



# We Change Lives.

## **Employment**

Training, workshops,  
and job search support

## **Life Skills & Self-development**

Support groups, anti-black  
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



Visit [mytropicana.ca](https://mytropicana.ca)  
or call (416) 439-9009 to learn more.

