BLACK STUDENTS’ WELLNESS MONTH

OCTOBER 2020

TO REGISTER FOR ANY AND ALL EVENTS, EMAIL: vtrac@uottawa.ca

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 University

Dr. Myrna Lashley

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

TO REGISTER FOR ANY AND ALL EVENTS, EMAIL: vtrac@uottawa.ca
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

WEEK 2

OCTOBER 11-17

Thursday, October 15

How to be proactive against racism

2:00 PM

Self-care Meditation Session

5:00 PM

My Leadership Journey: Navigating Systemic Racism

2:00 PM

Oct. 16

Black Students' Mensroom

3:30PM / Womensroom

5:00PM

To register for any and all events, email: vtrac@uottawa.ca
Wednesday, October 21

APPLYING FOR SCHOLARSHIPS AND BURSARIES 2:00 PM

Joana Ntunga Mukunzi
PhD Student
University of Ottawa

Laetitia Melissande Amédée
PhD Student
UQAM

How to apply?
Where to start?

Carlo Handy Charles
PhD Student
McMaster University

To register for any and all events, email: vtrac@uottawa.ca
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

KEYNOTE
Dr. Carl James
Professor
Faculty of Education
York University

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

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Weekly events

**BLACK STUDENTS’ MENS ROOM**
12:00 PM / 3:30 PM
*French*  *English*

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

**BLACK STUDENTS’ WOMENS ROOM**
2:00 PM / 5:00 PM
*French*  *English*

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

**MEDITATION SESSIONS**
5:00 PM

- 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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Public Health Agency of Canada

*TO REGISTER FOR ANY AND ALL EVENTS, EMAIL: vtrac@uottawa.ca*
The project

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  
Agence de la santé
Agency of Canada  
Agence de la santé publique du Canada
The Mental Health of Youth from Black Communities in the National Capital Region

About The project

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

Funded by:
Public Health Agency of Canada Agence de la santé publique du Canada
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
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Ottawa, Ontario, Canada K1N 6N5
613-562-5800 ext. 4459
VTRaC@uOttawa.ca
About

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)
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Boaz Niyogakiza Injege
BA (Honours)
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Research Coordinator

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Research Coordinator
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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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<td>University of Ottawa</td>
<td><a href="mailto:couns@uottawa.ca">couns@uottawa.ca</a>, 613-562-5200, Good2Talk:1-866-925-5454</td>
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<tr>
<td>Collège La Cité, La Boussole</td>
<td><a href="mailto:laboussole@collegelacite.ca">laboussole@collegelacite.ca</a>, 613 742-2483</td>
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<td>Université du Québec en Outaouais (UQO)</td>
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<td>Campus de Saint-Jérôme:</td>
<td><a href="mailto:uqo.st-jerome@uqo.ca">uqo.st-jerome@uqo.ca</a>, 450 553-4859</td>
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<td>Campus de Gatineau:</td>
<td><a href="mailto:paree@uqo.ca">paree@uqo.ca</a>, 819 773-1680</td>
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<tr>
<td>Carlton University</td>
<td>613 520-6674, Graduate Students</td>
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<tr>
<td>Somerset West Community Health Centre</td>
<td>343-571-0097, Monday- Friday 1:00-4:00</td>
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<tr>
<td>Algonquin College</td>
<td><a href="mailto:welcomecentre@algonquincollege.com">welcomecentre@algonquincollege.com</a>, 613-727-4723, ext. 7200</td>
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Thank you to our partners

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