

TORONTO,
March 22-24, 2023

NATIONAL CONFERENCE ON
BLACK MENTAL HEALTH & WELLNESS

ACT Now!



 **TAIBU** Organized by:
COMMUNITY
HEALTH CENTRE

Supported by:
Canada

A Foreword from TAIBU

On behalf of the Board of Directors, TAIBU's staff, the community we serve, and the organizing team of this conference, I would like to congratulate everyone for making this conference happen. TAIBU Community Health Centre is at the forefront of the delivering community health and social services to Black communities across the Greater Toronto Area Our objective is to achieve and maintain health through community development, knowledge exchange, empowerment and working toward the elimination of systemic racism and other forms of prejudice and discrimination in healthcare.

We are excited to host this national dialogue and hope that it will enhance our knowledge, strengthen our network and bring healing and wellness.

Thank you

Liben Gebremikael

Liben Gebremikael
CEO, TAIBU Community Health Centre

About Conference

The ACT Now! Black Mental Health and Wellness National Conference is a ground-breaking event that will bring together influential Black leaders, Black elders, Black youth, academics, advocates, and mental health professionals from across Canada to address the multifaceted mental health issues affecting Black communities.

The conference will be an opportunity for attendees to share their knowledge and expertise, learn, connect, and advocate for black mental health and wellness.

Meet Our Speakers

Our amazing speakers will discuss black mental health awareness, breaking stigma, healing & wellness, and anti-black racism. This will foster dialogue and deeper understanding within our Black communities.



Dr Notisha Massaquoi

Assistant Professor, University of Toronto Scarborough & Community Leader

She is a leading Canadian expert in developing equity-responsive organizations and advocating for addressing anti-Black racism and collecting race-based data in institutions.



Dr Lewis Gordon

Professor and Head of the Philosophy Department, UCONN-Storrs & Author of The Fear of Black Consciousness

He lectures globally, holds appointments and is a Distinguished Scholar in South Africa, Jamaica, India, and France. He's also an author and award recipient.



Dr Akwatu Khenti

Director of Community Resources at the City of Toronto & Associate Scientist in CAMH's Institute for Mental Health Policy Research

Dr. Khenti inspired global mental health initiatives with substance abuse training, anti-stigma intervention in primary healthcare, and drug research capacity building.



Aina-Nia Ayo'dele

EO and Principal, Aina-Nia Learning Journey Inc

Aina-Nia is a leadership coach, author and ancient wisdom teacher considers herself a Spiritual Liberation Activist. She believes and knows firsthand that a decolonized and re-indigenized approach bring measurable impacts – social, political, economic.



Wednesday March 22, 2023
5:50 PM - 6:30 PM

Amandla Olwazi

Discover the unique and innovative knowledge mobilization project guided by Afrocentric traditional values and principles.

Guided by Afrocentric traditional values and principles, Amandla Olwazi - The power of knowledge is a unique and innovative knowledge mobilization project.

Building on existing research around anti-Black racism and its impact in Canada, the project raises awareness of the impact of anti-Black racism on the mental health and wellness of Black communities.



PROGRAM

Wednesday March 22, 2023

Arrival Of Participants To Toronto	12:00 PM - 6:00 PM
Hotel Check-In	3:00 PM - 6:00 PM
Refreshments & Light Snacks - Main Conference Room	3:00 PM - 6:00 PM
Cultural Opening And Welcoming Ceremony African And Indigenous (Land Acknowledgment Drumming, Dancing, Singing, And Libation) Introduction Of Cultural Ambassadors And Hosts.	4:00 PM - 4:30 PM
Welcome & Introductions	4:30 PM - 4:50 PM
Remarks From Public Health Agency Of Canada	4:50 PM - 5:00 PM
Phac Project Updates - Mhbc-Funded Agencies	5:00 PM - 5:50 PM
Amandla Olwazi Project Presentation	5:50 PM - 6:30 PM
Keynote Speaker - Dr Notisha Massaquoi	6:30 PM - 7:15 PM
Dinner And Social Mixer Cultural Performance	7:15 PM - 8:15 PM
Wrap Up And Sign Off Dj (African Soundz)	8:15 PM - 8:25 PM 8:25 PM - 9:00 PM

Thursday March 23, 2023

Registration / Breakfast	8:00 AM - 9:15 AM
Welcome & Opening Instructions, Details Of The Day, Expectations.	9:15 AM - 9:40 AM
Keynote Address – Dr Lewis Gordon Theme: Awareness	9:45 AM - 10:05 AM
Health Break	10:05 AM - 10:25 AM
Breakout Discussion Mental Health In A Diverse Black Community. How Can We Develop An African-Canadian Practice That Serves Our National Community While Respecting Its Diversity?	10:25 AM - 11:45 AM
Report Back On The Breakout Rooms Discussions	11:45 AM - 12:30 PM
Lunch	12:30 PM - 1:30 PM
Keynote Address – Dr Akwatu Khenti Theme: Stigma	1:35 PM - 2:05 PM
Breakout Discussion A Proactive Approach To Conquering Stigma. Success Factors In Mitigating The Risks Associated With Stigma	2:05 PM - 3:15 PM
Breakout Discussion Innovative Models In Knowledge Mobilization Disseminating Mental Health Information And Sharing Knowledge With Canada's Black Families And Caregivers. Advocacy In Community Spaces, Education Spaces, And Institutional Places	2:05 PM - 3:15 PM
Report Back On Breakout Rooms Discussions	3:15 PM - 4:00 PM
Health Break	3:20 PM - 4:00 PM
Panel Discussion; How Do We Strategically Impact Policy Change For Our Communities	4:30 PM - 5:45 PM
Network, Socialize, Or Just Relax	5:45 PM - 6:30 PM
Dinner & Performance	6:30 PM - 7:45 PM
Dj (Afrikan Diasporik)	7:45 PM - 9:00 PM

Friday March 24, 2023

Breakfast	8:00 AM - 9:15 AM
Welcome & Opening Instructions, Details Of The Day, Expectations	9:15 AM - 9:35 AM
Keynote Address – Elder Aina-Nia Ayo'dele Theme: Healing And Wellness.	9:40 AM - 10:00 AM
Breakout Workshop Healing The Healers (The Importance Of Self-Care For Social Services & Community Healthcare Professionals And Caregivers)	10:00 AM - 11:00 AM
Feedback On The Breakout Session	11:00 AM - 11:20 AM
Health Break	11:20 AM - 11:40 AM
Healing Session Healing Ourselves Workshop Hands-On Meditation, African Yoga, Exercise Sessions, Dance, Drumming	11:40 AM - 12:30 PM
Lunch And Hotel Checkout	12:30 PM - 1:30 PM
Recap Revisit The Learning And Sharing Points From The Conference. Resolutions Actioning Change Continuing The National Discourse	1:30 PM - 2:30 PM
Cultural Ambassadors Final Impressions	2:30 PM - 3:00 PM
Wrap-Up And Goodbyes	3:00 PM - 3:30 PM
END OF ACT NOW - NATIONAL CONFERENCE ON BLACK MENTAL HEALTH AND WELLBEING	

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List of MHBC-funded Agencies:

- (Africa Centre) Council for the Advancement of African Canadians
- Across Boundaries - An Ethnoracial Mental Health Center
(In partnership with Adornment Stories)
- African Diaspora Association of the Maritimes (ADAM)
- Aspire For Higher Elite Basketball
- Barbados Association of Winnipeg Inc.
- Black Creek Community Health Centre
- Black Health Alliance (BHA)
- Dalhousie University
- Évènement Hoodstock
- Head and Hands/À deux Mains (H&H)
- Kaleo Productions
- Maison de jeune L'Ouverture et RIIOH –Regroupement des intervenant(e)s d'origine haitienne
- Ribbon Rouge Foundation
- TAIBU Community Health Centre
- The Lesbian Gay Bisexual Youth Project society
(The Youth Project)
- Université d'Ottawa
- University of Calgary
- Women's Health in Women's Hands CHC
- York University

Event Location:

Sheraton Parkway Toronto
North Hotel and Conference Center,
600 Hwy 7 East,
Richmond Hill, ON

Acknowledgment:

- Amandla Olwazi Project
Advisory Committee
- Amandla Olwazi Project
Collaborators
- Project team
- Public Health Agency of Canada
- All partners and stakeholders