



BLACK HISTORY & FUTURES MONTH

The love and warmth of the
Black community.

The togetherness embedded
and embraced through the
bonds we create.

- Madison Cook

Books

Online Reading

- Understanding Anti-Black Racism
- Becoming Anti-racist
- Standing in Solidarity

Online Lectures

TED Talks

Documentaries

Movies / Film

Listening Corner

Podcasts

Social Media

Opportunities To Support Black Entrepreneurs and Businesses

Opportunities To Contribute to Black Organizations and Causes

Activities and Events to Attend

CELEBRATING

Black Literature, Art, Cuisine & Kinship

BLACK HISTORY. BLACK FUTURES. IT'S MORE THAN A MONTH

About Black History and Futures Month

February is Black History and Futures Month – an important time to celebrate the transformative work and achievements of Black Canadians while also recognizing their struggles and sacrifices due to systemic discrimination. It is also a time to celebrate Black joy and dream about what the future may hold for Black people and their communities.

This year's theme is inspired by 'Unity' – a painting by up-and-coming Black artist [Madison Cook](#) whose work incorporates themes of identity and representation specific to the Black community. Like Madison's artwork, Women's College Hospital strives to build a community united in its vision for a healthier, more equitable world. With equity at our core, we endeavour to learn about and share Black histories and activism that are often erased in dominant narratives in order to challenge oppressive power structures that continue to exist today.

Throughout Black History and Futures Month, our [Office of Equity](#) has organized several initiatives to showcase the achievements of Black community members both within our organization and beyond, as well as to provide the tools and resources to address anti-Black racism. Today, and every day, we must reaffirm our continual commitment to moving forward, having those difficult conversations and creating positive and lasting change.

Our [Black History and Futures Month web hub](#) will be updated regularly – keep up with all our incredible programming through Connect and by visiting often.

Calendar of Events

February 1 11:45 a.m. – 1:45 p.m.	- Launch of Black History Month <ul style="list-style-type: none"> ○ Steelpan Player in the Atrium ((Steel Drum Hu) ○ Slide show in Atrium of historical and contemporary contributors to health care, from Black communities ○ Sale of limited-edition T-shirts [\$20]
February 6	- Connect Issue takeover including: <ul style="list-style-type: none"> ○ Learning Toolkit ○ Spotlight on members of the WCH Black community
February 8 12 p.m. – 2 p.m.	- Traditional Treats at WCH, featuring: <ul style="list-style-type: none"> ○ Traditional treats from the African diaspora ○ Literature, Fashion and Art on sale in the Atrium
February 14	- Presentation at WCH Town Hall including: <ul style="list-style-type: none"> ○ Update on events ○ Introduction of ERG Conceptual Working Group
February 15 11:45 a.m. – 1 p.m.	- Online Forum / Discussion <ul style="list-style-type: none"> ○ Black Headache Study Dr. Lena Suvendrini, WCH Centre for Headache

BLACK HISTORY. BLACK FUTURES. IT'S MORE THAN A MONTH

Depending on where you are in your journey, how confident you feel to engage with the material, and your current time commitments, the following lists of books, online articles, online lectures, documentaries, films and social media provide you with opportunities to explore the pertinent issues in different ways and at your leisure. Have time? Why not read a book or stream a movie? Less time? How about an online article, an online lecture or a documentary? Want current information? A podcast, maybe? Interested in offering financial support to Black-owned businesses and causes? Donate to any of the many organizations doing good work. Just looking for some inspiration? Visit the Listening corner. And because learning about the history of racism and systemic discrimination faced by Black communities can trigger difficult emotions, consider one of the meditations in Self-care.

Books



These books, many of which focus on our Canadian context, are available from a variety of sellers. If possible, **purchase from a Black-owned book seller**:

TITLE	AUTHOR
1. A Space for Race: Decoding Racism, Multiculturalism and Post-Colonialism in The Quest for Belonging in Canada and Beyond	Kathy Hogarth
2. Between the World and Me	Ta-Nehisi Coates
3. Exalted Subjects: Studies in the Making of Race and Nation in Canada	Sunera Thobani
4. How to Be an Antiracist	Ibram X. Kendi
5. Inequality in Canada: A Reader on the Intersections of Gender, Race, and Class	Valerie Zawilski
6. Policing Black Lives: State Violence in Canada from Slavery to the Present	Marcia Johnson, et al.
7. The Skin We're In. A Year of Black Resistance and Power	Desmond Cole
8. Understanding Social Inequality: Intersections of Class, Age, Gender, Ethnicity, and Race in Canada	Julie McMullin
9. Where the Waters Divide: Neoliberalism, White Privilege, and Environmental Racism in Canada	Michael Mascarenhas
10. Why Are All the Black Kids Sitting Together in the Cafeteria? And Other Conversations About Race	Beverly Daniel Tatum
11. The Colour of Justice: Policing Race in Canada	David Tanovich
12. Freedom Is A Constant Struggle	Angela Davis
13. Killing Rage: Ending Racism	bell hooks
14. Just Medicine: A Cure for Racial Inequality in American Health Care	Dayna Matthew
15. Racism in Healthcare: Alive And Well: The Greatest Barrier To Reform	Marie Edwige Seneque

Online Reading - Understanding Anti-Black Racism

1. [Anti-Black racism and behavioral medicine: confronting the past to envision the future](#)
2. [Experiences of everyday racism in Toronto's health care system: a concept mapping study settings](#)
3. [Fighting the racism that killed George Floyd requires more than hashtags](#)
4. [Five charts that show what systemic racism looks like in Canada](#)
5. [Ignored to Death: Systemic Racism in the Canadian Healthcare](#)
6. [Implementing Anti-Racism Interventions in Healthcare Settings: A Scoping Review](#)
7. [On anti-Black racism Canada can do better, be better](#)
8. [People 'dying unnecessarily' because of racial bias in Canada's health-care system](#)
9. [Racism In Canada Is Ever-Present, But We Have A Long History Of Denial](#)
10. [Time to dismantle systemic anti-Black racism in medicine in Canada](#)


Online Reading - Becoming Anti-Racist. Standing in Solidarity

1. [5 Ways to Start Being A Better Ally for Your Black Coworkers](#)
2. [6 Steps to Building a Better Workplace for Black Employees](#)
3. [First, Listen. Then, Learn: Anti-Racism Resources](#)
4. [How to go beyond buying and truly support Black-owned businesses, according to 4 Black entrepreneurs](#)
5. [‘Scaffolding Anti-racism’](#)

Online Lectures


Title	Length
Being Black in Canada CBC Special presentation (2021)	60 minutes
Being Black in Canada Top Stories CBC	45 minutes
Fighting anti-Black racism in Canada: A conversation with the Black North Initiative	135 minutes
Real Talk about anti-Black racism	56 minutes
Chimamanda Ngozi Adichie INBOUND 2018 Keynote	46 minutes

TED Talks

Title 	Length
How racism makes us sick	18 minutes
How Studying Privilege Systems Can Strengthen Compassion	19 minutes
How to Deconstruct Racism, One Headline at A Time	17 minutes
Let's get to the root of racial injustice	20 minutes
The difference between being “not racist” and antiracist	52 minutes

Documentaries

Enjoy any one of these Canadian titles or visit the [CBC Media Centre](#) or the [Toronto Black Film Festival](#) for additional selections:

 Title	Producer/Director	Length
1. Black Mother Black Daughter	Sylvia Hamilton & Claire Prieto	29 minutes
2. Home Feeling: Struggle for a Community	Jennifer Hodge & Roger McTair	57 minutes
3. Journey to Justice	Roger McTair	47 minutes
4. Ninth Floor	Mina Shu	81 minutes
5. Speakers for the Dead	David Sutherland & Jennifer Holness	49 minutes
6. The Haircut	Maya Annik Bedward	11 minutes
7. The Road Taken	Selwyn Jacob	52 minutes
8. Unarmed Verses	Charles Officer	86 minutes
9. Remember Africville	Shelagh Mackenzie	35 minutes
10. The Colour of Beauty	Elizabeth St. Philip	17 minutes











I think it is very important that films make people look at what they've forgotten.

Spike Lee

Movies / Film

Title	Year	Producer/Director	Length	Where to Watch
1. Colin in Black and White	2021	Ava DuVernay Colin Kaepernick	6 episodes	Netflix
2. Passing	2021	Rebecca Hall	98 minutes	Netflix
3. The United States vs. Billie Holiday	2021	Lee Daniels	130 minutes	YouTube
4. One Night in Miami	2020	Regina King	114 minutes	Prime Video
5. The Banker	2020	George Nolfi	120 minutes	The Site (https://lorax.site/)
6. American Son	2019	Kenny Leon	90 minutes	Netflix
7. 16 Shots	2019	Richard Rowley	82 minutes	Prime Video
8. Harriet	2019	Kasi Lemmons,	125 minutes	Amazon Instant Video
9. Just Mercy	2019	Destin Daniel Cretton	137 minutes	Netflix
10. When They See Us	2019	Ava DuVernay	300 minutes	Netflix
11. BlacKkKlansman	2018	Spike Lee	135 minutes	Netflix / Crave
12. I'm Not Your Negro	2017	Raoul Peck	95 minutes	Prime Video
13. Hidden Figures	2016	Theodore Melfi	127 minutes	Netflix
14. Race	2016	Stephen Hopkins	135 minutes	YouTube
15. Fruitvale Station	2013	Ryan Coogler	85 minutes	Prime Video
16. Crash	2004	Paul Haggis	112 minutes	Prime Video
17. The Human Stain	2003	Robert Benton	106 minutes	Prime Video
18. A Time to Kill	1996	Joel Schumacher	149 minutes	The Site (https://lorax.site/)
19. Higher Learning	1995	John Singleton	127 minutes	Prime Video
20. Do the Right Thing	1989	Spike Lee	120 minutes	Starz

Listening Corner

- | | |
|--|---|
|  Black Lives Matter – Dax |  Rhythm Nation - Janet Jackson |
|  Andra Day - Rise Up |  Rollercoaster - India.Arie |
|  Freedom - Beyonce feat. Kendrick Lamar |  Sparrow - Emeli Sande |
|  How Many Times - Trey Songz |  Stand Up - Cynthia Erivo |
|  Living for the City - Stevie Wonder |  The 6th Sense feat. DJ Premier - Common |



Podcasts




Title	Host/Creator	Availability
1619	Nikole Hannah-Jones	New York Times
Black Canadian Content Creators	Sherley Joseph	Spotify
Black Tea	Dalton Higgins and Melayna Williams	Apple
Code Black	Renee Weekes, Maxine McDonald, Bunmi Adeoye	Apple
Therapy for Black Girls	Dr. Joy Harden Bradford	Spotify

When the music changes, so does the dance

West African Proverb



Social Media

Influencer	 Facebook	 Twitter	 Instagram
Ijeoma Oluo	ijeoma.oluo	@IjeomaOluo	@ijeomaoluo
Ibram X. Kendi	ibramxkendi	@dibram	@ibramxk
Peppermint	peppermintnyc	@Peppermint247	@peppermint247
Roxane Gay	roxanegay74	@rgay	@roxanegay74

Opportunities To Support Black Entrepreneurs and Businesses in TO

1. [A Different Booklist](#)
2. [Albert's Real Jamaican Foods](#)
3. [Blooming Flower Bar](#)
4. [Boukan](#)
5. [Nile Valley Books](#)
6. [Nola Designs](#)
7. [Old's Cool General Store](#)
8. [Paba Cosmetics](#)
9. [The Curl Bar Salon](#)
10. [The Green Jar Shop](#)
11. [The Real Jerk](#)
12. [TreaJah Island](#)
13. [Wild moon jewelry](#)
14. [Lloyd's Jamaican Restaurant](#)
15. [Afro Continental Bar & Grill](#)



Opportunities To Contribute to Black Organizations and Causes

1. Afri-Can FoodBasket | **Donate:** <https://africanfoodbasket.ca/>
2. The Black Legal Action Centre (BLAC) | <https://www.blacklegalactioncentre.ca/about/about-blac/>
3. Black Lives Matter – Toronto | **Donate:** <https://blacklivesmatter.ca/>
4. Canadian Anti-Racism Network | **Donate:** <https://stopracism.ca/>
5. Canadian Race Relations Foundation | **Donate:** <https://www.crrf-fcrr.ca/en/about/join-our-team>

Activities and Events to Attend



<https://www.eventbrite.ca/d/canada--toronto/black-history/>

Resources for the Black Community

Learning about the history of racism and systemic discrimination faced by Black communities can trigger difficult emotions. Employees who are not comfortable participating in learning activities with their team should speak with their supervisor. As well, please reach out to our Employee Family Assistance Program, Homewood Health, at 1-800-663-1142 for confidential support

Self-Care

1. [11 Black People Share Big and Small Ways They're Caring for Themselves](#)
2. [Radical Self Care: 25 Tips for Black People](#)
3. [Kind Minds Family Wellness](#)
4. [Growing Up, I'd Hear 'Depression Is For White People': 6 Black Canadian Women On Tackling Mental Health Taboos](#)
5. [#GetLoud About Mental Health for Black Canadians](#)

Meditations – Teachers of Colour

Host/Creator	Availability
Lalah Delia	Insight Timer
Justine Michael Williams	Insight Timer
Dora Kamau	Insight Timer
Mooji	Insight Timer
Fatima Farmer	Insight Timer

“Actually, we’re just getting started.”

