Black Mental Health Week is an initiative to highlight, support and improve the mental health of the Black community. Organized by the Ottawa Black Mental Health Coalition, the week aims to shed light upon the unique mental health challenges faced by Black communities, as well as to engage members of government, health care and the community to take actionable steps to address racism and racial discrimination.

Mission

Creating lasting, systemic change for Ottawa's ACB community
Monday, March 1st
8:30 - 11:30 AM EST
BLACK MENTAL HEALTH DAY
Black Mental Health in the National Capital Region: Current overview, challenges and opportunities

Councillor Rawlson King

Jude Mary Cénat, Ph.D.
University of Ottawa

Suzanne Obiorah
Director,
Gender and Race Equity at City of Ottawa

Tuesday, March 2nd
6:00 PM - 7:30 PM EST
Black Mental Health: The Women’s Voice to Understand and Better Act

Assumpta Ndengeyingoma, RN, Ph.D.
University of Quebec in Outaouais

Bukola Salami, RN, MN, Ph.D.
University of Alberta

Sophia Jacob
ACB Community Organizer and Founder of Canadian Women of Colour Leadership Network

Jacklyn St. Laurent
Doctoral candidate
University of Saint Paul

Shannon Black
Manager of the Mental Health Program/Programme Director
Britannia Woods Community House

Wednesday, March 3rd
A Call to Action
6:00 - 7:30 PM EST

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A Call to Action
6:00 - 7:30 PM EST

Celina Caesar-Chavannes, MP

Greg Fergus, MP

Saturday, March 6th
6:00 PM - 7:30 PM EST
PLAYING TOGETHER AGAINST RACISM

A concert by Black musicians and students at the University of Ottawa

Bukola Salami, RN, MN, Ph.D.
University of Alberta

Sophia Jacob
ACB Community Organizer and Founder of Canadian Women of Colour Leadership Network

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