newcomers, people of Black and Caribbean heritage and others in need.

You can donate monthly through pre-authorized gifts by credit card (Visa, MasterCard and Amex) or by submitting a void cheque for pre-authorized payments through your bank account.

Simply let us know the amount that you would like to give, and where you would like to designate your gift. Information about your monthly donation can be provided to us by fax, mail, phone, or online through [canadahelps.org](http://canadahelps.org).

*Be sure to include your name, address and telephone number so that we may properly acknowledge your gift and provide you with a charitable tax receipt.*