

Ways to support the Black community:

Compiled by In Our Tongues (2020)

1) Donate. Here are some organizations and causes to donate and support:

- Black Physicians' Association of Ontario <https://bpao.org/donations/> (BPAO) has partnered with the Black Business and Professional Association (BBPA) to provide scholarships to in training physicians/residents and medicine related outreach, many of which are focused on youth interested in a career in medicine.
- Grassroots Law <https://www.grassrootslaw.org/> Every dollar you donate will go towards helping the Grassroots Law Project get justice for families and radically reform the American legal system.
- Justice 4 Regis Ottawa

https://www.gofundme.com/f/justice-for-regis-ottawa?utm_medium=copy_link&utm_source=customer&utm_campaign=p_lico+share-sheet

- Black Legal Action Centre www.blacklegalactioncentre.ca (based in Toronto)
- Justice for Abdirahman Coalition (released a statement June 1, 2020) <http://www.justiceforabdirahman.ca/posts/press-release/june-01-2020-the-justice-for-abdirahman-coalition-releases-statement-expressing-outrage-and-heartbreak-on-the-tragic-death-of-george-floyd-and-calls-for-legislative-action-as-an-act-of-justice/>
- Black Lives Matter Toronto:
- https://blacklivesmatter.ca/?fbclid=IwAR1Ta3dIUqdyfD0FReTDUQ6mY6l_FGoXvzpgQLID_YZTWBSzh_-JM_CBGU
- Black Mom's Connection:

https://www.blackmomsconnection.com/support?fbclid=IwAR2xHfWcGIZAaZcO7ux9_wKhLj01E_rnrZVeq5GHGcEAHx_iTVwR2K73Fp2g

- **Produced By Youth.** A nonprofit organization that provides FREE music production workshops to Black youth between 14-24. <https://www.facebook.com/ProducedByYouth/>
- **Jaku Konbit** - Building Our Community Together (www.jakukonbit.com) *Jaku Konbit* means Africans helping Africans) - based in Ottawa providing youth, Elder and community programming for people of African and Caribbean descent
- **Yoga.Unity.** A donation based drop-in yoga class for BIPoC womxn. <http://yogaunity.ca/>
- **Yoga for Black Grief with Yamikana Msosa** (multiple dates in June) <http://www.yamimsosa.com/seeds-yoga>
- <http://supportblackcharities.org/?fbclid=IwAR0-eu5lq2RNScFpEvLN8ToytXPLnomHjTcZJcyok0tw9h3YFVDNM4OpGuQ>

- List of where to donate in Halifax, but also across Canada
<https://m.thecoast.ca/halifax/where-you-can-give-money-to-support-black-organizations-and-lives-right-now/Content?oid=24163991>
- For Us Girls Foundation:

https://forusgirls.org/?fbclid=IwAR1XyUewt0GDil1RXqqb7N-aPhddK2x6XGPS-BC69-skC246k_gmlhVDqc

- Jaku Konbit, Ottawa

<http://www.jakukonbit.com/donate/>

- FAMHAS

<https://famhas.ca/donate/>

- Somali Centre for Family Services

<https://www.facebook.com/somali.centre/>

- Michaëlle Jean Foundation

<http://www.fmjf.ca/en/>

- Ontario Black History Society

<http://blackhistorysociety.ca/>

- Jean Augustine Centre

<https://jeanaugustinecentre.ca/>

- Maison d'Haïti

<http://www.mhaiti.org/>

- Black Health Alliance

<http://blackhealthalliance.ca/>

2) Take Action:

- Petition Calling the Ontario Ombudsman to Open a Public Investigation into Racism in Ottawa Schools by Maya Spoken

https://www.change.org/p/paul-dub%C3%A9-calling-the-ontario-ombudsman-to-open-a-public-investigation-into-racism-in-ottawa-schools?utm_content=cl_sharecopy_22576112_en-CA%3Av2&recruiter=38255920&recruited_by_id=00b27e40-3cac-0130-d953-38ac6f16cbb1&utm_source=share_petition&utm_medium=copylink&utm_campaign=psf_combo_share_initial&utm_term=share_petition

Write a letter to your Mayor / City Councilor surrounding policing, police brutality and systemic racism:

- Toronto template, sourced from hey_adrienne:
https://docs.google.com/document/d/1w39gAhDvuz7fNrSkZc6WGtvs02xtZb2hUSCVjw5Kt_w/mobilebasic
 - Ottawa template, sourced from CPEP Group:
https://docs.google.com/document/d/e/2PACX-1vSZnYf03aytku95d8skhQYPU8cqlq59QLwHSnRnax5ay5xMspilXccKO6Yv_PL17BVdh1gzQwJ5Csle/pub
 - Link to look up your Ward:
<https://app01.ottawa.ca/wardlookup/wardSearch.jsf?fbclid=IwAR2sESPJoB4Iz2CmTTIqR0i4PwD6NdN0OjNemew8c-drrFMTo2i6nhqckN8>
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3) Hire a Black consultant or educator

- **Jamaal Jackson Rogers.** <http://justjamaalthepoet.com/>
Co-founder of the Origin Arts and Community Centre, Ottawa's Poet Laureate and community builder. <http://justjamaalthepoet.com/>
- **Sharon Nyangweso.** Design Thinking & Inclusion <https://www.sharonnyangweso.com/>
Sharon recently penned an article about how to support (and not support!) Black colleagues in professional spaces
<https://www.quakelab.ca/blog/please-dont-check-on-your-black-employees?fbclid=IwAR1Axaov7IFdFatcWGQ3oncrXEAHB-5xZ0pxybNrrRwv2eaWpFukpXiL0mQ>
- **Dominique Dennery.** <https://dominiquedennery.com/>
Dominique Dennery is a bilingual coach, facilitator, and management consultant with over twenty years of experience. She works with everyone from young adults seeking direction, to mid-career executives looking to become more effective leaders, to high-level boards of directors and executive teams.

4) Support Black owned businesses

This is an article with a map of BIPOC businesses:

<https://apt613.ca/ottawa-is-hungry-for-business-visibility-for-bipoc-immigrant-and-refugee-owned-small-food-businesses-during-covid-19-and-beyond/>

- **The Origin Arts and Community Centre.** Locally owned space for events, gatherings and healing. It is the usual venue of IOT when we can host in person readings. <https://m.facebook.com/pages/category/Community-Organization/theorigin57/about/>
- **Freedx.** A digital media and content creation agency. <http://www.freedx.ca/>
- **Cultural Arts Studio.** <https://www.culturalartsstudio.com/> A locally owned & operated creative space dedicated to the sharing & preservation of Afro-Caribbean culture through artistic, cultural & wellness programs including: Dance & unique wellness classes open to all!
- **Curly Hair Designs** <https://www.curlyhairdesigns.com/>
- Another extensive but not exhaustive Google doc with links https://docs.google.com/document/d/1QYfYrvHsaEL_qv_JhDJo_GTvqVmBa_Yq1dr1wm7RIBI/mobilebasic?urp=gmail_link

5) Purchase art, music and books from Black creatives. We have had the privilege of hosting/working with a few of these amazing creatives.

COLLECTIVES / GROUPS

- The Griot In Me. Preserving the stories of Black Canadians in the National Capital Region through oral and written tradition and initiatives <http://thegriotinme.com>
- Full Femme <https://www.facebook.com/fullfemme/>

POETS & WRITERS

- Roen Higgins <http://roenhiggins.com/>
- Lydia Collins <https://www.lydiacollins.ca/about>
- Shery Alexander Heinis (Our Co-Founder) <https://www.sheryalexanderheinis.com/>
- Eddy “Da Original One” David https://anitafrika.wixsite.com/watah2014-2015?lightbox=image_9vo
- El Jones: poet/activist/professor https://en.m.wikipedia.org/wiki/El_Jones
- Shauntay Grant: poet/writer/author/musician <https://houseofanansi.com/products/africville>
- Amber Flame <https://www.theamberflame.com>
- The Blog of Desmond Cole: <https://thatsatruestory.wordpress.com/>

- Nikkita Oliver: poet/activist/lawyer www.nikkitaoliver.com
- Jacqueline Lawrence (A host on Black On Black **see Podcast/Radio)

MUSICIANS / singer/ song-writers

- Alanna Stuart <http://bonjaymusic.com>
- Paula C. https://www.facebook.com/Music-by-Paula-C-1503614279771635/?ref=py_c
- Kimberly Sunstrum <https://kimberlysunstrum.bandcamp.com>
- HTBLSE <https://www.instagram.com/htbsle/>

MULTIDISCIPLINARY ARTISTS

- Tafui (graphic design, fine artist) <https://www.shoptafui.com/>
- Poet Express (photographer/videographer) <https://www.instagram.com/poetexpress/>
- Adrienne Row-Smith (photographer/videographer) <https://www.facebook.com/AdrienneRSPhotography/>

6) Listen to Podcasts and Radio.

There are a ton of podcasts hosted by members of the Black and BIPoC community.

These ones are local to Ottawa/Canada:

- Black on Black With Sarah Onyango, Adrienne Coddett, Jackie Lawrence, Patricia Harewood, Denise Isaac, Joanne John (CHUO <https://chuo.fm/show/black-on-black/>)
- Bad and Bitchy Podcast with Erica Ifill, Erin Gee and Arezoo Najibzadeh (<https://www.badandbitchy.com/about-us>)
- Leading In Colour <http://www.leadingincolour.ca/podcast.html>
- The Secret Life of Canada (CBC, <https://www.cbc.ca/radio/podcasts/documentaries/the-secret-life-of-canada/>)
- Sandy and Nora (<https://sandyandnora.com/>) hosted by Sandy Hudson, a political strategist, organizer and communications expert *and* founder of Black Lives Matter - Toronto. Nora Loreto is a writer, musician and activist based in Québec City. Nora is the author of *From Demonized to Organized, Building the New Union Movement* (2013).
- Create, Inspire, Empower with Dominique Dennerly. <https://dominiquedennerly.com/category/podcast/>

- 25 Black podcasts to follow: https://blog.feedspot.com/black_podcasts/
- Anti-racist podcast list: <https://www.google.com/amp/s/www.elle.com/culture/movies-tv/gmp32732684/anti-racism-podcasts/>

- [Leading In Colour with Deon Stokes and Marta Maria Miranda-Straub](https://www.leadingincolor.org/) (<https://www.leadingincolor.org/>)
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7) Read books written by Black authors.

- <https://www.nonamebooks.com/> Noname's Book Club is an online/irl community dedicated to uplifting POC voices. We do this by highlighting two books each month written by authors of color. You can shop directly.
 - *White Fragility* by Robert DeAngelo (2018)
 - *When They Call You a Terrorist: A Black Lives Matter Memoir* Patrisse Khan-Cullors and Asha Bandele, with a forward by Angela Davis (2017)
 - *Policing Black Lives: State Violence in Canada from Slavery to the Present* by Robyn Maynard (2017)
 - *The End of Policing* Alex S. Vitale (2017)
 - *How to be an Antiracist* Ibram X. Kendi (2019)
 - *So You Want to Talk About Race?* Ijeoma Oluo (2019)
 - *The Skin We're In* Desmond Cole (2020)
 - *Between the World and Me*, Ta-Nehisi Coates
<https://www.penguinrandomhouse.com/books/220290/between-the-world-and-me-by-ta-nehisi-coates/>
 - *All About Love*, Bell Hooks <https://www.harpercollins.ca/9780060959470/all-about-love/>
 - *Sister Outsider*, Audre Lorde
<https://www.penguinrandomhouse.com/books/198292/sister-outsider-by-audre-lorde/>
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8) Watch movies and documentaries. Watch documentaries that show the historical injustices and shared lived experiences of the Black community.

- *Deeply Rooted* (The story about the multi-generational Nova Scotia Downey-Collins family), CBC Short Docs
- *Across the Line* (CBC Gem)
- *Home Again* (CBC Gem)
- *Jean of the Joneses* (CBC Gem)
- *Kettle* (CBC Gem)
- *Nancy's Workshop* (CBC Gem, YouTube)
- *Nurse.Fighter.Boy* (CBC Gem)
- *The Haircut* (CBC Gem, YouTube)
- *Long Time Comin'* (NFB), Director: Dionne Brand
- *Black Soul*, National Film Board (NFB) - children
- *Christopher Changes His Name* NFB) - children
- *Home Feeling: Struggle for a Community* (NFB)
- *The Hate You Give*, directed by George Tillman Jr. with a screenplay by Audrey Wells

- *Stay Woke: The Black Lives Matter Movement*, directed by Laurens Grant ft. Jesse Williams (2016)
- *The Force*, Documentary directed by Peter Nicks (2017)
- *The Black Panthers: Vanguard of the Revolution*, directed by Stanley Nelson Jr. (2015)
- *Fruitvale Station*, directed by Ryan Coogler (2013)
- *Blindspotting*, directed by [Carlos López Estrada](#) (2018)
- *Monsters and Men*, directed by [Reinaldo Marcus Green](#) (2018)
- *Do the Right Thing*, Spike Lee
- *School Daze*, Spike Lee
- *Crooklyn*, Spike Lee (1994)
- *Clockers*, Spike Lee (1995)
- *Queen & Slim*, directed by Melina Matsoukas and written by Lena Waithe
- *The Lion's Share* (Netflix movie about how Disney has made millions from a poor Zulu artist's song "The Lion Sleeps", originally *Mbube* or "The Lion")
- *When They See Us* (2019) Created by Ana DuVernay
- *Selma*, Filmmaker Ana DuVernay
- *13th* (2016) Filmmaker Ana DuVernay