

Addressing **ANTI-BLACK RACISM & ITS IMPACT:** A Well-Being Toolkit for Families

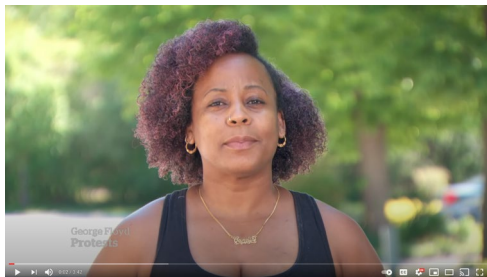


About the Authors

To our Readers:

We hope that you are reading this message in a safe and caring environment, and that you and your loved ones are well.

We are members of The Durham District School Board's (DDSB) Inclusive Student Services (ISS) Department (Social Work and Psychological Services staff) that identify as members of the Black, Latin@ and White communities. Our group was driven to respond to our current racial climate and the fears and concerns being expressed by members of the Black community. This video, aired in June 2020 on CBC News: The National, speaks to the impact that Anti-Black Racism can have on the family as a whole:



Parents face difficult conversations with children after George Floyd's death
[youtube.com/watch?v=m2TCeXitnzM](https://www.youtube.com/watch?v=m2TCeXitnzM)

This Toolkit was developed to provide racially competent resources to Black families; however, we believe that its contents can be beneficial for all communities seeking greater understanding of the impact of Anti-Black Racism. In addition, we wish to highlight our diverse staff and demonstrate our readiness to provide support to all members of the DDSB community.

We hope that this Toolkit will be a useful resource during these challenging times, and look forward to working with you, and for you, in future.

Sincerely,





About this Toolkit

Black families bring their resilience, strength and rich heritage to home life, work, and school each day. Their lived experiences also tell us that they routinely navigate historic and current effects of Anti-Black racism while doing so. The negative and damaging legacy of structural and institutional racism cannot be underscored. For far too long, Black families have had their experiences of discrimination and inequitable treatment invalidated and worse, ignored. Society's efforts to come to terms with this reality, address disparities, and make meaningful and lasting change are necessary and must be ongoing.

In the current climate where public attention to Anti-Black racism, acknowledgement of its impact, and commitment to change has increased significantly, families may find themselves entering into discussions about race and racism more than ever. Users of this Toolkit will find a variety of resources of interest compiled within for easy access by children, youth, and adults. We trust that readers will find inspiration, pride, and dignity about the Black experience reflected in these pages and images. For those seeking other types of support, we have offered a growing list of community-based service providers, located in or near Durham region, that are committed to serving Black and racialized families.

We trust that this resource, respectfully submitted and to be updated regularly, will be helpful to families.



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The resources and links presented in this Toolkit were up-to-date at the time of publication. They are provided for information purposes only and are not intended as medical or other advice. This listing is not comprehensive and should not be interpreted as specific endorsements of the individuals or organizations listed. Individuals or families in crisis should contact their local Distress Centre or seek emergency care as needed.





Glossary of Terms

A helpful guide to some of the terms and phrases you may encounter in this and

other Anti-Black Racism resources: (Sources: Benjamin, 2003; Equity & Inclusive Education

Department, Durham District School Board, 2020; Turner, 2016)

Ally: An ally is a member of a dominant group who acts against oppression out of belief that eliminating oppression will benefit the targets of oppression and dominant group members.

Anti-Black Racism: Anti-Black Racism is defined as policies and practices rooted in Canadian institutions such as education, health care, and justice that mirror and reinforce beliefs, attitudes, prejudice, stereotyping and/or discrimination towards people of Black-African descent.


Anti-Racism: Anti-racism is an action-oriented strategy for systematic change to address racism. Anti-racism mobilizes the skills and knowledge of racialized people in order to work for a distribution of power in organizations and society. It also equips White people with knowledge and skills to acknowledge their own privilege and to work for social change.

Discrimination: The unequal treatment and differential allocation of resources to individuals who are members of particular social groups.

Equity: Refers to the rights of individuals and groups to an equitable share of the resources and influence in society. “Equity” means equitable access and outcomes. Equity work analyzes and challenges unfair systems and practices and works towards the creation of equitable outcomes.

Implicit Bias: A tendency to be for or against something without a reasonable justification. A bias influences an individual’s or group’s ability to evaluate a situation objectively.

Inclusion: Inclusion recognizes, welcomes, and makes space for diversity. Diversity of thought, experiences, skills and talents.



Microaggressions: These are brief, every day, verbal, behavioral and environmental exchanges, both unintentional and intentional, that send disparaging messages to individuals based on their group membership.

Privilege: Privilege refers to unearned power that gives dominant group members economic, social, and political advantages. It can also include rights that are denied to others and should be available to all.

Racial Equity: Racial equity refers to the systemic fair treatment of all people resulting in equitable opportunities and outcomes for everyone. It contrasts with formal equality where people are treated the same without regard for racial differences. Racial equity is a process (such as meaningfully engaging with Indigenous, Black and other racialized employees regarding policies, directives, practices and procedures that affect them) and an outcome (such as equitable representation of Indigenous, Black and other racialized employees at all levels of the organization).

Racism: Those aspects of Canadian society that overtly and covertly attribute value and normality to White people and Whiteness and that devalue, stereotype, and label racialized communities as “other,” different, less than, or render them invisible.

Racial Trauma: Racial trauma is the experience of psychological symptoms such as anxiety, hypervigilance to threat, or lack of hopefulness for one’s future as a result of repeated exposure to racism or discrimination. Symptoms can include depression and angry outbursts, much like what is typically seen in those suffering from PTSD.




Anti-Black Racism and its Impact on Mental Health

The winter of 2020 was unlike any other. COVID-19 was the first issue that confronted us. It arrived with very little warning and continues to disrupt many parts of our lives. We were made to learn about viruses, became more aware of our health and our loved ones' health, and saw our day-to-day lives changed in many ways. And, by spring, as we were all in various stages of adjusting to COVID-19, George Floyd was killed.

George Floyd's death, which was captured on video and broadcast around the world, was a very painful and powerful visual reminder of the existence of Anti-Black Racism and the disregard for Black lives. It brought to the surface our deepest fears for the safety of our own lives, our children's lives and our shared futures. Research has shown that the ongoing effects of witnessing and experiencing racism can trigger an individual, collective or intergenerational traumatic response much like post-traumatic stress (Carter, 2007; Helms, Nicolas, & Green, 2010). Trauma is defined as a response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope (Onderko, 2020). Racial trauma is a form of trauma that arises from repeated exposure to racism or discrimination (Turner, 2016). It, too, can cause feelings of helplessness, hopelessness, and affect sense of self and ability to experience emotions fully. Anti-Black Racism can manifest in various ways and negatively affects not only mental health, but also economic, social and overall well-being. Anti-Black Racism's impact is so detrimental that it has recently been declared a public health crisis by the Canadian Public Health Association (CPHA, 2018). Adults facing continual exposure to racism and racist environments can be at increased risk of experiencing:

- Anxiety and depression
- Trauma (Past and current experiences)
- Existential Questioning (for example, "Why is the world so cruel towards people like me?")
- Panic attacks
- Feelings of powerlessness
- Persistent worrying
- Decreased trust
- Decreased hope



Children and youth are also vulnerable to the effects of Anti-Black Racism. They may experience it first-hand at school and in the community, or indirectly, by hearing about it in adult conversations or witnessing its effects on others. These indirect or 'secondary' experiences may be potentially traumatizing as well. Young people may differ in their abilities to share the impact of their experiences with Anti-Black Racism or to even understand the nature of the microaggressions they experience. Most often the impact of Anti-Black Racism on youth can be seen through changes in their behaviour, for example:

- Changes in play or academic performance
- Reverting to “younger” behaviours
- Reluctance to attend school/school avoidance
- Complaints of bullying
- Withdrawn behaviour or loss of interest in regular activities
- Decreased self-esteem
- Increased anger, worry, fear or loss of hope

Addressing and dismantling Anti-Black Racism requires multi-level approaches, including acknowledgement that Anti-Black Racism exists and negatively affects the general health and well-being of Black-Canadians. A firm commitment to changing systems of power and oppression is needed at governmental, policing/corrections, education, healthcare and community/social services levels (Black Health Alliance, 2020; Government of Ontario, 2020). There are also tools that can be used to fight this fight on an individual level. These include locating safe spaces to process and debrief about Anti-Black racism experiences, parent advocacy for children experiencing difficulties at school, and self-advocacy by adults encountering these difficulties at work or in other settings. There are also numerous resources that can be accessed that can boost self-esteem, increase self-knowledge and foster pride in the histories and achievements of Black peoples. Having opportunities to direct pain in helpful, productive directions is essential (Hardy, 2013). Accessing counselling or other mental health supports may be necessary in some cases to address and reduce suffering from the effects of trauma, and to provide concrete strategies to enhance coping. This Toolkit provides information about Anti-Black Racism educational resources (books, video, and podcasts), self-care and community resources that can support families in their journey.



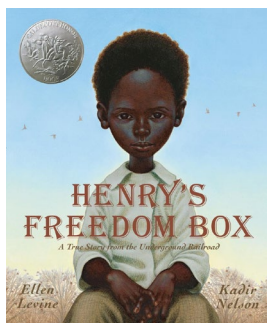
**If we stand tall,
it is because we
stand on the shoulders
of many ancestors.**

African Proverb

Black History- Knowledge is Power!

Below you will find a selection of books that speak to the richness of Black history and the resiliency of its people.

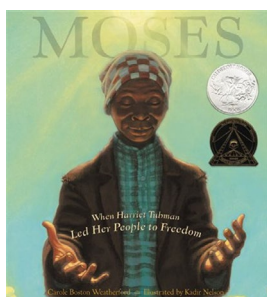
Children's Books



Henry's Freedom Box- A true story of the Underground Railroad by Ellen Levine

A stirring, dramatic story of a slave who mails himself to freedom by a Jane Addams Peace Award-winning author and a Coretta Scott King Award-winning artist. Henry Brown doesn't know how old he is. Nobody keeps records of slaves' birthdays. Then one day, he will mail himself to the North. After an arduous journey in the crate, Henry finally has a birthday - his first day of freedom.

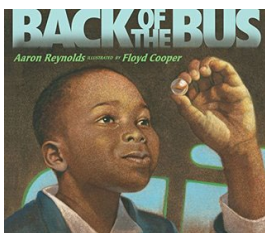
Book Reading: youtube.com/watch?v=L6rf9bxDK1o



Moses: When Harriet Tubman Led Her People To Freedom by Carole Boston Weatherford

Moses: When Harriet Tubman Led Her People to Freedom is an awarded picture book about Harriet Tubman, one of the most inspiring figures of the Underground Railroad. Harriet leaves her family and plantation behind, led by God, to find free land in the north. She takes nothing but her faith and travels through the woods to safety. Along her tiring and long journey, she trusts people who could easily turn her in, sleeps in fear, and most importantly, relies on God. Harriet ultimately escapes the brutal practice of forced servitude and then, after missing and thinking about her family, bravely returns to help many others make the same journey to find freedom.

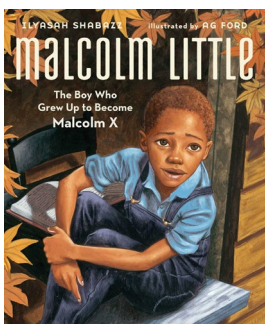
Book Reading: youtu.be/hvuSK59gX-A



Back of the Bus by Aaron Reynolds

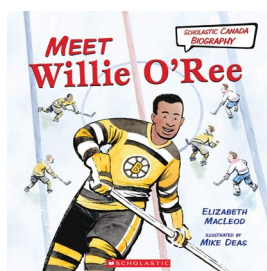
It seems like any other winter day in Montgomery, Alabama. Mama and child are riding where they're supposed to-way in the back of the bus. The boy passes the time by watching his marble roll up and down the aisle with the motion of the bus, until from way up front a big commotion breaks out. He can't see what's going on, but he can see the policeman arrive outside and he can see Mama's chin grow strong. "There you go, Rosa Parks," she says, "stirrin' up a nest of hornets. Tomorrow all this'll be forgot." But they both know differently.

Book Reading: youtu.be/1UopR1H9mUc



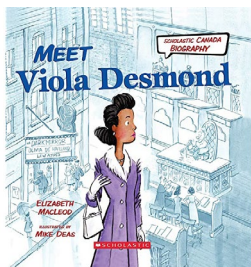
Malcolm Little: The Boy Who Grew Up to Become Malcolm X by Ilyasah Shabazz

Malcolm X grew to be one of America's most influential figures. But first, he was a boy named Malcolm Little. Written by his daughter, this inspiring picture book biography celebrates a vision of freedom and justice. Bolstered by the love and wisdom of his large, warm family, young Malcolm Little was a natural born leader. But when confronted with intolerance and a series of tragedies, Malcolm's optimism and faith were threatened. He had to learn how to be strong and how to hold on to his individuality. He had to learn self-reliance.



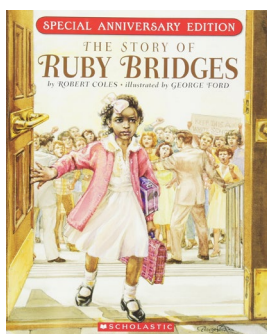
Meet Willie O'Ree by Elizabeth MacLeod

On January 18, 1958, Willie O'Ree made history as the first Black player in the NHL when he suited up with the Boston Bruins against the Montreal Canadiens. O'Ree went on to play a total of 45 games with the Bruins, a remarkable achievement considering what he overcame to get there. In addition to dealing with racism, bigotry and name-calling, Willie lived with a secret disability: he was blind in one eye -- a fact he had to keep to himself, or he'd never play in the NHL. Thanks to his relentless positivity and love of the game, Willie's time with the Bruins was only one of his many achievements in hockey.



Meet Viola Desmond by Elizabeth Macleod

On the night of November 8th 1946, Nova Scotia businesswoman Viola Desmond stood up for her right to be in the “unofficial” whites-only section of a New Glasgow movie theatre... and was arrested for it. Viola took her quest for the right to freedom from discrimination to the courts. While she ultimately did not succeed, she was a beacon to other early civil-rights activists. Her sister Wanda worked hard to promote Viola’s legacy, which has been finally honoured by Viola’s inclusion on the new Canadian \$10 bill.



The Story of Ruby Bridges by Robert Coles

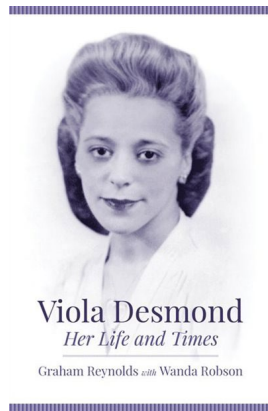
The year is 1960, and six-year-old Ruby Bridges and her family have recently moved from Mississippi to New Orleans in search of a better life. When a judge orders Ruby to attend first grade at William Frantz Elementary, an all-white school, Ruby must face angry mobs of parents who refuse to send their children to school with her.

Book Reading: <https://youtu.be/U8D4ldGY41s>

PDF: lrobisonnet.weebly.com/uploads/2/1/3/0/21304206/the_story_of_ruby_bridges_-_a4_-_robert_coles.pdf

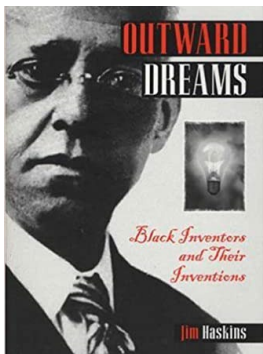


Adult Books



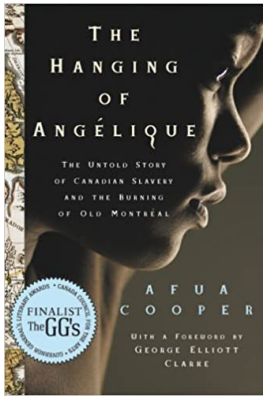
Viola Desmond: Her Life and Times by Graham Reynolds with Wanda Robson

Authors Graham Reynolds and Wanda Robson (Viola's sister) look beyond the theatre incident and provide new insights into her life. They detail not only her act of courage in resisting the practice of racial segregation in Canada, but also her extraordinary achievement as a pioneer African Canadian businesswoman. In spite of the widespread racial barriers that existed in Canada during most of the twentieth century, Viola Desmond became the preeminent Black beauty culturist in Canada, establishing the first Black beauty studio in Halifax and the Desmond School of Beauty Culture.



Outward Dreams: Black Inventors and Their Inventions by Jim Haskins

Here are the stories of African-American inventors who persevered, both before and after the Civil War, during a time when educational disadvantages and prejudice stood in their paths. Includes an extensive list of black inventors and their inventions.



The Hanging of Angélique: The Untold Story of Canadian Slavery and the Burning of Old Montréal by Afua Cooper

During the night of April 10, 1734, Montréal burned. Marie-Joseph Angélique, a twenty-nine-year-old slave, was arrested, tried, and found guilty of starting the blaze that consumed forty-six buildings. Suspecting that she had not acted alone and angered that she had maintained her innocence, Angélique's condemners tortured her after the trial. She confessed but named no accomplices. Before Angélique was hanged, she was paraded through the city. Afterward, her corpse was burned. Angélique, who had been born in Portugal, faded into the shadows of Canadian history, vaguely remembered as the alleged arsonist behind an early catastrophic fire... The result of fifteen years of research, *The Hanging of Angélique* vividly tells the story of this strong-willed woman. Afua Cooper draws on extensive trial records that offer, in Angélique's own words, a detailed portrait of her life and a sense of what slavery was like in Canada at the time. Predating other first-person accounts by more than forty years, these records constitute what is arguably the oldest slave narrative in the New World...Cooper sheds new light on the largely misunderstood or ignored history of slavery in Canada. She refutes the myth that Canada was a haven at the end of the Underground Railroad. Cooper also provides a context for Canada in the larger picture of transatlantic slavery while re-creating the tragic life of one woman who refused to accept bondage.



Videos

Black History in Canada: A Rich History

A collection of films by distinguished Black filmmakers, creators, and allies. A selection from a group of NFB films that portray the multi-layered lives of Canada's diverse Black communities. The incredible stories of strength, courage and perseverance in the face of adversity that these films present are not often found in mainstream history books.

NFB of Canada Website: nfb.ca/playlist/nfb_celebrates_black_history_month/

Joe by Jill Haras

Ages 10+. This animated short tells the story of Seraphim “Joe” Fortes, one of Vancouver’s most beloved citizens. Born in the West Indies, Joe Fortes swam in English Bay for over more than 30 years. A self-appointed lifeguard at first, he became so famous that the city of Vancouver finally rewarded him with a salary for doing what he loved best. He taught thousands of people to swim and saved over a hundred lives. Yet there were some who did not respect him because of his skin colour. Through his determination, kindness and love for children, Joe helped shift attitudes.

NFB of Canada Website: nfb.ca/film/joe/

Harry Jerome : The Fastest Man on Earth by Ileana Pietrobruno

Ages 9-12. This short film is a condensed version of our feature documentary Mighty Jerome, made especially for elementary and middle-school classes. Canadian athlete Harry Jerome overcame racism to reach the height of track-and-field success. When an injury ended his career, Jerome continued training and went on to achieve one of the greatest comebacks in sports history.

NFB of Canada Website: nfb.ca/film/harry_jerome_edu/



Speak It! From the Heart of Black Nova Scotia by Sylvia Hamilton

Ages 12-17. In their predominantly white high school in Halifax, a group of black students face daily reminders of racism, ranging from abuse (racist graffiti on washroom walls), to exclusion (the omission of black history from textbooks). They work to establish a Cultural Awareness Youth Group, a vehicle for building pride and self-esteem through educational and cultural programs. With help from mentors, they discover the richness of their heritage and learn some of the ways they can begin to effect change.

NFB of Canada Website: nfb.ca/film/speak_it_from_heart_of_black_nova_scotia/

Journey to Justice by Roger McTair

Ages 12-17. This documentary pays tribute to a group of Canadians who took racism to court. They are Canada's unsung heroes in the fight for Black civil rights. Focusing on the 1930s to the 1950s, this film documents the struggle of six people who refused to accept inequality. Featured here, among others, are Viola Desmond, a woman who insisted on keeping her seat at the Roseland movie theatre in New Glasgow, Nova Scotia in 1946 rather than moving to the section normally reserved for the city's Black population, and Fred Christie, who took his case to the Supreme Court after being denied service at a Montreal tavern in 1936. These brave pioneers helped secure justice for all Canadians. Their stories deserve to be told.

NFB of Canada Website: nfb.ca/film/journey_to_justice/

True North: Inside the Rise of Toronto Basketball by Ryan Sidhoo

On the heels of the Toronto Raptors' historic NBA Championship and the record-setting number of Canadian draft picks, the Toronto hoop dream is more alive than ever. In this feature-length doc, director Ryan Sidhoo shines the spotlight on 12-year-old Elijah Fisher, 15-year-old Keone Davis and 18-year-old Cordell Veira as they navigate today's youth basketball machine in pursuit of their own NBA dreams.

NFB of Canada Website: nfb.ca/film/true-north-the-feature/



Remember Africville by Shelagh Mackenzie

Ages 13-18. This short film depicts Africville, a small black settlement that lay within the city limits of Halifax, Nova Scotia. In the 1960s, the families there were uprooted and their homes demolished in the name of urban renewal and integration. More than 20 years later, the site of the community of Africville is a stark, under-utilized park. Former residents, their descendants and some of the decision-makers speak out and, with the help of archival photographs and films, tell the story of that painful relocation.

NFB of Canada Website: [nfb.ca/playlist/nfb_celebrates_black_history_month/](https://www.nfb.ca/playlist/nfb_celebrates_black_history_month/)

The Road Taken by Selwyn Jacob

Ages 14-17. This 1996 documentary takes a nostalgic ride through history to present the experiences of Black sleeping-car porters who worked on Canada's railways from the early 1900s through the 1960s. There was a strong sense of pride among these men and they were well-respected by their community. Yet, harsh working conditions prevented them from being promoted to other railway jobs until finally, in 1955, porter Lee Williams took on the fight of union.

NFB of Canada Website: https://www.nfb.ca/film/road_taken/





**Ignorance, allied
with power, is the
most ferocious enemy
justice can have.**

James Baldwin

Anti-Black Racism:

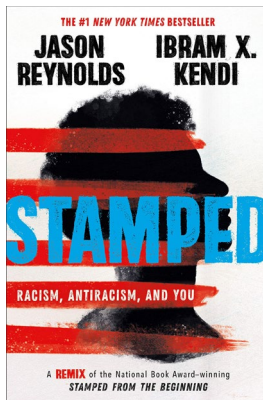
Understanding the Issues and Impact

Anti-Black Racism is defined as policies and practices rooted in Canadian institutions such as education, health care, and justice that mirror and reinforce beliefs, attitudes, prejudice, stereotyping and/or discrimination towards people of Black-African descent.

The term 'Anti-Black Racism' was first expressed by Dr. Akua Benjamin (2003), a Ryerson University Social Work Professor. It seeks to highlight the unique nature of systemic racism on Black Canadians as well as the history and experiences of slavery and colonization of people of Black-African descent in Canada.

The following selection of materials (see descriptions provided by their publishers) will provide further foundational information about Anti-Black Racism for new and experienced readers alike.

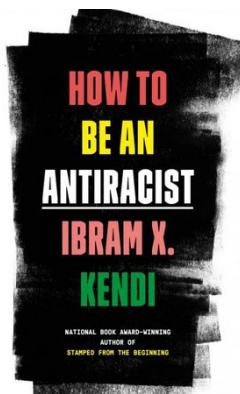
Youth/Adult Books



Stamped: Racism, Antiracism, And You by Jason Reynolds and Ibram X. Kendi

This is NOT a history book. This is a book about the here and now. A book to help us better understand why we are where we are. A book about race.

The construct of race has always been used to gain and keep power, to create dynamics that separate and silence. This remarkable reimagining of Dr. Ibram X. Kendi's National Book Award-winning *Stamped from the Beginning* reveals the history of racist ideas in America, and inspires hope for an antiracist future. It takes you on a race journey from then to now, shows you why we feel how we feel, and why the poison of racism lingers. It also proves that while racist ideas have always been easy to fabricate and distribute, they can also be discredited...Through a gripping, fast-paced, and energizing narrative written by beloved award-winner Jason Reynolds, this book shines a light on the many insidious forms of racist ideas– and on ways readers can identify and stamp out racist thoughts in their daily lives.



How to Be an AntiRacist by Ibram X. Kendi

"We are either racist or antiracist, there is nothing in between...the good news is that racist and antiracist are not fixed identities. We can be a racist one minute and an antiracist the next. What we say about race, what we do about race, in each moment, determines what -- not who -- we are."

- Ibram X. Kendi, PhD

Ibram X. Kendi's concept of antiracism reenergizes and reshapes the conversation about racial justice in America--but even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. Instead of working with the policies and system we have in place, Kendi asks us to think about what an antiracist society might look like, and how we can play an active role in building it.

In his memoir, Kendi weaves together an electrifying combination of ethics, history, law, and science--including the story of his own awakening to antiracism--bringing it all together in a cogent, accessible form. He begins by helping us rethink our most deeply held, if implicit, beliefs and our most intimate personal relationships (including beliefs about race and IQ and interracial social relations) and reexamines the policies and larger social arrangements we support. How to Be an Antiracist promises to become an essential book for anyone who wants to go beyond an awareness of racism to the next step of contributing to the formation of a truly just and equitable society.

Essential Marlon James, Winner of the Man Booker Prize 2015

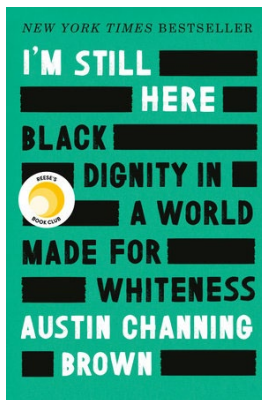


Why I'm No Longer Talking To White People About Race by Reni Eddo-Lodge

"Every voice raised against racism chips away at its power. We can't afford to stay silent. This book is an attempt to speak."

- Reni Eddo-Lodge

The book that sparked a national conversation. Exploring everything from eradicated black history to the inextricable link between class and race, *Why I'm No Longer Talking to White People About Race* is the essential handbook for anyone who wants to understand race relations in Britain today.

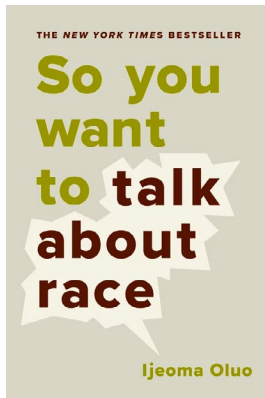


I'm Still Here: Black Dignity in A World Made for Whiteness by Austin Channing Brown

"When you believe niceness disproves the presence of racism, it's easy to start believing bigotry is rare, and that the label racist should be applied only to mean-spirited, intentional acts of discrimination. The problem with this framework—besides being a gross misunderstanding of how racism operates in systems and structures enabled by nice people—is that it obligates me to be nice in return, rather than truthful. I am expected to come closer to the racists. Be nicer to them. Coddle them."

- Channing Austin Brown

In a time when nearly all institutions (schools, churches, universities, businesses) claim to value "diversity" in their mission statements, *I'M STILL HERE* is a powerful account of how and why our actions so often fall short of our words. Austin writes in breathtaking detail about her journey to self-worth and the pitfalls that kill our attempts at racial justice, in stories that bear witness to the complexity of America's social fabric--from Black Cleveland neighborhoods to private schools in the middle-class suburbs, from prison walls to the boardrooms at majority-white organizations.

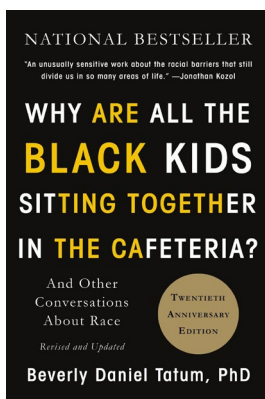


So You Want to Talk About Race by Ijeoma Oluo

"When we identify where our privilege intersects with somebody else's oppression, we'll find our opportunities to make real change." - Ijeoma Oluo

Widespread reporting on aspects of white supremacy — from police brutality to the mass incarceration of Black Americans — has put a media spotlight on racism in our society. Still, it is a difficult subject to talk about. How do you tell your roommate her jokes are racist? Why did your sister-in-law take umbrage when you asked to touch her hair — and how do you make it right? How do you explain white privilege to your white, privileged friend?

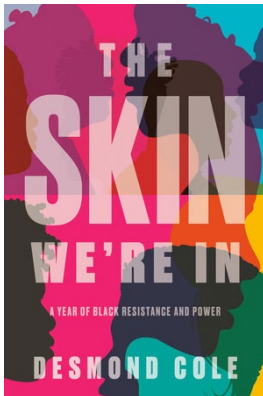
In *So You Want to Talk About Race*, Ijeoma Oluo guides readers of all races through subjects ranging from intersectionality and affirmative action to "model minorities" in an attempt to make the seemingly impossible possible: honest conversations about race and racism, and how they infect almost every aspect of American life.



Why Are All the Black Kids Sitting Together in the Cafeteria? by Beverly Daniel Tatum, PhD

"The task of resisting our own oppression does not relieve us of the responsibility of acknowledging the complicity in the oppression of others." - Beverly Daniel Tatum, PhD

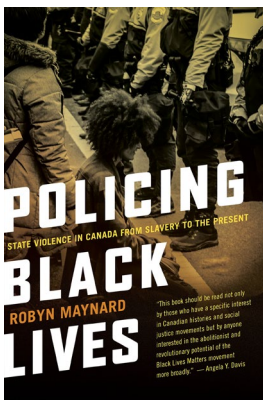
Walk into any racially mixed high school and you will see Black, White, and Latino youth clustered in their own groups. Is this self-segregation a problem to address or a coping strategy? Beverly Daniel Tatum, a renowned authority on the psychology of racism, argues that straight talk about our racial identities is essential if we are serious about enabling communication across racial and ethnic divides. These topics have only become more urgent as the national conversation about race is increasingly acrimonious. This fully revised edition is essential reading for anyone seeking to understand the dynamics of race in America.



The Skin We're In by Desmond Cole

"This idea that Canada's racial injustices are not as bad as they could be, this notion of Slavery Lite, of Racism Lite... Passive-aggressive racism is central to Canada's national mythology and identity" - Desmond Cole

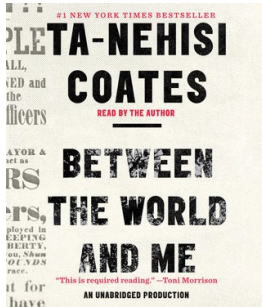
A bracing, provocative, and perspective-shifting book from one of Canada's most celebrated and uncompromising writers, Desmond Cole. *The Skin We're In* will spark a national conversation, influence policy, and inspire activists. In his 2015 cover story for *Toronto Life* magazine, Desmond Cole exposed the racist actions of the Toronto police force, detailing the dozens of times he had been stopped and interrogated under the controversial practice of carding. The story quickly came to national prominence, shaking the country to its core and catapulting its author into the public sphere. Cole used his newfound profile to draw insistent, unyielding attention to the injustices faced by Black Canadians on a daily basis.



Policing Black Lives: State Violence in Canada from Slavery to the Present by Robyn Maynard

"...the number of enslaved people in Canada was always lower, and the economy less reliant on slave labour than other parts of the Americas and the Caribbean. These distinctions have underpinned the assumption in some existing scholarship that enslavement in Canada was relatively benign...[but] the inferiority ascribed to Blackness in this era would affect the treatment of Black persons living in Canada for centuries to come." - Robyn Maynard

Delving behind Canada's veneer of multiculturalism and tolerance, *Policing Black Lives* traces the violent realities of anti-blackness from the slave ships to prisons, classrooms and beyond. Robyn Maynard provides readers with the first comprehensive account of nearly four hundred years of state-sanctioned surveillance, criminalization and punishment of Black lives in Canada.



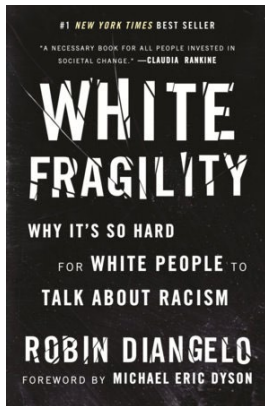
Between the World and Me by Ta-Nehisi Coates

"But you are a black boy, and you must be responsible for your body in a way that other boys cannot know." - **Ta-Nehisi Coates**

In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis.

Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden?...Between the World and Me is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son...Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, Between the World and Me clearly illuminates the past, bracingly confronts our present, and offers a transcendent vision for a way forward.





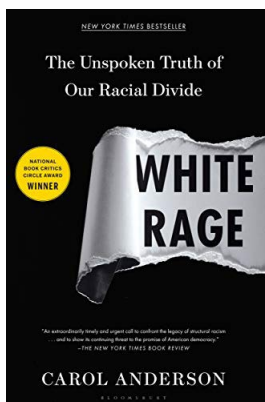
White Fragility: Why It's So Hard For White People To Talk About Racism by Robin DiAngelo

"I repeat: stopping our racist patterns must be more important than working to convince others that we don't have them. We do have them, and people of color already know we have them; our efforts to prove otherwise are not convincing. An honest accounting of these patterns is no small task given the power of white fragility and white solidarity, but it is necessary."

- Robin DiAngelo

In this "vital, necessary, and beautiful book" (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and "allows us to understand racism as a practice not restricted to 'bad people'" (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.





White Rage: The Unspoken Truth of Our Racial Divide by Carol Anderson

"The trigger for white rage, inevitably, is black advancement. It is not the mere presence of black people that is the problem; rather, it is blackness with ambition, with drive, with purpose, with aspirations, and with demands for full and equal citizenship." - **Carol Anderson**

From the Civil War to our combustible present, acclaimed historian Carol Anderson reframes our continuing conversation about race, chronicling the powerful forces opposed to black progress in America...As Ferguson, Missouri, erupted in August 2014, and media commentators across the ideological spectrum referred to the angry response of African Americans as "black rage," historian Carol Anderson wrote a remarkable op-ed in The Washington Post suggesting that this was, instead, "white rage at work. With so much attention on the flames," she argued, "everyone had ignored the kindling."..."Carefully linking these and other historical flashpoints when social progress for African Americans was countered by deliberate and cleverly crafted opposition, Anderson pulls back the veil that has long covered actions made in the name of protecting democracy, fiscal responsibility, or protection against fraud, rendering visible the long lineage of white rage. Compelling and dramatic in the unimpeachable history it relates, White Rage will add an important new dimension to the national conversation about race in America.

Articles

Healing the Hidden Wounds of Racial Trauma

Website: static1.squarespace.com/static/545cdfcce4b0a64725b9f65a/t/54da3451e-4b0ac9bd1d1cd30/1423586385564/Healing.pdf

We Don't Farm Because It's Trendy; We Farm as Resistance, Healing and Sovereignty

Website: ehn.org/black-farming-food-sovereignty-2645479216.html?rebellitem=5&fbclid=IwAR1a5ZTVI7FWd6_QotmRzC9tSxC7G9o1_e9oKaI9JDYWKYGHMvf2YUO6zrI#rebellitem5?rebellitem=5

Videos

TED Talks: Ideas about Race playlist

Website: ted.com/topics/race

Podcasts

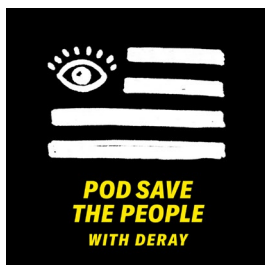
The selection of podcasts below will provide informative listening about historical and current issues facing Black people in the United States, Canada, and elsewhere.



About Race with Reni Eddo Lodge

Website: aboutracepodcast.com/

From the author behind the bestselling [Why I'm No Longer Talking to White People About Race](#) comes a podcast that takes the conversation a step further. Featuring key voices from the last few decades of anti-racist activism, About Race with Reni Eddo-Lodge looks at the recent history that led to the politics of today. Join the conversation using the hashtag.



Pod Save the People

Website: podcasts.apple.com/us/podcast/pod-save-the-people/id1230148653

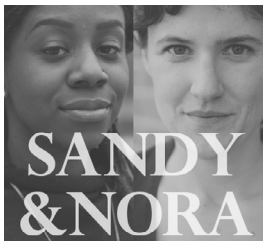
Organizer and activist DeRay Mckesson explores news, culture, social justice, and politics with analysis from Sam Sinyangwe, Kaya Henderson, and De'Ara Balenger. Then he sits down for deep conversations with experts, influencers, and diverse local and national leaders. New episodes every Tuesday.



Intersectionality Matters

Website: soundcloud.com/intersectionality-matters

Description from the website: Intersectionality Matters! is a podcast hosted by Kimberlé Crenshaw, an American civil rights advocate and a leading scholar of critical race theory.



Sandy and Nora Talk Politics

Website: sandyandnora.com/episodes/

Sandy and Nora talk politics, radical social change, what's currently wrong with the Left and what must happen to make it right.



The Secret Life of Canada

Website: cbc.ca/radio/podcasts/documentaries/

The Secret Life of Canada is a history podcast about the country you know and the stories you don't. A podcast that looks at all the people, places and events regularly left out of Canadian history.





**Racism is still with us.
But it is up to us
to prepare our children
for what they have
to meet, and, hopefully,
we shall overcome.**

Rosa Parks



Tips for 'The Talk': Strategies and Resources for Anti-Black Racism Discussions with your Child

For Black caregivers, engaging in conversations about race is not an option. Whether these conversations are regularly occurring in your home or you are starting to embark on this journey, these discussions can be difficult to navigate because of the complexities of racism and the pain that can be evoked. For some caregivers, these can be challenging conversations that may trigger past or current trauma surrounding personal encounters with racism. Given the current racial climate, it is a critical time to create a space and invite the conversation at home.

Black caregivers have the daunting task of equipping their children with the knowledge and tools required in order to navigate and confront Anti-Black racism. As a caregiver, you may be grappling with how or when to begin this conversation, as well as how to access age-appropriate content and materials. We do know that thoughtfully discussing these important topics in an open and honest way is beneficial for children (Anderson & Dougé, 2020). Preparing oneself to enter these conversations so that reflections and feelings of safety are prioritized for caregiver and child is also important. Care must be taken to shield or reduce exposure to images or information that children and youth are not yet equipped to handle. Resources presented in this section will support parents in initial or ongoing discussions with their children about Anti-Black Racism. It offers a variety of books, articles and videos that will help support and facilitate meaningful conversations.

Articles

Parenting While Black And Starting The Conversation On Racism With Your Kids

cbc.ca/parents/learning/view/parenting-while-black-and-starting-conversation-racism-with-your-kids?utm_campaign=later-linkinbio-byblacks&utm_content=later-7620736&utm_medium=social&utm_source=instagram

How to Talk to Kids about Racism: An Age-by-Age Guide

todaysparent.com/family/parenting/how-to-talk-to-kids-about-racism-an-age-by-age-guide/



George Floyd, Ahmaud Arbery, Breonna Taylor. What Do We Tell Our Children?

beaconjournal.com/news/20200604/george-floyd-ahmaud-arbery-breonna-taylor-what-do-we-tell-our-children

I'm Black, I'm Proud And I Broke Down In Front Of My Child Last Week

cbc.ca/parents/learning/view/im-black-im-proud-and-i-broke-down-in-front-of-my-child-last-week

When George Floyd Called For His Mama, I Felt Pain — Because I'm Someone's Mama

cbc.ca/parents/learning/view/when-george-floyd-called-for-his-mama-i-felt-pain-because-im-someones-mama

It's OK For Me To Want A Future For My Black Child

cbc.ca/parents/learning/view/black-lives-matter-raising-a-daughter-to-be-ok-with-her-feeling

Our Family 'Sees Race' Because It's Important For Our Child

cbc.ca/parents/learning/view/why-racial-colour-blindness-is-not-for-this-family

How to Talk to Multiracial Kids About Race

kqed.org/news/11824154/how-to-talk-to-multiracial-kids-about-race

How to Talk to Kids about Race and Racism

today.com/parenting-guides/how-talk-kids-about-race-racism-t179138

'You Don't Look Black': How I'm Talking To My Kids About Being Mixed Race

cbc.ca/parents/learning/view/talking-to-my-kids-about-being-mixed-race

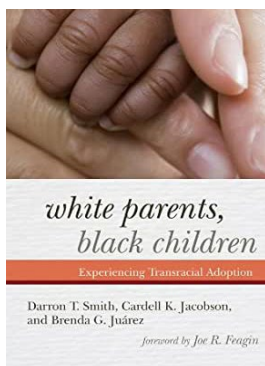
How to Help Multiracial Kids Establish Their Identity

parents.com/parents-latina-magazine/how-to-help-multiracial-kids-establish-their-identity/

My Wife Is Black. My Son Is Biracial. But White Supremacy Lives Inside Me

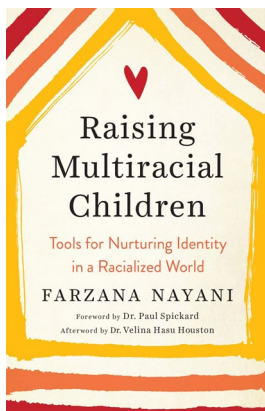
wbur.org/cognoscenti/2020/06/22/protests-george-floyd-racism-haiti-children-calvin-hennick

Children's Books



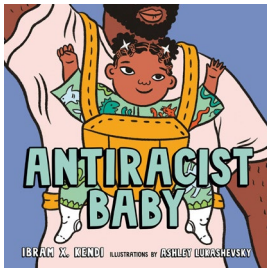
White Parents Black Children Experiencing Transracial Adoption by Darron T. Smith, Cardell K. Jacobson, and Brenda G. Juárez

This book looks at the difficult issue of race in transracial adoptions—particularly the adoption by white parents of children from different racial and ethnic groups, including racial issues that are often difficult for families to talk about, raising Multiracial Children.



Raising Multiracial Children by Farzana Nayani

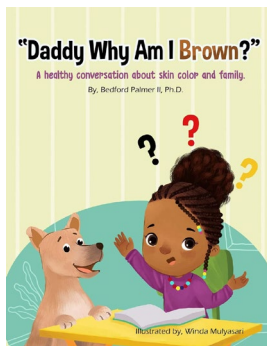
Raising Multiracial Children gives caregivers the tools for exploring race with their children, offering practical guidance on how to initiate conversations; consciously foster racial identity development; discuss issues like microaggressions, intersectionality, and privilege; and intentionally cultivate a sense of belonging. It provides an overview of key issues and current topics relevant to raising multiracial children and offers strategies and developmentally appropriate milestones from infancy through adulthood. The book ends with resources and references for further learning and exploration.



Anti-Racist Baby by Ibram X. Kendi

From the National Book Award-winning author of *Stamped from the Beginning* and *How to Be an Antiracist* comes a new 9x9 picture book that empowers parents and children to uproot racism in our society and in ourselves, now with added discussion prompts to help readers recognize and reflect on bias in their daily lives.

Read Aloud: youtube.com/watch?v=Qw3DjP7HSts



"Daddy Why Am I Brown?": A Healthy Conversation about Skin Color and Family by Bedford Palmer & Winda Mulyasari

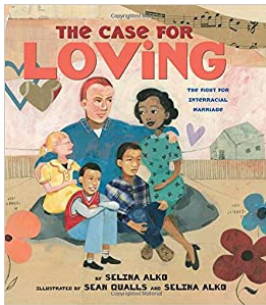
Joy lives in a diverse world and comes from a multicultural family. It is only natural for her to have some questions. Join Joy as she learns how to describe skin color, and about how her skin color can tell her about where her family is from, but not really about who they are. "Daddy Why Am I Brown?" is meant to be a starter conversation on how kids can learn to talk about skin color in a way that is kind, thoughtful, and healthy. And in the process, they learn a little bit about how to understand the difference between race, ethnicity, and culture.



Let The Children March by Monica Clark-Robinson

In 1963 Birmingham, Alabama, thousands of African American children volunteered to march for their civil rights after hearing Dr. Martin Luther King Jr. speak. They protested the laws that kept black people separate from white people. Facing fear, hate, and danger, these children used their voices to change the world.

Book Reading: youtube.com/watch?v=bnptqGnM4xQ



The Case for Loving: The Fight for Interracial Marriage **by Selina Alko**

For most children these days it would come as a great shock to know that before 1967, they could not marry a person of a race different from their own. That was the year that the Supreme Court issued its decision in *Loving v. Virginia*. This is the story of one brave family: Mildred Loving, Richard Perry Loving, and their three children. It is the story of how Mildred and Richard fell in love, and got married in Washington, D.C. But when they moved back to their hometown in Virginia, they were arrested (in dramatic fashion) for violating that state's laws against interracial marriage. The Lovings refused to allow their children to get the message that their parents' love was wrong and so they fought the unfair law, taking their case all the way to the Supreme Court and won!

Read Aloud: youtube.com/watch?v=PNC70iCj4ms&t=106s





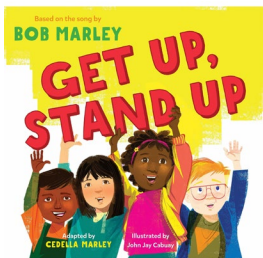
Something Happened in Our Town

by Marianne Celano, Ann Hazzard and Marietta Collins

Something Happened in our Town follows two families — one White, one Black — as they discuss a police shooting of a Black man in their community. The story aims to answer children’s questions about such traumatic events, and to help children identify and counter racial injustice in their own lives.

Read Aloud: safeshare.tv/x/ss5ee90513efb4f#edit

CNN and Sesame Street: CNN’s Van Jones and Erica Hill partner with “Sesame Street” for Coming Together: Standing Up to Racism, a town hall for kids and families: cnn.com/2020/06/06/app-news-section/cnn-sesame-street-race-town-hall-app-june-6-2020-app/index.html



Get Up, Stand Up by Bob Marley, Cedella Marley, and John Jay Cabuay

The third picture book adaptation of one of Bob Marley’s beloved songs that has a timely message for children: To counter injustice, lift others up with kindness and courage... A heartfelt and meaningful book that brings Bob Marley’s music to life in a new way: As a young girl goes on with her day in school, she comes across several instances of teasing and intimidation. But with loving action and some help from her friends, she’s able to make things right for herself and others.

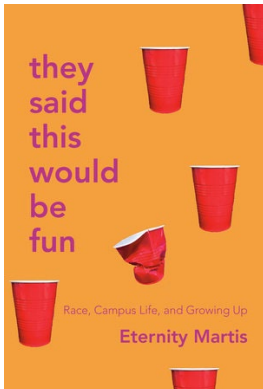
Teens Youth and Young Adults



The Hate U Give by Angie Thomas

Sixteen-year-old Starr Carter moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Khalil was unarmed. Soon afterward, his death is a national headline. Some are calling him a thug, maybe even a drug dealer and a gangbanger. Protesters are taking to the streets in Khalil's name. Some cops and the local drug lord try to intimidate Starr and her family. What everyone wants to know is: what really went down that night? And the only person alive who can answer that is Starr. But what Starr does—or does not—say could upend her community. It could also endanger her life.





They Said This Would Be Fun by Eternity Martis

A powerful, moving memoir about what it's like to be a student of colour on a predominantly white campus...A booksmart kid from Toronto, Eternity Martis was excited to move away to Western University for her undergraduate degree. But as one of the few Black students there, she soon discovered that the campus experiences she'd seen in movies were far more complex in reality. Over the next four years, Eternity learned more about what someone like her brought out in other people than she did about herself. She was confronted by white students in blackface at parties, dealt with being the only person of colour in class and was tokenized by her romantic partners. She heard racial slurs in bars, on the street, and during lectures. And she gathered labels she never asked for: Abuse survivor. Token. Bad feminist. But, by graduation, she found an unshakeable sense of self--and a support network of other women of colour...Using her award-winning reporting skills, Eternity connects her own experience to the systemic issues plaguing students today. It's a memoir of pain, but also resilience."

Videos

11 year old Marley Dias talks institutional racism

For 11-year-old Marley Dias, the call to activism began with books. Frustrated by not seeing other Black girls as the main characters in the books in her school library, she decided to take action and make a change.

youtube.com/watch?feature=youtu.be&v=4M-5V8uUtKA

Kujo's Kids Zone- Mini Episode 17- Black Lives Matter

Educational-YouTube series for children discussing an array of wellbeing and social issues.

youtube.com/watch?v=NHaisoNUSFU



**What the
child says, he has
heard at home.**

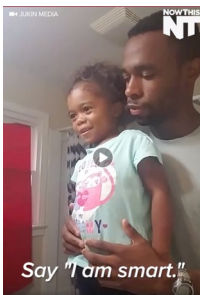
Nigerian Proverb

Resources for Building Children's Positive Self-image, Self-esteem, and Self-love

Love your Melanin!


Children learn about race and culture beginning in early childhood primarily through their parents, conversations that they hear, images that they see around them, media and the school environment. It is so important for children to see themselves represented in positive ways in society and celebrated for their uniqueness. For Black children, however, this is not always the case. They may too often receive negative messages about the colour of their skin or the texture of their hair and develop negative self-perceptions as a result. As part of media coverage of racial incidents here in Canada and around the world, children may come into contact with distressing images of people who look just like them or members of their family. If not supported, their thoughts and feelings about themselves and others can be negatively affected, and risks to their mental health and well-being increase.

Fostering a positive racial identity in black children is crucial and can be done in a variety of ways. Reading is an excellent, child-friendly way of learning about the world around them. Seeing representations of themselves as lead characters, in prominent professions, and with various skin tones, shapes and unique features will instill and restore pride and confidence in their identities. Reading books with your child is an important means of beginning and continuing to have conversations about race and ethnicity.



Daily affirmations are another way to bolster confidence and self-esteem in children. Creating a daily routine of having your child repeat the affirmation after you, teaches them self-love, to have pride in themselves, and most of all, to believe in themselves!

Here is an example of a routine that a father created for his young daughter: [facebook.com/watch/?v=1171123669644422](https://www.facebook.com/watch/?v=1171123669644422)



Below, you will find a compilation of children's books and videos. These materials can lead discussions with children around loving and advocating for themselves, as well as building positive racial identities.

Many of the children's books can be found at the following bookstores:

A Different Booklist

779 Bathurst Street, Toronto ON

Website: adifferentbooklist.com

Telephone: 416-538-0889

Knowledge Bookstore

177 Queen Street West, Brampton ON

Website: knowledgebookstore.com

Telephone: 905-459-9875

Nile Valley Books

1921 Gerrard Street East, Toronto ON

Telephone: (416) 686-7441

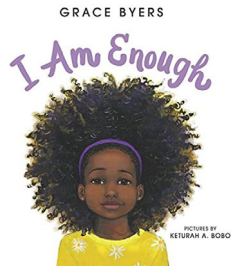
Notability

Website: notability.ca/

Telephone: (416) 389-5973



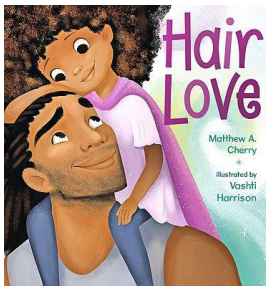
Children's Resources



I am Enough by Grace Byers

This gorgeous, lyrical ode to loving who you are, respecting others, and being kind to one another comes from Empire actor and activist Grace Byers and talented newcomer artist Keturah A. Bobo. We are all here for a purpose. We are more than enough. We just need to believe it.

Read Aloud: youtube.com/watch?v=Mp4GZ1I0pfY



Hair Love: A Short Film by Sony Pictures, based on the book by Matthew A. Cherry

Seven-year-old Zuri attempts to style her thick, kinky hair while watching an instructional video narrated by her mother (Issa Rae). Her father, Stephen, attempts to help her and, after much effort, styles her hair. They enter a hospital room where her mother is wearing a scarf and sitting in a wheelchair. Her mother removes her scarf to reveal that her head is completely bald, the result of chemotherapy for cancer. The family members hug each other and return home together.

Film: youtube.com/watch?v=kNw8V_Fkw28

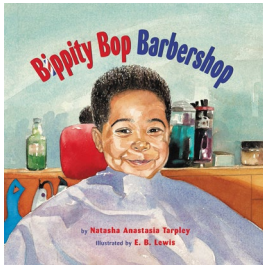
Read Aloud: youtube.com/watch?v=eCgwAJ6SO1M



Don't Touch My Hair by Sharee Miller

It seems that wherever Aria goes, someone wants to touch her hair. In the street, strangers reach for her fluffy curls; and even under the sea, in the jungle, and in space, she's chased by a mermaid, monkeys, and poked by aliens...until, finally, Aria has had enough!

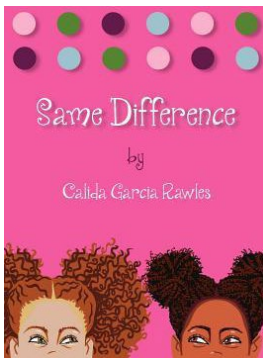
Read Aloud: youtube.com/watch?v=OltfXaBoCb4



Bippity Bop Barbershop by Natasha Anastasia Tarpley

A young boy, Miles, makes his first trip to the barbershop with his father. Like most little boys, he is afraid of the sharp scissors, the buzzing razor, and the prospect of picking a new hairstyle. But with the support of his dad, the barber, and the other men in the barbershop, Miles bravely sits through his first haircut. Written in a reassuring tone with a jazzy beat and illustrated with graceful, realistic watercolors, this book captures an important rite of passage for boys and celebrates African-American identity.

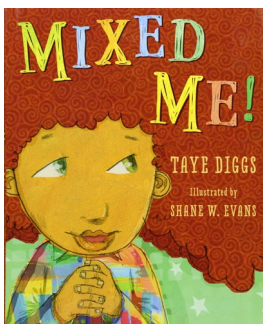
Read Aloud: youtube.com/watch?v=jmDlkrVsnSg



Same Difference by Calida Garcia Rawles

Same Difference is a charming book for young readers (4-8 years olds) that addresses the sensitive and sometimes divisive issues of beauty and identity. It has a lyrical, upbeat air that begs to be read aloud and offers an engaging rhyme pattern for young children.

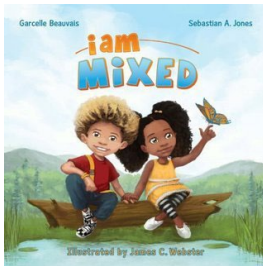
Read Aloud: youtube.com/watch?v=XpSLtVXF0Mc



Mixed Me by Taye Diggs

Mike has awesome hair. He has LOTS of energy! His parents love him. And Mike is a PERFECT blend of the two of them. Still, Mike has to answer LOTS of questions about being mixed. And he does, with LOTS of energy and joy in this charming story about a day in the life of a mixed-race child.

Read Aloud: youtube.com/watch?v=hr4Ufy16HLw



I Am Mixed by Garcelle Beauvais and Sebastian A Jones

Jay and Nia are the children of two worlds. As they'll discover, they can enjoy the best of both. From Mommy's jazz beats to Daddy's classical piano, readers will dance with the twins through a book that explores what it is to be of mixed ancestry.

Read Aloud: youtube.com/watch?v=rgcMWauvRkw

Articles

She Never Wants The Black Doll

cbc.ca/parents/learning/view/she-never-wants-the-black-doll

Teaching My Black Sons: The Affirmations I Use to Create Positive Identity

theeverymom.com/teaching-my-black-sons-the-affirmations-i-use-to-create-positive-identity/

Videos

Christopher Changes His Name by Cilia Sawadogo

This animated short for children tells the story of Christopher, a little boy who didn't want to be called Christopher anymore. Such a common name! When Aunty Gail from Trinidad tells him a story about a Tiger, Christopher changes his name to Tiger. But then he finds a better name. When he has trouble cashing a birthday cheque, he realizes maybe he should stick with his original name... or maybe not?

Part of the Talespinners collection, which uses vibrant animation to bring popular children's stories from a wide range of cultural communities to the screen.

nfb.ca/playlist/nfb_celebrates_black_history_month/

Black Soul by Martine Chartrand

Ages 12-17. Martine Chartrand's animated short dives into the heart of Black culture with an exhilarating trip through history. Watch as a young boy traces his roots through the stories his grandmother shares with him about the events that shaped their cultural heritage.

nfb.ca/playlist/nfb_celebrates_black_history_month/



**Caring for myself
is not self-indulgence,
it is self-preservation,
and that is an act of
political warfare.**

Audre Lorde



Self-Care Tips & Tools for Caregivers

The effects of racism (covert or overt) and microaggressions can affect Black people in many several, many of which may be unconscious. Sometimes we can experience the effects of racism, vicariously, when we hear or see traumatic stories, images, and videos. This can affect us mentally, physically, emotionally and spiritually. Often, we are so busy with our day to day lives and responsibilities that it can feel difficult, and at times, impossible, to engage in self-care. There may also be misconceptions about what self-care involves, as it has been commonly linked to what seem indulgent or luxurious activities (i.e., a day at the spa, a vacation, etc.). In truth, self-care can be far more practical and something that can be embedded into our everyday lives. It is a very person and individual thing, and you may seek out and explore what it means to you and what works well for you. What self-care means and looks like will vary from person to person.

For some, self-care might include any of the following: setting healthy boundaries with the people in your life; getting adequate rest and taking breaks throughout the day; practicing gratitude; spending time with loved ones; engaging in activities that foster a sense of community; staying physically active; limiting exposure to social media and news; making time for solitude; and so forth. Here, we offer some resources, tools and tips as a starting point to support you on your ongoing journey of self-care.

Articles

Racial Stress and Self Care- Parent Tip Tool - How race-related stress affects you and your relationship with your child and what you can do to mitigate against it
apa.org/res/parent-resources/racial-stress-tool-kit.pdf

Self-Care Tips for Black People Who Are Struggling With This Very Painful Week
[vice.com/en_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week](https://www.vice.com/en_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week)

Self Care as an Act of Radical Liberation
compasspoint.org/sites/default/files/documents/HIVE_SelfCare.pdf

Why Self Care is a Critical Component to Racial Justice for Black People
talkspace.com/blog/black-lives-matter-self-care-reimagine/



The First Self-Exploration Card Deck Created by a Black Female Psychologist for Other Women of Color

Psychologist for other women of Colour A therapeutic card deck for Black women, that provides support for self-discovery and addressing mental and emotional health and wellness, key mindset blocks, ineffective habits, and ineffective coping skills.

Order Online: mytherapycards.com/?r_done=1

Restorative Yoga for Ethnic and Race- Based Stress and Trauma



GAIL PARKER, Ph.D.

Forewords by Octavia F. Rahcem
and Amy Wheeler, Ph.D.

BINDING DRAGON

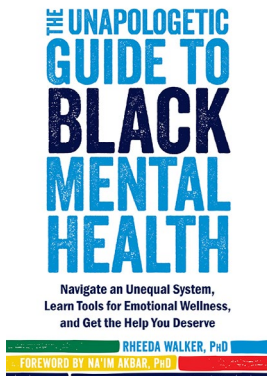
Illustrations by Justine Ross

Restorative Yoga for Ethnic and Race-Based Stress and Trauma

Restorative Yoga that considers the psychological impact of ethnic and race-based stress and trauma. It aids in the process of uncovering, examining, and healing one's own emotional wounds.

Available Online: bookdepository.com/Restorative-Yoga-for-Ethnic-Race-Based-Stress-Trauma-Gail-Parker/9781787751859



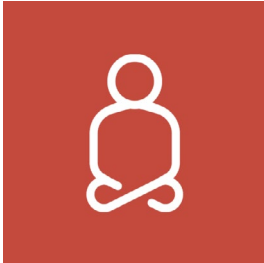


The Unapologetic Guide to Black Mental Health by Rheedra Walker, PhD

We can't deny it any longer: there is a Black mental health crisis in our world today. Black people die at disproportionately high rates due to chronic illness, suffer from poverty, under-education, and the effects of racism. This book is an exploration of Black mental health in today's world, the forces that have undermined mental health progress for African Americans, and what needs to happen for African Americans to heal psychological distress, find community, and undo years of stigma and marginalization in order to access effective mental health care...In *The Unapologetic Guide to Black Mental Health*, psychologist and African American mental health expert Rheedra Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in system steeped in racial bias.



Self-Care Apps



Liberate

Website: liberatemeditation.com/

A meditation app for the Black, Indigenous, and People of Color community. Listen to dozens of guided meditations to ease anxiety, find gratitude, heal internalized racism and micro-aggressions and celebrate Blackness.



Elevate: Mental Health Inspirational Self-Care

Website: [Getelevateapp.com](https://getelevateapp.com)

An inspirational living and self-care mobile application that serves as a personal guide to mental, physical, and emotional success and wellness for the Black community.

Podcasts



Dem Black Mamas

Website: demblackmamas.com/podcast/

Three #BlackMama Creatives (Crystal Tennille Irby, Nekisha Killings, & Thea Monyee) give you all the #BlackMamaMagic your heart can hold as they discuss how to raise free Black children in an unfree world while pursuing their own dreams.



Race, Health & Happiness

Website: racehealthhappiness.buzzsprout.com/

Navigating professional life as a “racialized” person can be exhausting. Join Dr. O, a Public Health Physician Specialist in Toronto, as she interviews guests who are overcoming the obstacles of overt and institutionalized racism to achieve their professional goals while creating healthy and fulfilling lives.



Clinical and Community Resources for Me, my Child, or my Family

Community Mental Health

Across Boundaries

Across Boundaries provides a dynamic range of mental health support and services and works within Anti-Racism/Anti-Black racism and Anti-Oppression frameworks. These frameworks address the negative impact of racism and discrimination on mental health and well-being.

Website: acrossboundaries.ca/

Telephone: (416) 787-3007

The Black Daddies Club

In 2007, Brandon Hay founded BDC in response to the isolation he felt as a new Black father as well as to the lack of forums and spaces for Black men to discuss parenting issues and concerns facing the Black community as a whole. The main goals of the organization are to change the image of the “absent Black father” that is prevalent in the media and to assist young Black men to become better fathers. In so doing, BDC aims to support Black children, families and the larger community.

Website: theblackdaddiesclub.com

CAFCAN Caribbean African Canadian Social Services

Caribbean African Canadian Social Services is a not-for-profit agency whose primary focus is on building and strengthening the service framework for African Canadians through the use of psycho-social interventional approaches.

Website: cafcan.org

Telephone: (416) 740-1056



Congress of Black Women of Canada Ajax/Pickering Chapter

The Congress of Black Women of Canada is a non-profit national organization. The Ajax/Pickering Chapter is involved in developing activities that will promote the well-being, health and educational opportunities for black women and their families. We also work to foster harmony within our community. The congress is a dynamic group of women dedicated to advocating on behalf of and improving the lives of black women and their families.

Website: cbwc-ajaxpickering.org

Telephone: 1-866-986-CBWC (2292) ext. 200

Kujenga

Kujenga is a Black-led grassroots project designed to initiate supportive community resources for children, youth, adults and families in Durham Region. We strive to build our community foundation, promote holistic teaching and education, and promote mental wellness and healing from trauma.

Website: <https://kujengafamily.org/>

Kujistahi- Delta Family Resource Centre

The Kujistahi (self-respect) program provides culturally-relevant Black family programs for children, youth and parents. Kuji Kids is a space for Black parents and their children to play, laugh and learn, every Monday 10:30-12:30.

Website: dfrc.ca/newsite2/

Telephone: (416) 747-1172

Rites of Passage

Offers online programming specific to African-Canadian men and women, to explore, mature and grow into their full identity as young African-Canadians.

Website: rites.ca

Telephone: Paul Osbourne at (416) 645-6000 ext. 2320



Side by Side Family Centre

Side by Side Family Centre (SBSFC) is a non-profit organization, established in February 2019, Side by Side Family Centre is a Durham based organization that provides a space for members of the Black community, and other racialized and diverse groups to engage in programming that empowers their lives. Our organization was established to meet the social and culturally-specific needs of this growing population in Durham Region. Our mission is achieved through culturally focused programs such as counselling, parenting, educational, mentorship, and child and youth development programs.

Website: sidebysidefamilycentre.org

Telephone: (905) 409-0299, (416) 518-1569

SNAP (Stop Now And Plan) - Delta Family Resource Centre

Offers free culturally-sensitive support for children ages 6-11 and their families with a focus on those that identify as being of African descent in the following areas: boys/girls skill based groups, parent skill based groups, individual counselling and community connections, school advocacy/support and other interventions as needed.

Website: dfrc.ca/newsite2/

Telephone: (416) 747-1172

Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY)

SAPACCY provides support and counseling to African and Caribbean Canadian youth who are dealing with problem substance use and mental health concerns. Our programs offer mental health and addictions counselling and support in accessing resources to assist youth and their families/caregivers in reducing harm, moving toward recovery, and making the best choices for themselves and their family.

Website: camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth

Telephone: Access CAMH at (416) 535-8501, press 2



TAIBU Community Health Centre

TAIBU Community Health Centre strives to deliver these services through intersectional, equity based and culturally affirming practices which promote holistic wellness, health education, prevention and mental health services.

Website: taibuchc.ca/en/home

Telephone: (416) 644-3536

Together We Are

Together We Are is a culturally specific program that focuses on parenting experiences and strategies for African Canadian parents and their children. It is run by the John Howard Society and Side by Side in Ajax.

Email: michelle.delyon@jhsd.ca

Telephone: (343) 997-6826

Tropicana Community Services

Tropicana is a growing service-delivery agency with programs designed to address issues affecting all youth, newcomers, members of the Caribbean and Black communities and others in need. Current services include counselling, settlement services, tutoring, youth leadership programs, Success Through Aggression Replacement Training, March break and summer camps, day care, employment counselling, and youth drop-in.

Website: tropicanacommunity.org/

Telephone: (416) 439-9009

Women's Multicultural Resource & Counselling Centre of Durham

This centre is actively involved in supporting Black and racialized folks with crisis intervention, referrals, counselling, accompaniment, mentorship, newcomer support, workshops, youth programs, diversity training, outreach programs, and worker cooperative development programs.

Website: wmrccdurham.org

Telephone: 1-877-454-4035; 1-905-427-7849



Youth/Services/Mentorship Programs

Black Physicians of Tomorrow - STEMWORKS Program (12-19 years)

Provides African, Caribbean, Canadian individuals with the tools and resources needed to prepare for, and attain, careers in the field of medicine and the allied health professionals * STEMWORKS is a free tutoring and mentorship program offering: tutoring in science, technology, engineering and mathematics, homework help, life skills workshops, mentoring, skill development, volunteer opportunities.

Website: bptcommunity.ca

Telephone: (905) 409-9162

Black Women in Motion

Black Women in Motion is a Toronto-based, youth-led organization that empowers and supports the advancement of black women and survivors of sexual violence. We work within an anti-racist, intersectional feminist, trauma-informed and survivor-centred framework to create culturally-relevant content, educational tools, healing spaces and economic opportunities for black women.

Website: blackwomeninmotion.org/

Email: info@blackwomeninmotion.org

Black Youth Helpline:

Black Youth Helpline serves all youth and specifically responds to the need for a Black youth specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools.

Website: blackyouth.ca

Telephone: (416) 285-9944 (Toll-Free: 1-833-294-8650)



Centre francophone du Grand Toronto Mental Health Crisis Line (French only)

Support line that provides culturally-appropriate mental health services for young people under 25. The support line is open Monday to Friday from 8:30 a.m. to 4:30 p.m.

Website: centrefranco.org/en

Telephone: (647) 881-6761 or (647) 268-2016

e-CAMP MENTORing

e-CAMP MENTORing provides mentoring, training and coaching to young people. Mentoring is at the centre of all training and coaching equipped with technology that provides the features to facilitate meeting anytime and anywhere with online classroom conferencing facilities.

Email: leroyclarke1@gmail.com

Telephone: (647) 872-6750

Minds on Math (Academic Service and Support)

Minds on Math is a free drop-in educational centre for elementary students in high needs communities in Durham. We encourage students to keep math on the brain by providing accessible and engaging hands-on math projects that promote critical thinking and problem-solving skills.

Website: mindsonmath.ca/

Telephone: (905) 430-5416

Project Impact Youth

Project Impact sets out to provide meaningful programs for youth in Durham region. Realizing a need for programs targeted to youth ages 13 -19 and a wealth of programming experience Project Impact was created. We believe every youth should have an opportunity for leadership development to reach their full potential.

Website: projectimpactyouth.ca

Telephone: (905) 391-4137



Health Services

Diabetes Canada, Caribbean Chapters

Community Diabetes Chapters are composed of persons of varied demographics. Their purpose is to deliver diabetes information sessions, with a focus on diabetes self-management and prevention of complications, and to help Diabetes Canada carry out its mission.

Email: info@diabetes.ca

Telephone: 1-416-987-0339/1-800-BANTING (226-8464)

The Most Nurtured

Community-based holistic wellness in Toronto created by and for Black women to become the most nurtured versions of themselves. The Most Nurtured embraces the diversity of Black identity from those who identify exclusively with African heritage to those who are bi-racial and multi-racial. This space is yours. The Most Nurtured is a LGBTQ+, non-binary and trans-inclusive, and anti-oppressive, and anti-colonial space.

Website: themostnurtured.com/

Women's Health In Women's Hands

Women's Health In Women's Hands is a Community Health Centre for racialized women living in Toronto and surrounding municipalities. Our primary health care team of highly skilled health care professionals specialize in the health and wellness needs of racialized women and prioritizes those from African, Caribbean, Latin American and South Asian communities.

Website: whiwh.com/

Telephone: (416) 593-7655



Food and Housing Security

Afri-Can FoodBasket

Afri-Can FoodBasket is working to provide emergency food support to individuals and families within Black communities in Toronto who have been affected by COVID19 and are in need to support access to food.

Website: africanfoodbasket.ca

Telephone: (416) 832-5639

Black Creek Community Farm Emergency Food Box

BCCF is an urban agricultural centre that engages, educates, and empowers diverse communities, through sustainable food. BCCF recognizes the enormous impact that COVID-19 has on the community and as a result, they have, and continue to deliver emergency food boxes to those in need. If you are in need of a food box, call the number below for an application.

Website: blackcreekfarm.ca

Telephone: (416) 393-6381

Black Lives Matter -COVID-19 GTA Black Community Emergency Support Fund

Black Lives Matter-Toronto will be giving out one time stipends of \$125 or \$250 to Black people through an online application process, depending on need (please self-assess).

Website: blacklegalactioncentre.ca/resources-2

Telephone: (416) 597-5831





FoodShare

Free Good Food Boxes for Black Families who are currently self-isolating in Toronto.

Email: info@foodshare.net

Telephone: (416) 363-6441

Housing Security for Black Tenants

Legal, social and financial information specifically for Black tenants to support them during this time. If you require legal advice and you believe you are being discriminated against because you are Black, please contact:

Website: blacklegalactioncentre.ca/blog/housing-security-for-black-tenants-covid-19/

Telephone: 1-877-736-9406 (toll-free), at (416) 597-5831
or on the TTY Line: 1 800 855 0511





Legal Services

Black Legal Action Centre (BLAC)

The Black Legal Action Centre delivers legal aid services to Black Ontarians. Specifically, BLAC will work to combat individual and systemic anti-Black racism by providing legal representation; engaging in test case litigation, law reform, and community development; and delivering summary legal advice, brief services, and public legal education.

Website: blacklegalactioncentre.ca

Educational Services

Durham Black Educators' Network (DBEN)

Durham Black Educators' Network is an organization of educators interested in advocating for students of Caribbean and African descent in Durham. DBEN is a proactive organization with the goal of developing and implementing programs to support students and parents of Caribbean and African descent. We provide opportunities for professional growth for educators and members in the Durham region at large.

Website: dben.org/

Email: durhamblackeducators@gmail.com

The Compendium of Action for Black Student Success

The Durham District School Board has created the Compendium of Action for Black Student Success to enhance DDSB practices to support, enhance, celebrate and be responsive to our Black communities. As a Board, we recognize there is an importance in the voice and representation for closing gaps for our Black students. Last year, the provincial Anti-Black Racism Strategy Framework was released and stated that by 2036, racialized people will account for an estimated 48% of Ontario's population. "Systemic racism occurs when institutions or systems create or maintain racial inequity, often as a result of hidden institutional biases in policies, practices and procedures that privilege some groups and disadvantage others."

Website: ddsb.ca/en/about-ddsb/resources/Documents/Equity/Black-Students-Compendium.pdf



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