Join us!

Group: Black Students' Wellness Month
(October 2020)

FOR ALL EVENTS, CLICK HERE:
https://us02web.zoom.us/j/9656771278?pwd=c003UG5tOFI2RjNidzZXRxRzNiZQ09
**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  
Saint Paul University

**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 Ndengeygingoma
UQO

Dr. Cary Kogan
University of Ottawa

Strategies
How to respond
Breakout Sessions

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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

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

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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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

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Wednesday, October 28
- Self-care Meditation Session
  5:00 PM

Thursday, October 29
- Using Mindfulness with Black Youth
  2:00 PM
- 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

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

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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Zoom: https://us02web.zoom.us/j/9656771278?pwd=c003UG5tOFl2RjNidzZXrNlcxQzZ09
**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

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- 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

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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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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About

Meet our team & Connect with us anytime

V-TRaC Social Mobilizers

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University of Ottawa

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BSc (Honours)
University of Ottawa

Emmanuelle Auguste
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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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We're here for you!

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

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- 819 773-1680

Youth Services Bureau
- 819 773-1680

Carlton University
- 613 520-6674
- Graduate Students

Somerset West
Community Health Centre
- 343-571-0097
- Monday- Friday 1:00-4:00
Thank you to our partners