BLACK STUDENTS' WELLNESS MONTH

OCTOBER 2020

FOR ALL EVENTS CLICK HERE:
https://us02web.zoom.us/j/9656771278?pwd=c003UG5tOFI2RjNidzZXzRzNiNckQxZz09

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

Dr. Myrna Lashley

**Wednesday, October 7**

SELF-CARE: MEDITATION SESSIONS 5:00 PM with Fimo Mitchell

**Thursday, October 8**

**BLACK STUDENTS’ MENSROOM** 3:30 PM

Open discussions 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*

Jacklyn St. Laurent  
PhD Candidate  
Saint Paul University

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Zoom: https://us02web.zoom.us/j/9656771278?pwd=c003UG5tOFl2RjNidzZXRxN1ckQxZz09
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

Dr. Eliane Ubalijoro
McGill University

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

How to be proactive against racism
2:00 PM
Self-care Meditation Sessions
5:00 PM
My Leadership Journey: Navigating Systemic Racism 2:00 PM
Black Students' Mensroom 3:30PM / Womensroom 5:00PM

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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

This Week

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

Oct. 22
Black Students' Mensroom
5:00 PM

Oct. 23
Black Students' Womensroom
3:30 PM

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FOR ALL EVENTS CLICK HERE:
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

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

CONCLUDING REMARKS

This Week
Oct. 28
Using Mindfulness with Black Youth
2:00 PM
Self-care Meditation Sessions
5:00 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

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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

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

*All those who self-identify as male*

**BLACK STUDENTS’ WOMENSROOM**
2:00 PM / 5:00 PM
*French | English*

- Fri. Oct 9
- Fri. Oct 16
- Thurs. Oct 22
- Wed. Oct 7
- Wed. Oct 14
- Wed. Oct 21
- Wed. Oct 28

*All those who self-identify as female*

**MEDITATION SESSIONS**
5:00 PM

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

- Jacklyn St. Laurent
  PhD Candidate
  Saint Paul University

- Fimo Mitchell
  Writer & Meditation Coach

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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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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
Full 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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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 V-TRaC Social Mobilizers

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)
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Kerry Menelas
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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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Public Health Agency of Canada
Agence de la santé publique du Canada
University of Ottawa
- couns@uottawa.ca
- 613-562-5200
- Emergency: Good2Talk: 1-866-925-5454

Algonquin College
- welcomecentre@algonquincollege.com
- 613-727-4723, ext. 7200

College La Cité, La Boussole
- laboussole@collegelacite.ca
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- Campus de Saint-Jérôme:
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  - 450 553-4859
- Campus de Gatineau:
  - paree@uqo.ca
  - 819 773-1680

Youth Services Bureau
- 819 773-1680

Carlton University
- Graduate Students: 613 520-6674
- Somerset West Community Health Centre:
  - 343-571-0097
  - Monday-Friday 1:00-4:00

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