

Deepest gratitude to all of our Black healers, advocates, artists, leaders, service providers, caretakers, family members.

Contents Include:

1. Black Therapeutic Supports & Trauma Informed Grounding Techniques
2. Black Legal Resources & Community Services
3. Black Support Phone Lines
4. Affirming Black Content
5. Music for Black Healing/Affirmation/Grief/Crying/Dreaming; Playlists
6. Access & Food Security Support
7. A Note to Agencies and Institutions Using this Doc

Note: If your content or service is included below and you would like for it to be removed, please send a message by clicking "Request edit access" at the top right

~Affirmations~

1. I come from a people whose strength is unmatched.
2. My ancestors have prepared me to deal with this.
3. Racism on Earth is no match for melanated peoples' high ranking in the spirit realm.
4. Despite external circumstances, I choose to walk with freedom, advantage and liberty.
5. Even though the world is cruel and harsh to our kind, I always show my skinfolk love and favor.

Source: [The Black Unicorn](#)

1. Black Therapeutic Supports & Grounding Techniques

Directory of Black Therapists in the Greater Toronto Area: Therapy For Black Girls – Toronto Grassroots Edition

- https://docs.google.com/spreadsheets/d/1DkaAc5YHEgGKdFmo4e5Cyd18wlu5fF0P54_MPqED2KE/edit?fbclid=IwAR3qGT3R8E88q3-2J63wQ8Wms3ua5LAzKyAGIADKa_uVugRymHhF31cYWjg#gid=0

Trauma Informed Healing Focused Instagram Account, Twinpowerment:

- <https://www.instagram.com/twinpowerment/>
Description: A collection of video clips demonstrating trauma informed grounding techniques and prompts for self reflection. (Trauma informed, Black service providers, empowerment for spirit, emotions, relationships)

Trauma Informed Healing Focused Instagram Account, Grounding Techniques:

- https://www.instagram.com/grounding_techniques/
Description: A collection of short video clips demonstrating trauma informed grounding techniques for the self. (Body positive, anti-oppressive practice, non-Black service provider)

The Four Bodies: A Holistic Toolkit for Coping With Racial Trauma By [Jacquelyn Ogorchukwu](#)

- via Nappy Head Club
<https://medium.com/nappy-head-club/the-four-bodies-a-holistic-toolkit-for-coping-with-racial-trauma-8d15aa55ae06>

Liberate Meditation App

- For and by the Black, Indigenous, and People of Color community.
<https://liberatemeditation.com/>

Soul Serenity Meditation Series by Undugu Foundation, a brotherhood for melanated men

https://www.youtube.com/playlist?list=PL74ymf8shVHxagYDAI6ZMbrODJt-uFJ_f

Description: Join Althea and Lou every Thursday as they explain the benefits of meditation and lead you in a session. Special guests join to lead guided meditations and provide a deeper level understanding of the wide variety of meditative practices.

Yoga for Grief and Sadness// Yoga with Dionne// 20 Minute Practice

- YouTube video: <https://www.youtube.com/watch?v=kvT85JIZQfE>

Self care tips for Black people feeling overwhelmed by the media by @reignxshine

- Instagram Post: <https://www.instagram.com/p/CA2WA2QglZn/?igshid=1p220ffb3pt6k>

Street Somatics: Tips for Regulating Nervous Systems in Uprisings by @prentis.h

- Instagram Post: <https://www.instagram.com/tv/CA3RW0uA8CW/?igshid=tgqqlteumta4>

Healing Focused Instagram Account, Therapy for Black Girls via Michelle Mitchell from the Backpack Project

- <https://www.instagram.com/therapyforblackgirls/>
Description: A collection of grounding prompts, online live wellness events, and a podcast.

Protect Your Energy. Canned [e-mail] responses for when calling in Black is not enough.

- Assembled & Managed by Martina & Kali Ilunga.
<https://hashtagprotectyourenergy.weebly.com/>

Making the Body a Home, Unpacking Internalized Racism - Online Course By [Jacquelyn Ogorchukwu](#)

- <https://makingthebodyahome.thinkific.com/courses/Unpacking-internalized-racism>

- Cost: \$69 USD, or 3 monthly payments of \$23 USD

“...Internalized racism does not only impact how Black, Indigenous, and people of color think about, feel about and treat ourselves, but it also impacts how we think about, feel about, and treat other BIPOC folks. It is damaging to the holistic wellbeing of our communities. Unpacking internalized racism allows us to promote wellness within ourselves and within our communities. This is deep decolonial work.”

Rachel Ricketts Healing for WOC (Women of Colour) Resource List:

- <https://www.rachelricketts.com/racial-justice-resources>

2. Black Legal Resources & Community Services

Black Legal Action Centre

- A non-profit community legal clinic that provides free legal services for low or no income Black residents of Ontario

<https://www.blacklegalactioncentre.ca/>

Black Lives Matter Toronto Legal Resource List

<https://blacklivesmatter.ca/legal-resources/>

Black Youth and Family Services Directory from byblacks.com

<https://byblacks.com/directory/black-youth-family-services>

3. Black Support Phone Lines

TAIBU CHC Covid Help Line for Black people in the Greater Toronto Area:



Effective Monday, April 27th, TAIBU is pleased to announce the launch of our COVID-19 Phone Lines. If you are from the African – Caribbean - Black communities and/or a resident of the Malvern neighborhood and you have questions or you require assistance, please call the following numbers:

English 416-803-8654 or email: covid19en@taibuchc.ca

French 416-898-4371 or email: covid19fr@taibuchc.ca

The phone lines will be answered between the hours of **9am - 5pm** on **Monday, Tuesday, Thursday** and **Friday**. The times may change in the future.

We will be prepared to answer questions on a range of topics from food security, to needing someone to shop for you or health care issues.

For English - 416-803-8654; covid19en@taibuchc.ca ;

En Francais/ In French - 416-898-4371; covid19fr@taibuchc.ca

Website: <http://taibuchc.ca/en/>



A 24/7 volunteer run hotline (accepts calls or texts), Blackline provides a space for peer support & counselling, reporting of mistreatment, affirming the lived experiences of people who are most impacted by systemic oppression with an LGBTQ+ & Black femme lens.

1-800-604-5841(call or text)

<https://www.callblackline.com/>

For people who have Caribbean heritage/ethnicity:

“Crisis support for the Caribbean-Canadian community. We are here to listen.”

Text HELLO to 1-855-574-0574

<https://ourchm.ca/resources/>



The poster features the logo for Caribbean-Canadian Parents United at the top, which includes a stylized house icon. Below the logo, the text reads "CARIBBEAN-CANADIAN Crisis Textline". A message states, "It's normal to feel sad, stressed, confused, scared or angry during a crisis." This is followed by three circular icons: a yellow sad face, a yellow neutral face, and a red angry face. The central text "Text HELLO to 1-855-574-0574" is prominently displayed. Below this, it says "Confidential crisis support by text." and lists the operating hours: "SUN - FRI 8 AM - 9 AM; 11 AM - 11 PM EST" and "SAT 8 AM - 11 PM (HRS SUBJECT TO CHANGE)". At the bottom, it notes "STANDARD RATES APPLY. WWW.OURCHM.CA/RESOURCES/" and includes several small logos for partner organizations.

4. Affirming Black Representation:

- Good Black News (Global content): <https://goodblacknews.org/>
- A Different Booklist Resource List (based in GTA): https://www.adifferentbooklist.com/?q=p.featured_lists
- Black Girls Magazine (based in the GTA): <https://blackgirlsmagazine.ca/>

5. Music for Black Healing/Affirmation/Grief/Crying/Dreaming; Playlists

For Black Healing/Affirmation/Crying by fiercenation on YouTube:

https://www.youtube.com/playlist?list=PLQ6IHSilvFQr92_avo8StaPUlj7svU5lF

Description: These songs by Black artists have been selected for their healing rhythms and lyrics of affirmation. Artists are from North America and Jamaica. Lyrics are in English.

Black Self Love by xqmagnum on Spotify:

<https://open.spotify.com/playlist/0kszgHwxmLwNYLjSdYpBko?si=Y-aAu-3uSfyGjgWzIKQcXA>

For Black Healing/Crying/Calm/Dreaming by fiercenation on YouTube:

<https://www.youtube.com/playlist?list=PLQ6IHSilvFQojAy-2fS49rvu5J2G06LLv>

Description: These songs by Black artists have been selected for their healing rhythms and soothing vocals. Song themes touch on life, friendship, love, heartbreak, spirituality, and dreaming. Artists are from across the African Continent including South Africa, Zimbabwe, Ethiopia and Mali. Lyrics are sung in languages including Zulu, Xhosa, Swahili, Bambara, English.

Black Girl Magic/ Self Love by tatiana.ransom on Spotify :

<https://open.spotify.com/playlist/09KVskYgkQuqz4WWtU1D9m?si=eCUT0GrCSnS6oP-ozWerQA>

Black Woman Tings & Affirmations by Jas Hands on Spotify:

<https://open.spotify.com/playlist/2KCkvxnp0uUoC2qk7nlpJ1?si=yvrI9hyuTVaEoXsJSspu4w>

Collective Grief & Healing: Nap Ministry by Tricia Hersey-Patrick on Spotify:

<https://open.spotify.com/playlist/5LPHqAE1tq3wj6vFr1ZMcT?si=qYeAMu60TV2fiY4VKHYmUw>

6. Access and Food Security Supports

7. A Note to Agencies and Institutions Using this Doc

If you are an agency or institution using the resources in this Google Doc to support your Black clients and/or employees, **pay the creators of the content that you are using**. This work takes time, effort and care, and the creators should be compensated. If your agency is not offering appropriate in-house supports for Black clients and/or employees, then pay the people who do. This means: have your agency make a contribution to the volunteer run phone line you refer your

Black clients to, to the practitioners whose trauma informed grounding techniques you take from here, to the yoga instructor for the Black healing event you take from here, and so on.

Finally, if you are an agency or institution who has nothing in-house to offer your Black clients and/or employees, and is relying on this resource list, ask yourself: **why?**

- Why is my agency relying on a Google Doc to meet the needs of Black clients and/or employees?
- What does that reveal about my agency?
- What does my agency need to do about it?