



BLACK HISTORY & FUTURES MONTH

Books

Online Reading

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

Online Lectures

Documentaries

Movies / Film

Listening Corner

Podcasts

Social Media

**Opportunities To Support
Black Entrepreneurs and
Businesses**

**Opportunities To
Contribute to Black
Organizations and Causes**

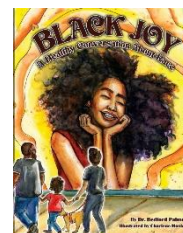
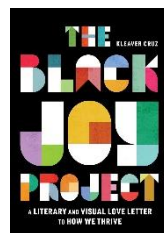
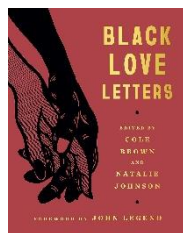
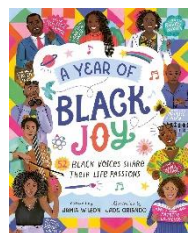
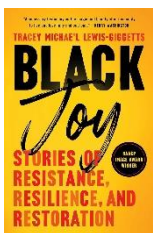
**Activities and Events to
Attend**

For the Black Community

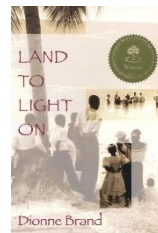
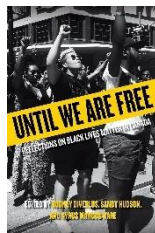
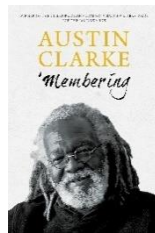
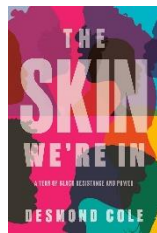
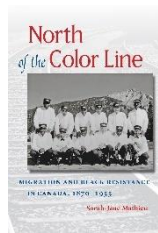
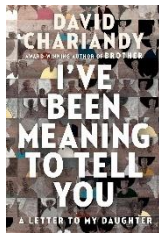
Black History. BLACK FUTURES. It's More than a Month

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.

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
THEME: CELEBRATING BLACK JOY	
1. A Garden of Black Joy: Global Poetry from the Edges of Liberation and Living	Keno Evol
2. A Year of Black Joy: 52 Black Voices Share Their Life Passions	Jamia Wilson Jade Orlando
3. Black Liturgies: Prayers, Poems and Meditations for Staying Human	Cole Arthur Riley
4. Black Joy	Charlie Brinkhurst-Cuff, et al.
5. Black Joy: A Healthy Conversation About Race	Bedford Palmer Charlene Mosley
6. Black Joy: Stories of Resistance, Resilience, and Restoration	Tracey Lewis-Giggetts
7. The Black Joy Project	Kleaver Cruz
8. Black Love Letters	Cole Brown Natalie Johnson
9. To Build a Black Future: The Radical Politics of Joy, Pain, and Care	Christopher Paul Harris
10. The Joy of Thriving While Black	Charisse M. Williams

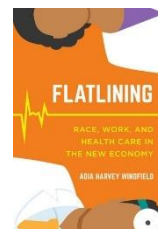
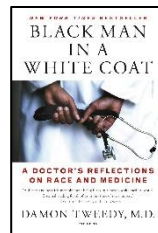
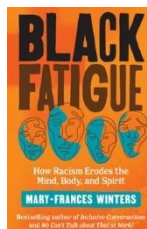
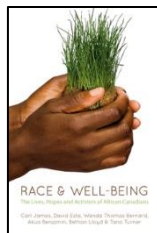
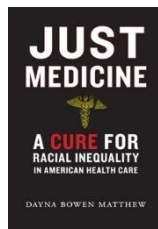


TITLE

AUTHOR

THEME: UNDERSTANDING ANTI-BLACK RACISM (in CANADA)

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. Blacklife	Rinaldo Walcott Idil Abdillahi
4. Bless the Daughter Raised by a Voice in Her Head: Poems	Warsan Shire
5. Exalted Subjects: Studies in the Making of Race and Nation in Canada	Sunera Thobani
6. Freedom Is a Constant Struggle	Angela Davis
7. How to Be an Antiracist	Ibram X. Kendi
8. I've Been Meaning to Tell You	David Chariandy
9. Killing Rage: Ending Racism	bell hooks
10. Land to Light On	Dionne Brand
11. Membering	Austin Clarke
12. North of the Color Line	Sarah-Jane Mathieu
13. Policing Black Lives: State Violence in Canada from Slavery to the Present	Marcia Johnson, et al.
14. Racism in Healthcare: Alive and Well: The Greatest Barrier To Reform	Marie Edwige Seneque
15. Sister Outsider	Audre Lorde
16. The Colour of Justice: Policing Race in Canada	David Tanovich
17. The Skin We're In. A Year of Black Resistance and Power	Desmond Cole
18. Until We Are Free	Rodney Diverlus, et al
19. Where the Waters Divide: Neoliberalism, White Privilege, and Environmental Racism in Canada	Michael Mascarenhas
20. Why Are All the Black Kids Sitting Together in the Cafeteria? And Other Conversations About Race	Beverly Daniel Tatum



TITLE	AUTHOR
THEME: ANTI-BLACK RACISM and HEALTH CARE	
1. Black Man in a White Coat: A Doctor's Reflections on Race and Medicine	Damon Tweedy
2. Body and Soul: The Black Panther Party and the Fight against Medical Discrimination	Alondra Nelson
3. Colour Coded Health Care: The Impact of Race and Racism on Canadians' Health	Sheryl Nestel
4. Fighting for a Hand to Hold	Samir Shaheen-Hussain
5. Flatlining: Race, Work, and Health Care in the New Economy	Adia Harvey Wingfield
6. Health Inequities in Canada: Intersectional Frameworks and Practices	Sarah de Leeuw Margo Greenwood
7. Just Medicine: A Cure for Racial Inequality in American Health Care	Dayna Matthew
8. Race and Well-Being. The Lives, Hopes and Activism of African Canadians	Akua Benjamin, et al
9. Black Fatigue: How Racism Erodes the Mind, Body, and Spirit	Mary-Frances Winters
10. Speaking Race in Healthcare: A Manual for the Dialogue	Milagros Phillips



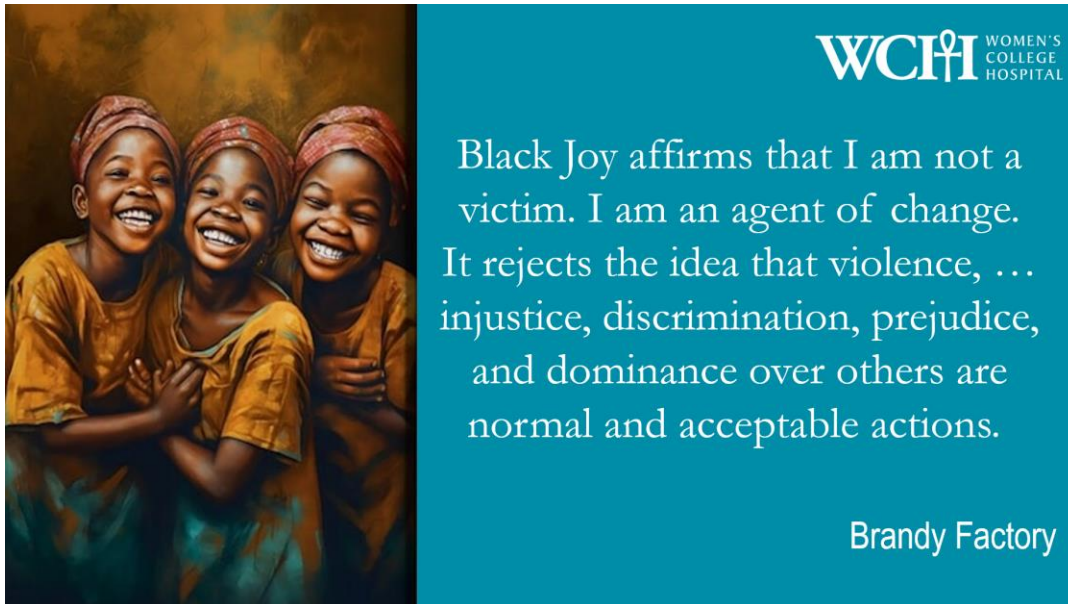
WCH WOMEN'S COLLEGE HOSPITAL

Black joy is being in a space where others love seeing the unapologetic, unpolished, authentic me. The people who love my loud laugh, my sense of humor, the people who love who I am and raise me up.

Dinah Williams

Online Reading - Celebrating Black Joy

1. [Black Joy in Pursuit of Racial Justice](#)
2. [Celebrating Black Joy as an Alternative Form of Resistance and Reclaiming of Humanity](#)
3. [Embracing the Fullness of Black Humanity: Centering Black Joy in Social Studies](#)
4. [Finding Black Joy in a World Where We Are Not Safe](#)
5. [For Black Mothers, Joy is a weapon](#)
6. [Prioritizing Black joy is central to Black wellness](#)
7. [The Case for Black Joy](#)
8. [The Fight for Black Joy Is A Battle For Black Liberation](#)
9. [The Restorative Power Of Black Joy And Community](#)
10. [What is Black joy? See it through the eyes of these groundbreaking artists](#)



Online Reading - Understanding Anti-Black Racism in Health Care

1. [Afrocentric approaches to disrupting anti-Black racism in health care and promoting Black health in Canada](#)
2. [Anti-Black racism and behavioral medicine: confronting the past to envision the future](#)
3. [Black Health Education Collaborative: the important role of Critical Race Theory in disrupting anti-Black racism in medical practice and education](#)
4. [Canadian medical journal acknowledges its role in perpetuating anti-Black racism in health care](#)
5. [See Change: Overcoming Anti-Black Racism in Health Systems](#)
6. [Taking Life into their own hands: the story of black birth workers and moms](#)
7. [Time to dismantle systemic anti-Black racism in medicine in Canada](#)
8. [Afrocentric approaches to disrupting anti-Black racism in health care and promoting Black health in Canada](#)
9. [A focus on the health of Black people and anti-Black racism in health care in Canada](#)
10. [Surviving Being Black and a Clinician During a Dual Pandemic: Personal and Professional Challenges in a Disease and Racial Crisis](#)

Online Reading - Becoming Anti-racist. Standing in Solidarity

1. [Compassion as a tool for allyship and anti-racism](#)
2. [First, Listen. Then, Learn: Anti-Racism Resources](#)
3. [Re-imagining anti-racism as a core organisational value](#)
4. [Solidarity: The Role of Non-Black People of Color in Promoting Racial Equity](#)
5. [The Black Physicians of Canada's guide For Allies](#)

Online Lectures

Title	Length
<u>Being Black in Canada CBC Special presentation (2021)</u>	60 minutes
<u>Being Black in Canada Top Stories CBC</u>	45 minutes
<u>Fighting anti-Black racism in Canada: A conversation with the Black North Initiative</u>	135 minutes
<u>Black Birthing Joy: Black Maternal Health Roundtable</u>	53 minutes
<u>Real Talk about anti-Black racism</u>	56 minutes
<u>Chimamanda Ngozi Adichie INBOUND 2018 Keynote</u>	46 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	Synopsis	Length
1. <u>The Skin We're In</u>	A documentary based on the book by journalist and activist Desmond Cole, exploring systemic racism in Canada.	44 minutes
2. <u>Canada was not a safe haven from slavery – Haven but not Heaven</u>	An unflinching <i>CBC Docs Black Life: Untold Stories</i> examination of slavery in Canada that dispels the myth of Canada as a safe haven for Black people.	44 minutes
3. <u>Canada's Forgotten Pioneers: How African Nova Scotians have contributed to the history of Canada</u>	An examination of how African Nova Scotians have contributed to the history of Canada.	30 minutes
4. <u>Revolution Remix</u>	A <i>CBC Docs Black Life: Untold Stories</i> examination of two era-defining Black empowerment events in 1960s Montreal are explored, including the Sir George Williams Affair.	44 minutes
5. <u>Ice Breakers</u>	Ice Breakers reveals the buried history of a pioneering Black hockey league in Atlantic Canada, as Josh Crooks discovers that his unshakable passion is tied to a rich and remarkable heritage.	15 minutes

Title	Synopsis	Length
6. <u>Invisible City</u>	Invisible City is a moving story of two boys from Regent Park crossing into adulthood – their mothers and mentors rooting for them to succeed; their environment and social pressures tempting them to make poor choices. Turning his camera on the often ignored inner city, Academy-award nominated director Hubert Davis sensitively depicts the disconnection of urban poverty and race from the mainstream.	75 minutes
7. <u>Northern Beats</u>	Pioneers of Canadian hip-hop tell the story of the music, featuring interviews with Maestro Fresh Wes and Michie Mee.	44 minutes
8. <u>Being Black in Canada</u>	Host Asha Tomlinson speaks with activists who have been a part of the Black Lives Matter movement for many years about what has changed and what now needs to happen.	59 mins
9. <u>Mr. Jane and Finch</u>	Guyanese-Canadian community activist Winston LaRose has spent decades fighting for the troubled Toronto neighbourhood of Jane and Finch. His dedication to community building has earned him the title "Mr. Jane and Finch" and at 81, he decides to challenge traditional power and run for a seat on city council in 2018.	44 mins
10. <u>Black Soul</u>	Martine Chartrand's animated short dives into the heart of Black culture with an exhilarating trip through history. Watch as a young boy traces his roots through the stories his grandmother shares with him about the events that shaped their cultural heritage.	10 mins



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Black joy fills the space we share, it's bigger than our imagination and cannot be explained by the tongue, it's consistently tenacious and it's ours.

Moashella Shortte

Movies / Film

Title	Year	Producer/Director	Length	Where to Watch
1. All Dirt Roads Taste of Salt	2023	Raven Jackson	97 minutes	YouTube
2. Rustin	2023	George C. Wolfe	108 minutes	Netflix
3. Shooting Stars	2023	Chris Robinson	115 minutes	Prime Video
4. Silver Dollar Road	2023	Raoul Peck	100 minutes	Prime Video
5. They Cloned Tyrone	2023	Juel Taylor	122 minutes	Netflix
6. Black Panther: Wakanda Forever	2022	Ryan Coogler	161 minutes	Prime Video
7. Devotion	2022	J. D. Dillard	139 minutes	Netflix
8. The Woman King	2022	Gina Prince-Bythewood	139 minutes	YouTube
9. Till	2022	Chinonye Chukwu	132 minutes	Prime Video
10. Colin in Black and White	2021	Ava DuVernay Colin Kaepernick	6 episodes	Netflix
11. Passing	2021	Rebecca Hall	98 minutes	Netflix
12. The United States vs. Billie Holiday	2021	Lee Daniels	130 minutes	YouTube
13. One Night in Miami	2020	Regina King	114 minutes	Prime Video
14. The Banker	2020	George Nolfi	120 minutes	The Site (https://lorax.site/)
15. American Son	2019	Kenny Leon	90 minutes	Netflix
16. Harriet	2019	Kasi Lemmons,	125 minutes	Amazon Instant Video
17. Just Mercy	2019	Destin Daniel Cretton	137 minutes	Netflix
18. When They See Us	2019	Ava DuVernay	300 minutes	Netflix
19. If Beale Street Could Talk	2018	Barry Jenkins	119 minutes	YouTube
20. I'm Not Your Negro	2017	Raoul Peck	95 minutes	Prime Video



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We come together with
hearts that know hurt but
souls that choose joy,
testifying that we matter.

Melvina Young

Listening Corner - Black Joy!

-  Ain't Nobody - Rufus and Chaka Khan
-  As – Stevie Wonder
-  Ascension - Maxwell
-  Automatic - The Pointer Sisters
-  Back To Life – Soul II Soul
-  Because I'm Me - The Avalanches
-  Before I Let Go - Frankie Beverly And Maze
-  Car Wash - Rose Royce
-  Don't Stop 'Til You Get Enough - Michael Jackson
-  Don't Stop the Music - Yarbrough & Peoples
-  Don't Worry Be Happy - Bobby McFerrin
-  Emotions - Mariah Carey
-  Everything Is Everything - Lauryn Hill
-  Family Affair - Mary J. Blige
-  Getting Jiggy with It – Will Smith
-  Give me the Night – George Benson
-  Golden – Jill Scott
-  Got To Be Real - Cheryl Lynn
-  Got To Give It Up - Marvin Gaye
-  Happy - Pharrell Williams
-  Harmour Love - Syreeta
-  I Can - Nas
-  I'm Coming Out - Diana Ross
-  I'm the One - Roberta Flack
-  Lean On Me - Club Nouveau
-  Let's Groove - Earth, Wind & Fire
-  Love On Top - Beyoncé
-  Lovely Day – Bill Withers
-  Lovey Dovey - Tony Terry
-  Morning – Al Jarreau
-  Motownphilly - Boyz II Men
-  Mr. Melody – Natalie Cole
-  My First My Last My Everything – Barry White
-  My Kinda Girl - Babyface
-  Never Knew Love Like This Before - Stephanie Mills
-  Never Too Much - Luther Vandross
-  One more Rhythm – James Ingram
-  People Everyday - Arrested Development
-  Raspberry Beret - Prince & The Revolution
-  Rhythm Of the Night – De Barge
-  Rock Steady – Aretha Franklin
-  Same Ole Love - Anita Baker
-  September -Earth Wind and Fire
-  Tell me Something Good – Chaka Khan
-  Tomorrow – Tevin Campbell
-  Unbreakable - Alicia Keys
-  Video - India.Arie.Arie
-  Worship - Lizzo
-  You Gotta Be - Des'ree
-  You Stop My Heart - Melanie Fiona



Podcasts

Title	Host/Creator	Availability
Our Body Politic	Farai Chideya	Apple
Dear Culture	The Griot	Apple
Truth Be Told	Tonya Mosley	Apple
I Am Black History (ITBC) - Our Stories, Our Voices	Black:Canada and DeeP Visions Media	Apple
Black Canadian Content Creators	Sherley Joseph	Spotify






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Black laughter connects us to each other without trying. It rejects the whispers to crouch down, fold into ourselves, or cover up. It resists pleas to be less vocal, to be smaller, to be quiet. Black laughter helps us resew the frayed fabric of our own resilience.

Patia Braithwaite

Social Media

Influencer			
Vanessa Bowen	@mintworhyco	@mintworthy	@mintworthyco
Shannae Ingleton-Smith	@torontoshay	@torontoshay	@torontoshay
Tyrone Edwards	@mr1loveto	@mr1loveto	@mr1loveto
Kathleen Newman-Bremang	@kathleennb	N/A	@kathleennb
Avery Francis	@averyfrancis	@averybrookesfrancis	@averyfrancis

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 jewellery](#)
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.toronto.ca/explore-enjoy/history-art-culture/black-history-month/>

<https://ago.ca/events/black-history-month-ago>

<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	<u>Insight Timer</u>
Justine Michael Williams	<u>Insight Timer</u>
Dora Kamau	<u>Insight Timer</u>
Mooji	<u>Insight Timer</u>
Fatima Farmer	<u>Insight Timer</u>



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When joy is Black, it is a radical demonstration of our humanity - our laughter, our ancestral mandate to keep moving in a rhythm all our own - set in a cultural context and struggle specific to our experiences as members of the African Diaspora.

Tracey Michael Lewis-Giggetts