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=c003UG5tOFI2RjNidzZXaTIlkQxZz09

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

Friday, October 9
BLACK STUDENTS’ WOMENSROOM 5:00 PM

Open discussion on women’s mental health
*All those who self-identify as female

Dr. Myrna Lashley
PhD Candidate
Saint Paul University

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

Dr. Cary Kogan
University of Ottawa

Dr. Assumpta Ndengeyingoma
UQO

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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HOW TO BE PROACTIVE AGAINST RACISM

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
3:30 PM / Womensroom
5:00 PM

This Week

OCTOBER 11-17

11-17
Wednesday, October 21

APPLYING FOR SCHOLARSHIPS AND BURSARIES 2:00 PM

Joana Ntunga Mukunzi
PhD Student
University of Ottawa

Carlo Handy Charles
PhD Student
McMaster University

Laetitia Melissande Amédée
PhD Student
UQAM

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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' Mensroom
5:00 PM

Oct. 23
Black Students' Womensroom
3:30 PM

WEEK 3
OCTOBER 18-24
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

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

Concluding Remarks

This Week

Oct. 28
Self-care Meditation Session
5:00 PM

Using Mindfulness with Black Youth
2:00 PM

Oct. 29
Black Students' Mensroom
3:30 PM

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

Oct. 30
Black Students' Womensroom
5:00 PM
Weekly events

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

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

BLACK STUDENTS' WOMENSROOM
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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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
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

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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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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 Ingege
  BA (Honours)
  University of Ottawa

Research Coordinator

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  Research Coordinator
  University of Ottawa
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- 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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# Counselling Services

**University of Ottawa**
- **Email**: couns@uottawa.ca
- **Phone**: 613-562-5200
- **Emergency Good2Talk**: 1-866-925-5454

**Algonquin College**
- **Email**: welcomecentre@algonquincollege.com
- **Phone**: 613-727-4723, ext. 7200

**Collège La Cité, La Boussole**
- **Email**: laboussole@collegelacite.ca
- **Phone**: 613 742-2483

**Université du Québec en Outaouais (UQO)**
- **Campus de Saint-Jérôme**
  - **Email**: uqo.st-jerome@uqo.ca
  - **Phone**: 450 553-4859
- **Campus de Gatineau**
  - **Email**: paree@uqo.ca
  - **Phone**: 819 773-1680

**Youth Services Bureau**
- **Phone**: 819 773-1680

**Carleton University**
- **Graduate Students**
  - **Phone**: 613-520-6674

**Somerset West Community Health Centre**
- **Phone**: 343-571-0097
  - **Monday- Friday 1:00-4:00**

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- Université du Québec en Outaouais (UQO)
- Carlton University
- Youth Services Bureau
- Somerset West Community Health Centre
Thank you to our partners

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