



Wellness & Learning Initiatives

Black Community Connection

The **Black Community Connection** will serve as a safe space for Black identifying students and community members to speak openly, check-in with each other, and share their own experiences about how they are impacted by the events in their communities and the world. With a strong emphasis on bridging and building healthy relationships, we are invested in supporting and amplifying the diversity and beauty of our Black lives, voices, and expressions through the lens of community wellness and engagement. In addition, participants will gain skills of empowerment and education that will foster the knowledge and confidence from within to enable them to manage life's stressors, while becoming strong advocates around their own mental health and wellbeing.

In this space, individuals will:

- Create space for Oral tradition / storytelling (honouring and amplifying Black voices)
- Music, art, and dance
- Explore topics and themes like: Black Agency and Black Joy

Moving towards a more specialized mode of support, the **Black Community Connection** is a peer-to-peer support resource for community members to get to know and support each other, learn from professionals how to navigate everyday challenges, and connect with long-term support resources. This group will be facilitated by mental health professionals who are themselves Black. This is not a therapy group, but those with individual needs are encouraged to talk to the facilitator after the group.

Join us as we endeavour to **Connect, Create,** and **Cultivate** healthier and more equitable communities for all.

When do I need to register for a support group?

Community Connection Group Dates:

Mondays from 6:00 p.m. to 7:00 p.m. EST

Check our monthly calendar for the start date.

Registration Dates

There is no registration required.

What is needed: A device with internet access is required to participate in the exchanges and discussions.

Microphone and camera accessibility is encouraged, although use during group sessions is optional.

Email our Wellness and Learning Initiatives team at wellness@guard.me for more information.