

# Individual & Family Counselling



Tropicana's counselling service provides a safe and confidential space to work on life's challenges. Individuals are allowed to work through issues by identifying aspects of their lives in need of change or exploring ways in which to cope. Through this process of reflection and increased insight, individuals then develop realistic strategies to achieve better situational and life outcomes.

## About the Program

- 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](https://mytropicana.ca/counselling)**



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