



# We Change Lives

Our Wellness & Mental Health programs & support services aid individuals (youth and adult) 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/CAC](https://mytropicana.ca/CAC)  
or call (416) 439-9009 to learn more.

