BLACK STUDENTS’ WELLNESS MONTH

OCTOBER 2020

FOR ALL EVENTS, USE THIS MEETING ID: 965 677 1278
OR CLICK HERE:
https://us02web.zoom.us/j/9656771278?pwd=c003UG5tOFl2RjNidzZXrznIckQxZz09

Join us!

Group: Black Students’ Wellness Month (October 2020)

Funded by:
Public Health Agency of Canada
Agence de la santé publique du Canada
Tuesday, October 6
BLACK STUDENTS' WELLNESS MATTERS
2:00 PM
Changing our practices, facilitating success

A welcome by & a conversation with

Dr. Victoria Barham
Dean
Faculty of Social Sciences
University of Ottawa

Dr. Cécile Rousseau
McGill

Dr. Myrna Lashley
U

Wednesday, October 7
SELF-CARE: MEDITATION SESSION
5:00 PM with Fimo Mitchell

Thursday, October 8
BLACK STUDENTS' MENSROOM
3:30 PM

Open discussion on men’s mental health
*All those who self-identify as male

Pierre Bercy
Psychotherapist

Friday, October 9
BLACK STUDENTS’ WOMENSROOM
5:00 PM
Open discussion on women’s mental health
*All those who self-identify as female

Jacklyn St. Laurent
PhD Candidate
Saint Paul University

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**Tuesday, October 13**

**How to be proactive against racism**

2:00 PM

A bilingual session

- Dr. Assumpta Ndengeyingoma
  - UQO

- Dr. Cary Kogan
  - University of Ottawa

Strategies

How to respond

Breakout Sessions

**Thursday, October 15**

**My Leadership Journey**

2:00 PM

Reflections on navigating systemic racism while thriving for black students.

with

- Dr. Eliane Ubalijoro
  - McGill University

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**This Week**

Oct. 13

How to be proactive against racism

2:00 PM

Oct. 14

Self-care Meditation Session

5:00 PM

Oct. 15

My Leadership Journey: Navigating Systemic Racism

2:00 PM

Oct. 16

Black Students' Mensroom

3:30PM / Womensroom

5:00PM
Wednesday, October 21

APPLYING FOR SCHOLARSHIPS AND BURSARIES 2:00 PM

How to apply?
Where to start?

Joana Ntunga Mukunzi
PhD Student
University of Ottawa

Laetitia Melissande Amédée
PhD Student
UQAM

Carlo Handy Charles
PhD Student
McMaster University

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THIS WEEK

Oct. 21
Applying to Scholarships and Bursaries
2:00 PM
Self-care Meditation Session
5:00 PM

Oct. 22
Black Students' Womensroom
5:00 PM

Oct. 23
Black Students' Mensroom
3:30 PM

OCTOBER 18-24
Wednesday, October 28

How mental health professionals can use mindfulness with Black youth in a psychotherapeutic context

2:00 PM

Michelle Nicholls
Travail social clinique / Thérapeute
BSW, MSW, RSW

Thursday, October 29

How universities and schools can facilitate Black students' wellness: FROM WORDS TO ACTIONS

2:00 PM

Dr. Carl James
Professor
Faculty of Education
York University

Dr. Victoria Barham
Dean
Faculty of Social Sciences
University of Ottawa

Using Mindfulness with Black Youth
2:00 PM

Self-care Meditation Session
5:00 PM

Black Students' Mensroom
3:30 PM

How Universities Can Facilitate Black Students' Wellness
2:00 PM

Black Students' Womensroom
5:00 PM
Weekly events

BLACK STUDENTS' MENSROOM
12:00 PM / 3:30 PM
French

BLACK STUDENTS' WOMENSROOM
2:00 PM / 5:00 PM
French

MEDITATION SESSIONS
5:00 PM

Thurs. Oct 8
Fri. Oct 16
Fri. Oct 23
Thurs. Oct 29

Fri. Oct 9
Fri. Oct 16
Thurs. Oct 22
Fri. Oct 30

Wed. Oct 7
Wed. Oct 14
Wed. Oct 21
Wed. Oct 28

*All those who self-identify as male

Pierre Bercy
MBA, MA, RP(Q), CCC, CCPA
Registered Psychotherapist

*All those who self-identify as female

Jacklyn St. Laurent
PhD Candidate
Saint Paul University

Fimo Mitchell
Writer & Meditation Coach

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About The project

The Mental Health of Youth from Black Communities in the National Capital Region

For a Better UNDERSTANDING
- Collect information on the mental health of youth from Black communities through an online questionnaire
- Interview Black youth, families, and community leaders about their experiences with mental health issues and mental health care services
- Interview mental health workers and professionals to assess their needs for access to culturally adapted information and tools on the mental health of youth from Black communities

To Mobilize, Educate, AND RAISE AWARENESS
- Conduct the Knowing to Prevent campaign which aims to educate, mobilize, and raise awareness in Black communities (through community associations and organizations, hospitals, schools, universities, churches, mosques, etc.) on mental health issues
- Conduct the Chatting in the City campaign to support the capacity of youth, families, and community leaders and associations to build resilience and adapted coping strategies among youth in Black communities
- Train community leaders (members of associations, pastors, imams, coaches, groups of mothers, etc.) on topics related to the mental health of youth

To Create ADAPTED TOOLS
- Create culturally adapted, evidence-based assessment and intervention tools with the help of a panel of mental health researcher-clinicians (psychologists, psychiatrists, social workers, etc.)
- Train mental health professionals to use the developed tools
- Train mental health professionals to understand the challenges faced by youth dealing with mental health problems in Black communities
- Use the developed tools within institutions caring for youth from the Black communities
- Evaluate the effectiveness of the developed tools with youth from Black communities

Funded by:
Public Health Agency of Canada
Agence de la santé publique du Canada
About
The project
The Mental Health of Youth from Black Communities in the National Capital Region

Dr. Jude Mary Cénat, Ph.D.
Assistant professor / Director of the Vulnerability, Trauma, Resilience & Culture Laboratory
Faculty of Social Sciences
University of Ottawa

Dr. Assumpta Ndengeyingoma
Associate professor
Department of Nursing Sciences
University of Quebec in Outaouais (UQO)

Cary Kogan, Ph.D., C.Psych.
Full professor / Director of the Centre for Psychological Services and Research Psychology
Faculty of Social Sciences
University of Ottawa

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About

The Vulnerability, Trauma, Resilience and Culture Research Laboratory (V-TRaC) directed by Dr. Jude Mary Cénat is pursuing a research program in youth and adults. The V-TRaC research lab studies the impact of vulnerability and trauma in relation to coping and resilience strategies. Our research aims to integrate clinical, developmental, individual, community, family, social and cultural factors in order to develop culturally appropriate assessment, prevention and intervention tools that meet the real needs of individuals and communities.

The V-TRaC lab has three main research axes:

1. Vulnerability and trauma
2. Racial disparities in health & social services
3. Global mental health

Contact Information
School of Psychology
Faculty of Social Sciences
University of Ottawa
136 Jean-Jacques Lussier
Vanier Hall, Room 5045
Ottawa, Ontario, Canada K1N 6N5
613-562-5800 ext. 4459
VTRaC@uOttawa.ca

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Public Health Agency of Canada
Agence de la santé publique du Canada
Meet our team & Connect with us anytime

V-TRaC Social Mobilizers

Wina Darius
BA (Honours)
University of Ottawa

Ghizlène Sehabi
BSc (Honours)
University of Ottawa

Emmanuelle Auguste
BSc (Honours)
University of Ottawa

Kerry Menelas
BSc (Honours)
University of Ottawa

Boaz Niyogakiza Injege
BA (Honours)
University of Ottawa

Research Coordinator

Saba Hajizadeh
Research Coordinator
University of Ottawa
shajizad@uottawa.ca
905-999-6461

Email
vtrac@uottawa.ca

Website
http://mentalhealthforeveryone.ca
https://socialsciences.uottawa.ca/vulnerability-trauma-resilience-culture-research-laboratory/

Instagram
@vtrac_lab

Facebook
Vulnérabilité Trauma Résilience et Culture
https://www.facebook.com/vulnerabilitetrauma.resilienceculture.7

Twitter
@uoVTRaC

Trainings (found on our Website)
Providing Antiracist Mental Health Care
Becoming Antiracist

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<th>University of Ottawa</th>
<th>Collège La Cité, La Boussole</th>
<th>Carlton University</th>
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<tr>
<td><a href="mailto:couns@uottawa.ca">couns@uottawa.ca</a></td>
<td><a href="mailto:laboussole@collegelacite.ca">laboussole@collegelacite.ca</a></td>
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**Algonquin College**

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<td>613-727-4723, ext. 7200</td>
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**Université du Québec en Outaouais (UQO)**

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**Youth Services Bureau**

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