

Community Care, Healing and Wellness Resources Centering the Voices of Folx Identifying as Black, Indigenous, and/or People Of Colour

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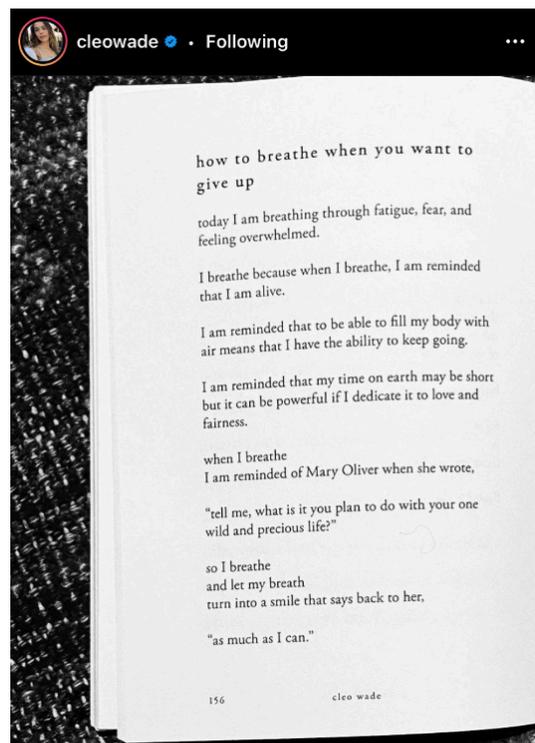
PURPOSE

The purpose of this resource set is to provide a non-exhaustive and regularly updated series of resources centering the voices of folx who identify as Black, Indigenous and/or a Person of Colour. Often times, following an incident of discrimination, individuals are left to deal with and manage feelings of hurt and trauma while perpetrators, often in a best case scenario, apologize. This hurt needs to be adequately validated and healing needs to be supported. One of the many ways to support this healing is to centre community voices and know you are not alone in your experience. There is great strength in community, and in learning and leaning on each other, so even though you may feel alone in your experience, hopefully through these social media accounts, posts, articles, videos, podcasts, and more, you can find community. Take care of yourself, because your existence and successes are forms of resistance, and they would not be possible without rest.

Please use these resources with care, and reach out to those around you, and/or trained mental health personnel if you feel you need to.

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SOCIAL MEDIA POSTS (& ACCOUNTS)

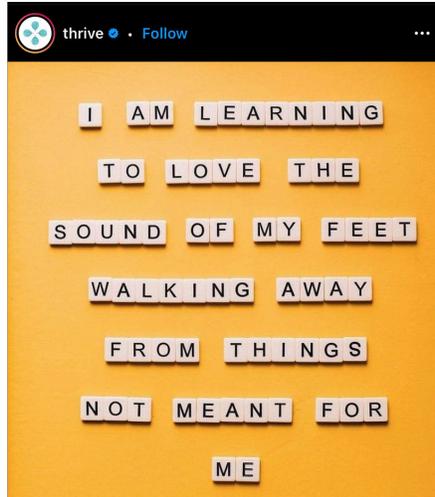
- Instagram: [@DecolonizingTherapy](#)
- Instagram: [@FutureAncestors](#)
- Instagram: [@DecolonizeMyself](#)
- Instagram: [@BrownGirlTherapy](#)
- Instagram: [@BlackMentalHealthConnect](#)
- Instagram: [@AsiansForMentalHealth](#)
- Instagram: [@BlackWomenInMotion](#)
- [Black Exceptionalism? \(@iammiketodd\)](#)
- [How to respond to common racist statements \(@mariebeeceh\)](#)
- [Conflict avoidance when it comes to being actively anti-racist \(@conflicttransformation\)](#)
- [Template of responses to racist comments \(@sineadbovell\)](#)
- [Healing is an act of communion \(@thegirlfriendmanifesto\)](#)
- [You are the voice of the ancestor \(@poetagoddes\)](#)
- [Your relationships are activism too \(@seedingsovereignty\)](#)
- [Trauma bonds vs. authentic bonds \(@the.drtherapinay\)](#)
- [Dear world as we know it \(@museummammy\)](#)
- [You know who I've been scared to stand in a room with? \(@seedingsovereignty\)](#)
- [BIPOC folks are not underdogs \(@tatakpilipino\)](#)
- [There is nothing wrong with me \(@the_indian_feminist\)](#)
- [Calling all Black therapists \(@black_therapist_list\)](#)
- [Be prepared for the emotional reactivity \(@maryamhasnaa\)](#)
- ["Well-intentioned" shenanigans \(@cteacounselling_\)](#)
- [How do you feel today? \(@brandonkgoodman\)](#)
- [You're not wrong for calling it out \(@seedingsovereignty\)](#)
- [Don't forget to advocate for yourself \(@rachel.cargle\)](#)
- [You have the power to interview your therapist \(@inclusivetherapists\)](#)
- [Nobody in history has ever... \(@genrisemedia\)](#)
- [The ocean does not apologize for its depth \(@cafeconcass\)](#)
- [You do not need their approval \(@srwpoetry\)](#)
- [Integrity + authenticity \(@iamrachelricketts\)](#)
- [10 free and low-cost therapy resources for Black People and People of Colour \(@soberblackgirlsclub\)](#)
- [I tap out \(@thenapministry\)](#)
- [I have been gravely disappointed with the white moderate \(@indigenouspeoplesmovement\)](#)
- [Sacred mountains, oceans, and land \(@samcrowphoto\)](#)
- [Give + receive love with your whole heart \(@yasminecheyenne\)](#)
- [Sometimes, we thrive in spite of it \(@findyourshinetherapy\)](#)
- [America is an experiment \(@them\)](#)
- [Be an active participant \(@blairimani\)](#)
- [You can do it again \(@ifyoueverforget\)](#)
- [For Black women with white partners \(@averyfrancis\)](#)
- [You deserve loved ones who... \(@ogorchukwu\)](#)
- [The importance of healing for BIPOC communities \(@the.other.therapist\)](#)
- [My feelings are mine and they are valid \(@therapyforblackgirls\)](#)
- [Indigenous traditions = restorative justice \(@meztliprojects\)](#)
- [Coping with racial trauma \(@mindpeacewellness\)](#)

- [I speak two tongues \(@brownhistory\)](#)
- [Decide not to be reduced by them \(@averyfrancis\)](#)
- [How to respond to racial gaslighting \(@southasiannation\)](#)
- [Do not be misled into passivity \(@diasporaradicalx\)](#)
- [How to stay connected to your soul \(@cleowade\)](#)
- [If you're still here today, I love you \(@selfcareisapriority\)](#)
- [The gift is you \(@joelakamag\)](#)
- [How do I manage gaslighting at work? \(@averyfrancis\)](#)
- [Mental health begins with me \(@blackwomeninmotion\)](#)
- [Dear Black Womxn \(@blackwomeninmotion\)](#)
- [I'm sorry if I hurt you before I started healing \(@seedingsovereignty\)](#)
- [Don't punish yourself for how you feel](#)
- Resource compilations:
 - [Community Healing Guide](#) by Balanced Black Girl



ARTICLES, BLOG POSTS AND OPINION PIECES

- [Me and White Supremacy](#) by Layla F. Saad
- Excerpt from [Why I'm No Longer Talking To White People About Race](#) by Reni Eddo-Lodge
- [The Year I Gave Up White Comfort: An Ode to my White "Friends" on Being Better to Black Womxn](#) by Rachel Ricketts
- [I Refuse to Listen to White Women Cry](#) by Rachel Cargle
- [The Skin We're In: A Year of Black Resistance and Power](#) by Desmond Cole
- [The Intersectionality Wars](#) by Jane Coaston
- [Unlearning anti-Black racism 101: Stop Canadiansplaining](#) by Chelby Daigle
- [Building Resiliency in a Racist World](#) by Louisa Adjoa Parker
- [Detour spotting for white anti-racists](#) by Jona Olsson
- [Protect your energy: Canned responses for when calling in Black is not enough](#) by Martina & Kali Ilunga
- [4 Women of Color Share How Spirituality Has Helped Them Heal, Rest, and Resist](#) by Tiffany Curtis
- [Decolonizing wellness: An ancestral approach to self-care](#) by Magda Erockfor Ayuk
- [How to decolonize your yoga practice](#) by Susanna Barkataki
- [Decolonizing community care in response to COVID-19](#) by Jade Begay

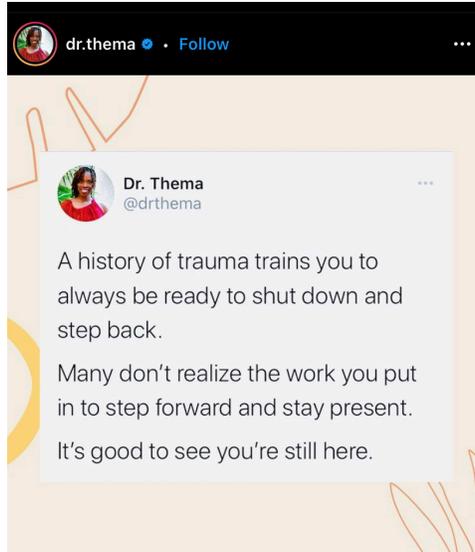


VIDEOS

- [Black Feminism & the Movement for Black Lives](#) with Barbara Smith, Reina Gossett, Charlene Carruthers
- [I Am Not Your Asian Stereotype](#) with Canwen Xu
- [Healing: A Short Documentary on BIPOC Wellness](#)
- [Self-Care, Soul Care, and Healing Racial Trauma](#) with Dr. Candace Hargons
- [Restorative yoga for collective trauma](#) with Abiola Akanni
- Intersectionality Matters: A Conversation with Kimberle Crenshaw <https://youtu.be/otload6iBhA>
- Implicit Bias, Stereotype Threat and Higher Ed <https://youtu.be/yiZOaF0q9BY> with TEDx by Russell McClain.

PODCASTS

- [Intersectionality Matters!](#) by Kimberlé Crenshaw
- [1619](#) hosted by Nikole Hannah-Jones
- [Momentum: A Race Forward Podcast](#) co-hosted by Chevon and Hiba
- [Code Switch](#) co-hosted by Shereen Marisol Meraji and Gene Demby
- The 2018 CBC Massey Lecture series: [All Our Relations: Finding the Path Forward](#) by Tanya Talaga (5 lectures)
- [Black Entrepreneur Experience](#) by Dr. Frances Richards
- [Men Thrive](#) by Jeff Johnson
- [Black Girl in Om](#) by Lauren Ash
- [Therapy for Black Girls Podcast](#) by Dr. Joy Harden Bradford



MENTAL HEALTH SERVICES AND RESOURCES

The following are a list of mental health services specific for BIPOC identifying individuals in the Kitchener-Waterloo area and across Canada.

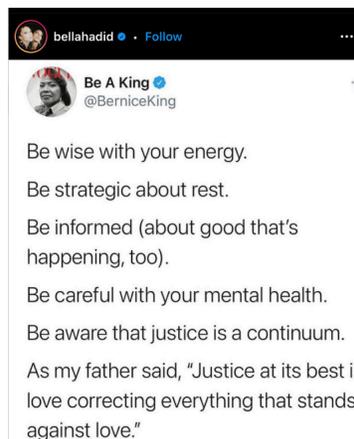
- [Black Youth Helpline](#)
- [The impact of racism on mental health \(@whatsup_walkincounselling\)](#)
- [Toronto For All: Anti-Black Racism and Mental Health Resources](#)
- [WellNest Psychotherapy Services](#)
- [Sage and Spoon: Free online eating disorders peer group for BIPOC](#)
- [The Key: Aboriginal Mental Health Services/Support Directory](#)
- [Trans Lifeline](#)
- [LGBTQQ2SI Youthline](#)
- [Hope for Wellness Help Line](#)
- [Liberate Meditation App for Black Indigenous and People of Color](#)
- [BIPOC Mental Health Professionals in KW Region](#)
- [Black Girls Smile Resources](#)
- [Reclaiming our Roots](#) (Shayla Stonechild)

ADDITIONAL SELF-CARE AND WELLNESS RESOURCES

NOTE: these are not centred nor necessarily written by BIPOC identifying individuals, but are provided as supplemental wellness resources.

- [How to stop saying "sorry" \(@justgirlproject\)](#)
- [Emotional dumping looks like... \(@the.holistic.psychologist\)](#)
- [Spiritual activism is critical \(@mindbodygreen\)](#)
- [Talk to yourself as you would... \(@jenatkinhair\)](#)
- [6 questions to ask yourself before offering solutions \(@lizlistens\)](#)
- [ADHD contradictions \(@authenticallyadhd\)](#)

- [Perfectionism is the voice of the oppressor \(@authenticallyadhd\)](#)
- [Rejection sensitivity dysphoria \(@authenticallyadhd\)](#)
- [When you feel anxious \(@authenticallyadhd\)](#)
- [Limiting belief cycle \(@authenticallyadhd\)](#)
- [Stop scrolling! \(@authenticallyadhd\)](#)
- [If your garden isn't growing \(@authenticallyadhd\)](#)
- [We have to get beyond that \(@retrolustt\)](#)
- [This struggle isn't due to laziness \(@realdepressionproject\)](#)
- [15 signs you grew up with childhood emotional neglect \(@realdepressionproject\)](#)
- [Seeing a therapist doesn't mean you're weak \(@realdepressionproject\)](#)
- [25 warning signs someone may be suicidal \(@realdepressionproject\)](#)
- [50 ways to reach out to someone \(@realdepressionproject\)](#)
- [10 signs you've experienced a traumatic event \(@realdepressionproject\)](#)
- [15 warning signs someone's depression is setting in \(@realdepressionproject\)](#)
- [No matter how great you become in life \(@oprahbookclub\)](#)
- [What hard things must I do to help for a lifetime? \(@southasians4blacklives\)](#)
- [The power is always in our hands \(@usedyorkcity\)](#)
- [How to have a hard conversation \(@werenotreallystrangers\)](#)
- [Reasons you might self betray \(@lizlistens\)](#)
- [Lived experience is valid as it is \(@livedexperiencecounsellor\)](#)
- [How do you express your love in friendships? \(@jordanpickellcounselling\)](#)
- [Toxic positivity \(@soyouwanttotalkabout\)](#)
- [15 warning signs someone's anxiety is setting in \(@dlcanxiety\)](#)
- [Early experiences of pleasure that are common to have as a young girl/vagina owner \(@florencegiven\)](#)
- [What is toxic positivity and how can we navigate it? \(@the.foreword\)](#)
- [Ways to relax and destress \(@justgirlproject\)](#)
- [Dealing with uncertainty \(@justgirlproject\)](#)
- [How to stop an overthinking spiral \(@justgirlproject\)](#)
- [Little tips to deal with depression \(@justgirlproject\)](#)
- [10 things to do when therapy is not an option \(@wellnesttherapy\)](#)
- [5 types of activist fatigue, and how to deal with them \(@rallyandrise\)](#)
- [Non-profit Mental Health Resources KW Region](#)
- [Mindfulness: The master key to mental wellness during the COVID-19 lockdown](#)
- [Identify Gaslighting Then Get the Hell Out](#)

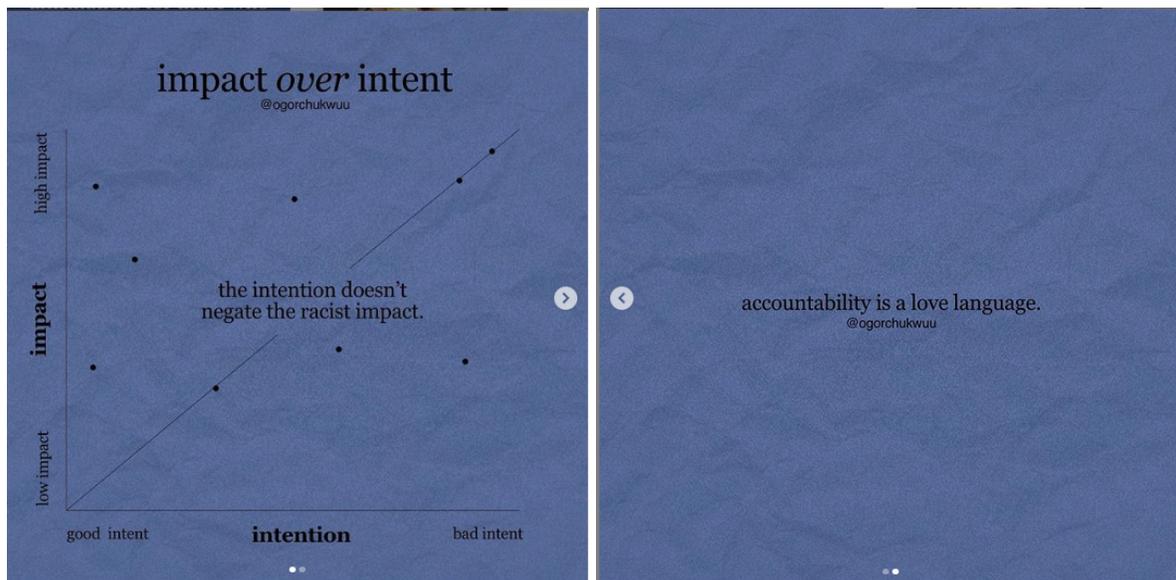


RESOURCES TO USE TO REDUCE TRANSLATION EXHAUSTION

Translation exhaustion, as defined by Indigenous scholar Dr. Twyla Baker, is, “the idea that Indigenous people (or any marginalized person/group) engaging with the larger population on a given subject or topic related to bias, must first set the stage in terms of historical context all the way to current state of affairs, before even addressing said topic of bias - over and over again - due to the lack of education/background the listener has. A direct impact of erasure of true Indigenous history beyond the cursory mention in our school systems.” ([Source](#))

If you are experiencing a situation where you feel exhausted explaining why certain communications or actions might be discriminatory, **feel free to use and consult the following (non-exhaustive) list of resources and pass them along to the individual(s) who can benefit from this information.**

NOTE: not all are written by BIPOC-identifying individuals, but we’ve tried our best. However, each category, at minimum, does have resources informed by lived experiences.



INTERSECTIONALITY

- Video: [Kimberlé Crenshaw Discusses 'Intersectional Feminism'](#)
- Video: [Why We Need To Talk About White Feminism](#)
- Factsheet: [The Facts about Intersectional Feminism in Canada](#)
- [How White Feminists Oppress Black Women: When Feminism Functions as White Supremacy](#) by Monnica T. Williams
- [The Danger of a Single Story](#) by Chimamanda Ngozi Adichie
- [Privilege, Power, and Pride: Intersectionality within the LGBT Community](#) by Kittu Pannu
- [Why Saying "All Black Lives Matter" Satters](#) by Nyasha Junior
- [Understanding the Intersectional Forms of Discrimination Impacting Persons with Disabilities](#) by Buettgen et al.
- [The Climate Revolution Must be Accessible – This Fight Belongs to Disabled People Too](#) by Hannah Dines
- [The difference between sex & gender \(@teachmepublichealth\)](#)
- [What's the difference? Calling in + calling out \(@greengirlleah\)](#)

- [Harm reduction matters \(@momsstoptheharm\)](#)
- [Black women who should be in our science textbooks \(@southasiannation\)](#)
- [Toxic masculinity \(@soyouwanttotalkabout\)](#)
- [Resources for teaching environmental & social justice issues in a science classroom \(@thoughtfullysustainable\)](#)
- [Misogynoir is the anti-Black racist misogyny that Black women experience \(@platform_ca\)](#)
- [Things we way that contribute to domestic violence \(@southasiannation\)](#)
- [8 things you should know about Two Spirit people](#) by Tony Enos

RACE

- [Welcome to the anti-racism movement — here's what you've missed](#) by Ijeoma Oluo
- [Save the white tears: a white woman's guide](#) by Tatiana Mac
- [White guyde to the galaxy](#) by Tatiana Mac
- [On being comfortable in discomfort](#) (interview with the author of This Book is Anti-Racist, Tiffany Jewell)
- Resource compilations:
 - [Anti-Racism Resource List](#) by Tiffany Bowden
 - [Anti-Racism Resources](#) by Alyssa Klein
 - [Anti-Racism Resource Guide](#) by Tasha Ryals
 - [Resources for White People to Learn and Talk About Race and Racism](#) by Nina Berman
 - [South Asians for Black Lives Resources](#) by Equality Labs
- [The anatomy of an apology \(@rania.writes\)](#)
- [The Racism Scale: Where do you fall? \(@wonder_chelle\)](#)
- [White silence on social media: Why not saying anything is actually saying a lot](#) by Christina Capatides
- [Canada's slavery secret: The whitewashing of 200 years of enslavement](#) by Kyle G. Brown
- [White fragility: Why it's so hard to talk to white people about racism](#) by Robin DiAngelo
- Free course: [#DoTheWork 30-Day Course by Rachel Cargle: Designed For Those Seek To Be Allies for Black Women](#)
- Free course: [Indigenous Canada](#)
- [When feminism is white supremacy in heels](#) by Rachel Cargle
- [Racial gaslighting 101 \(@itsagreatdaytolearnabout\)](#)
- [The reality of systemic racism in Canada \(@daronsb_pr\)](#)
- [Black Trans Lives Matter \(@sashavelour\)](#)
- [Which Black person do I listen to? \(@gographics\)](#)
- [Things to not say to a bi-racial woman \(@averyfrancis\)](#)
- [Things non-Black people can do to help \(@averyfrancis\)](#)
- [Beyond BLM solidarity statements: questions to consider \(@rania.writes\)](#)
- [Not available](#)
- [Types of allyship and white fragility \(@academeology\)](#)
- [L.E.A.P framework design \(@karlynpercil\)](#)
- [9 ways white people can spend their privilege \(@averyfrancis\)](#)
- [Explaining why black on black crime isn't a real thing \(@thepoliticaljargons\)](#)
- [FAQs for those who don't understand BLM \(@sandatlas\)](#)
- [Dangers of "I don't see colour" \(@ohhappydani\)](#)
- [South Asians' guide to speaking to your family about anti-Blackness \(@loudmouthladkis\)](#)
- [Anti-racist books for young adults \(@oprahbookclub\)](#)
- [Reproductive justice as an anti-racist framework \(@vulvarity.project\)](#)
- [Anti-Indigenous racism in Canada](#) by the NCCIH
- [History of lynching](#) by the NAACP

- [The case For reparations](#) by Ta-Nehisi Coates
- [No Justice for Canada's First Peoples](#) by Thomas King
- [The four dimensions of racism \(@theslowfactory\)](#)
- [Should we say Black? \(@mariebeeceh\)](#)
- [30 plant-based Black & Indigenous owned businesses you can support in Canada \(@earthsowncanada\)](#)
- [Representation matters \(@ifyoueverforget\)](#)
- [Example of blatant racism in a Canadian university \(@blackmentalhealthconnect\)](#)
- [Racism in Canadian universities \(@torontosmanifesto\)](#)
- [The dangers of the model minority myth \(@bossbetis\)](#)
- [A guide to Indigenous peoples terminology in Canada \(@platform_ca\)](#)
- [Racial gaslighting \(@soyouwanttotalkabout\)](#)
- [White denial \(@soyouwanttotalkabout\)](#)
- [Black-led LGBTQ+ organizations \(@r29unbothered\)](#)
- [50 books by Black authors \(@everydayracism\)](#)
- [Just in case anyone is unaware \(@hood_biologist\)](#)
- [Let's talk about systemic light skin privilege \(@darkest.hue\)](#)
- [Educational trauma for BIPOC can be caused by... \(@ogorchukwu\)](#)
- [Misconceptions about Indigenous peoples \(@ruffaaa_sun\)](#)
- [Canadian Black and Indigenous Resources & Organizations \(@ashley_goodine_art\)](#)
- [10 books about race to read instead of asking a POC to explain it to you](#) by Sadie Trombetta



JUSTICE, EQUITY AND INCLUSION

- [The state of diversity in environmental organizations \(@umseas\)](#)
- Website: [Defund the Police](#)
- [Why do people say defund the police? \(@theslacktivists\)](#)
- [Toward ancestral accountability \(@ancestorsfuture\)](#)
- [Listening to listen, not listening to respond \(@ancestorsfuture\)](#)
- [It's time to talk about reparations \(@aclu_nationwide\)](#)
- [Common gaslighting phrases \(@southasiannation\)](#)
- [On reparations: How much should I give? \(@atxreparations\)](#)
- [Send this to your friend when... \(@context.project\)](#)
- [Tokenism masquerading as a commitment \(@nowhitesaviors\)](#)
- [How to know if your reaction to someone is rooted in implicit bias \(@minaa_b\)](#)
- [Tone policing \(@soyouwanttotalkabout\)](#)
- [What do the descendants of overseers and slave owners inherit? \(@splendidrainco\)](#)
- Video: [Allyship is the key to social justice](#)

WHITE SAVIORISM

- [We really need to talk about WE's white-savior problem](#) by Rebecca Klaassen
- [4 ways to avoid the White Savior Complex](#) by Sarita Hartz
- Instagram: [@NoWhiteSaviors](#)
- [Sorry, consuming trauma porn is not allyship](#) by Ashlee Marie Preston
- [The problems with the White Savior Complex](#) by Toi Scott
- [The White-Savior Industrial Complex](#) by Teju Cole
- Video: [What's wrong with white saviours? | How not to be racist](#)
- [On privilege guilt: sharing and \(self-\)caring \(@regaiha\)](#)
- [How to overcome white fragility \(@camarynalejandra\)](#)
- [NatGeo and the violence of the white gaze \(@nowhitesaviors\)](#)
- ["They are so happy with so little" \(@nowhitesaviors\)](#)
- [How to get it right \(@nowhitesaviors\)](#)
- [Whitesplaining \(@soyouwanttotalkabout\)](#)
- [5 ways white women center themselves in convos about race \(@decolonizemysself\)](#)
- [What is the white gaze? \(@zoelhopkins\)](#)
- [Hello white friends! \(@nobodywrote\)](#)
- [Getting emotionally close to liberal white women is exhausting \(@drbrittani\)](#)
- [Becoming trustworthy white allies](#) by Melanie S. Morrison



DECOLONIZATION

- [21 Things You May Not Have Known About The Indian Act](#) by Bob Joseph
- Video: [Legal Fictions of the Indian Act](#)
- Video: [Understanding Aboriginal Identity](#)
- [Caught at the crossroad: First Nations, health care, and the legacy of the Indian Act 1](#) by Lavoie et al.
- [Truth and Reconciliation Commission of Canada: Calls to Action](#)
- [Do not 'decolonize'...if you are not decolonizing: Progressive language and planning beyond a hollow academic rebranding](#) by Nayantara Sheoran Appleton
- [Relations with First Nations: Decolonization in the Canadian context](#) by Mark Aquash
- [Decolonizing wellness \(@theslowfactory\)](#)
- [Injunctions as tools of colonialism \(@raven_trust\)](#)
- [Decolonizing practices first \(@decolonizefirst\)](#)
- [A resource on ancestral wisdom \(@ancestorsfuture\)](#)

LAND BACK

- [LAND BACK! What do we mean?](#) by Ronald Gamblin
- Podcast: [Red Man Laughing: Land](#) by Ryan McMahon
- [Land Back](#) a Yellowhead Institute red paper
- [What is Land Back? A Settler FAQ](#) by David Gray-Donald
- Video: [We're on Stolen Land - How Do We Give It Back?](#)
- [Until Canada gives Indigenous People their land back, there can never be reconciliation](#) by Arthur Manuel
- [From Truth Telling to Land Return: 4 Ways White People Can Work for Indigenous Justice](#) by Jamie Utt
- [A primer for non-Indigenous people in Canada on being Treaty People \(@ancestorsfuture\)](#)
- [Let's stand with our Mohawk family \(@leftist\)](#)

This list is non-exhaustive, and is created by fellow University of Waterloo students.

We welcome [feedback](#) to make changes to this resource set to aid in better aligning it with its purpose as a resource for BIPOC-identifying individuals (not allies).

There are a plethora of lists available for allies outside of this set (although many of the links under the translation exhaustion section are helpful for allies).