

## AFRICAN CANADIAN RESOURCE LIST

| SERVICE/ORGANIZATION                               | DESCRIPTION  | CONTACT INFORMATION AND REGULATORY BODY (IF APPLICABLE)                        |
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| <b>Advocacy Services</b>                           |  |  |
| <b>Durham Community Action Group</b>               | DCAG promotes the growth, development, socio-economic integration and involvement of our community. DCAG facilitates the education of our children and fosters support and cooperation within our community.                         | dcag.ec@gmail.com<br>1-416-828 0497  |
| <b>Business Associations</b>                       |  |  |
| <b>Black Business and Professional Association</b> | This association promotes the advancement of Canada's Black communities by delivering programs that support business and professional excellence, higher education and economic development.   | hja@bbpa.org<br>http://bbpa.org<br>1-416-504-4097                              |
| <b>Cultural Services</b>                           |  |  |
| <b>Afiwi Groove School</b>                         | The mission of Afiwi Groove School is to inspire, empower and educate children through African arts and culture. Cultural Dance Programs and Workshops.  | afiwicommunity@gmail.com<br>AfiwiGroove.Com<br>1-647-393-8035                  |
| <b>Canadian Jamaican Club of Oshawa</b>            | The Canadian-Jamaican Club is a non-profit, voluntary service organization, dedicated to the improvement of the quality of life in communities throughout the Durham region by co-coordinating the efforts of affiliated committees. | cjcoshawa@gmail.com<br>www.canadianjamaicanclubofoshawa.org/<br>1-905-391-2166 |

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| <b>Club Carib of Oshawa</b>                          | Club Carib promotes activities that focus on service to special groups, senior citizens and those in need. Donations of clothing and food are provided. Financial donations are given to various charities. They offer Afro Caribbean dance classes to youth ages 6-11 and 12-18 and provide steel pan lessons for children and youth in Oshawa for a minimal fee. | clubcariboshawainc@gmail.com<br>http://clubcarib.oshawa<br>1-905-721-1672 |
| <b>DCAS Collective Hands – Youth in Care Program</b> | Collective Hands Committee offers programming for African Canadian youth in care to build self-esteem, community and cultural awareness and knowledge of their heritage. Programs are offered after school and transportation is provided. Programs have been well received by the youth who attend as they lead to fantastic learning opportunities.              | Carol.aska@durhamcas.ca<br>1-905-433-1551 ext. 2411                       |
| <b>Multicultural Council of Oshawa/Durham</b>        | The Multicultural Council of Oshawa/Durham is an umbrella group for various ethno-cultural groups in Durham Region to collaborate and build community, support race relations and respect for multiculturalism. Education, information, scholarships and events that promote multicultural awareness.  | info@mcod.ca<br>1-905 728-7722  |
| <b>Educational Services</b>                          |  |   |
| <b>Durham Black Educators’ Network (DBEN)</b>        | Durham Black Educators’ Network is an organization of educators interested in advocating for students of Caribbean and African decent in Durham. DBEN is a proactive organization with the goal of developing and implementing programs to support students and parents of Caribbean and African descent. We provide opportunities                                 | Tracey.Grose@ddsb.ca<br>1-905-666-5500 ext. 5342                          |

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|   | for professional growth for educators and members in the Durham region at large.   |   |
| <b>Health Services</b>  |  |   |
| <b>Caribbean Chapter of the Canadian Diabetes Association</b> | Community Diabetes Chapters are comprised of persons of varied demographics. Their purpose is to deliver diabetes information sessions, with a focus on diabetes self-management and prevention of complications, and to help Diabetes Canada carry out its mission.                         | info@diabetes.ca<br>1-416-987-0339                      |
| <b>TAIBU Community Health Centre</b>                          | TAIBU Community Health Centre (CHC) is a multidisciplinary, non-for-profit, community led organization established in the Malvern neighborhood of Scarborough, Ontario offering multidisciplinary primary healthcare, health promotion programs and other community development initiatives. | info@taibuchc.ca<br>www.taibuchc.ca<br>1-416-644-3536   |
| <b>Immigration Services/<br/>Settlement Services</b>          |  |   |
| <b>Community Development Council Durham</b>                   | CDCD strives to ensure that all members of the community are appropriately and equitably engaged in the social, cultural, economic and political life of the community. Housing and settlement services are provided.  | www.cdcd.org<br>info@cdcd.org<br>1-905-686-2661         |

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| <b>Durham Immigration Portal</b><br><b>(Regional Municipality of Durham and the Local Diversity and Immigration Partnership Council)</b> | The Durham Immigration Portal is a resource to help newcomers settle in Durham Region. The intention of the website is to provide information on services, answers to frequently asked questions and settlement resources.   | <a href="http://www.durhamimmigration.ca">www.durhamimmigration.ca</a><br>No public telephone number   |
| <b>Welcome Centre Immigrant Services</b>   | Services at the Welcome Centre include: settlement and integration services, English language training, accreditation and qualifications information, employment support and other services based on community needs, such as legal services, mental health services, culturally-appropriate family counselling.   | <a href="http://www.welcomecentre.ca">www.welcomecentre.ca</a><br><a href="mailto:info@welcomecentre.ca">info@welcomecentre.ca</a><br>1-877-761-1155   |
| <b>Women's Multicultural Resource &amp; Counselling Centre of Durham</b>   | This centre is actively involved in crisis intervention, referrals, counselling, accompaniment, mentorship, newcomer support, workshops, youth programs, diversity training, outreach programs, and worker cooperative development programs.   | <a href="mailto:info@wmrccdurham.org">info@wmrccdurham.org</a><br><a href="http://www.wmrccdurham.org">www.wmrccdurham.org</a><br>1-877-454-4035<br>1-905-427-7849                                   |
| <b>Legal Services:</b>   |  |  |
| <b>Black Legal Action Centre (BLAC)</b>  | The Black Legal Action Centre is a new not-for-profit corporation that was incorporated under the laws of Ontario in 2017. BLAC will deliver legal aid services to Black Ontarians. Specifically, BLAC will work to combat individual and systemic anti-Black racism by providing legal representation; engaging in test case litigation, law reform, and community development; and delivering summary legal advice, brief services, and public legal education. The clinic's scope | <a href="mailto:info@blacklegalactioncentre.ca">info@blacklegalactioncentre.ca</a><br><a href="http://www.blacklegalactioncentre.ca">www.blacklegalactioncentre.ca</a><br>No public telephone number |

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|   | of operations and services will be developed through community consultations in early 2018.   |  |
| <b>Tricia Simon Law Office</b>                                      | Tricia Simon Law Office is an Immigration and Family Law firm offering legal services in Toronto, Canada.   | tricia@triciasimon.com<br>www.triciasimon.com<br>1-416-986-1697                                      |
| <b>Other Social Services/<br/>Associations</b>                      |   |  |
| <b>Caribbean African<br/>Canadian Social Services<br/>(CAF CAN)</b> | CAF CAN offers employment assistance, and comprises the Caribbean Canadian Seniors Club (CCSC); Leaders in Partnership Program, Parenting Program, Violence Against Women (VAW) Program, and the Youth Outreach Worker (YOW)  | info@cafcan.org<br>http://cafcan.org<br>1-416-740-1056   |
| <b>Congress of Black Women</b>                                      | Congress of Black Women is involved in the delivery of programs and events that address areas of child development, education, health, housing, pension, racism, sexism and human rights.   | cordeliab@rogers.com<br>www.cbws-ontario.com<br>1-866-986-CBWC                                       |
| <b>e-CAMP MENTORing</b>   | e-CAMP MENTORing provides mentoring, training and coaching to young people. Mentoring is at the centre of all training and coaching equipped with technology that provides the features to facilitate meeting anytime and anywhere with online classroom conferencing facilities. | leroyclarke1@gmail.com<br>1-647-872-6750   |
| <b>Larry Johanson Seminars</b>                                      | Larry Johanson Seminars provide custom-designed seminars and workshops on parenting; self esteem; The Three Pillars of Achievement; Mindfulness and Meditation.   | LarryJohanson2@gmail.com<br>www.LarryJohansonSeminars.com<br>www.LarryJohanson.com<br>1-905-432-8134 |

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| <b>Side by Side Access Services</b>                     | Side by Side provides services and support to families including African Canadian children youth and families. In instances where separation and divorce issues are present, parent-child counseling, and parent coaching services are offered. In home support, in the form of Workshops and Access Program is also available.  | sbsaccess@gmail.com<br>sidebysideaccess@gmail.com<br>1-416-518-1569<br><br>ONTARIO COLLEGE OF SOCIAL WORKERS AND SOCIAL SERVICE WORKERS |
| <b>Together We Are</b>                                  | Together We Are is a culturally specific program which focuses on parenting experiences and strategies for African Canadian parents and their children. It is run by the John Howard Society and Side by Side in Ajax.   | michelle.delyon@jhsc.ca<br>1-343-997-6826   |
| <b>Tropicana Community Services</b>                     | Tropicana Community Services is a Toronto-based multi-service organization, which provides all youth, newcomers, people of Black and Caribbean heritage and others in need with opportunities and alternatives that lead to success and positive life choices. Mission is achieved through culturally appropriate programs such as counselling, child care, educational and employment and youth development services. | info@tropicanacommunity.org<br>http://tropicanacommunity.org<br>1-416-491-7000  |
| <b>Psychological/ Counselling/Therapeutic Services:</b> |  |   |
| <b>Aset Group Consulting and Counselling Services</b>   | Aset's services include: Individual counselling, psychotherapy; play therapy; expressive arts therapy; adolescent, youth therapy; addictions, anger management; family therapy; couples counselling; family reunification therapy; assessments; mentor-ship and life coaching; training (i.e. foster parents, parents, equity, oppression); education tutoring; attachment, emotion focused therapy; group             | info@asetgroup.ca<br>www.asetgroup.ca<br>www.nicoleperryman.com<br>1-289-624-2330   |

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|  | therapy - such as a girl's group (ages 11 to 18), women's group, young men's group and social skills, emotional regulation development group.  | ONTARIO COLLEGE OF SOCIAL WORKERS AND SOCIAL SERVICE WORKERS<br>CERTIFIED PLAY THERAPIST   |
| <b>Jabari Community Services</b>                       | Jabari Community Services provides counselling, advocacy, educational workshops, supports for clients facing anti-Black racism, Islamophobia and other forms of oppression when receiving or participating in services.  | Akilah@jabari.ca<br>www.jabari.ca<br>1-416-706-7640<br>ONTARIO COLLEGE OF SOCIAL WORKERS AND SOCIAL SERVICE WORKERS  |
| <b>JustGeorgia - Expressive Arts to Heal the Heart</b> | JustGeorgia provides expressive arts workshops; One-on-one expressive art therapy services; Group expressive art therapy sessions; and arts instruction.   | www.fullfneart.com<br>1-647-988-2787   |
| <b>Life Skills Counselling Centre</b>                  | Life Skills Counselling Centre helps clients develop the skills needed to cope with life's challenges, to give clients the hope of freedom from anger, fear, and tension that reduces their enjoyment of life. It has successfully helped clients acquire skills needed to deal with self-esteem issues, bullying, anger management, parenting, relationships, alcohol abuse, domestic violence, marriage and family breakdowns. | info@lifeskillscounsellingcentre.com<br>www.lifeskillscounsellingcentre.com/about<br>1-416-459-1462<br><br>ONTARIO ASSOCIATION OF CONSULTANTS, COUNSELLORS, PSYCHOMETRISTS AND PSYCHOTHERAPISTS (OACCPP) |
| <b>Live Love Life Music</b>                            | Live Love Life Music provides family, individual, and group sessions for anger management, self regulation of mood and stress management, self exploration and expression, self development, Autism Spectrum Disorder, Alzheimer and Dementia, substance abuse and addiction, musical and creative acquisition.  | info@livelovelifemusic.com<br>www.livelovelifemusic.com<br>1-905-914-5835<br><br>CERTIFIED MUSIC THERAPIST (CBMT)  |
| <b>Millan &amp; Associates</b>                         | Millan & Associates provide mainstream and culturally specific services for the African Canadian Community   | sminster@millanassociates.ca<br>www.millanassociates.ca  |

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|   | Various psychological assessments for children and adults, psychotherapy, parenting capacity assessments, supervised access, family reunification, intensive community counselling, emotional emancipation circles and individual, family and group therapy.   | 1-416-709-8742<br><br>ONTARIO COLLEGE OF SOCIAL WORKERS AND SOCIAL SERVICE WORKERS   |
| <b>Reflections Counselling and Psychotherapy Services</b> | Reflections Counselling and Psychotherapy Services cater to Adult individuals experiencing challenges related to anxiety or mood (e.g. stress, anxiety, panic attacks, depression, distress intolerance, lack of motivation, helplessness, negative thoughts, anger, self-esteem, boundary and limit setting, assertiveness) Services are in English and French. Sensitive to the needs of a pluralistic society such as different cultures, religions, sexual orientations. | info@reflectionspps.com<br>www.reflectionspps.com<br>1-905-493-4300<br><br>COLLEGE OF REGISTERED PSYCHOTHERAPISTS OF ONTARIO |
| <b>Senait Litchmore Counselling</b>                       | Senait Litchmore offers therapeutic support to youth, adults and their families who are struggling with depression, anxiety, trauma, grief, anger management, criminal activity, school refusal and family conflict. She organises workshops for teenagers and young adult girls on topics such as: healthy relationships, self-worth, self-compassion, anxiety, depression, negative thoughts, healthy body image.  | senaitlitchmore@gmail.com<br>1-416-491-7000<br><br>COLLEGE OF REGISTERED PSYCHOTHERAPISTS OF ONTARIO                         |
| <b>Tania Campbell Counseling</b>                          | Tania Campbell offer individual therapy; group therapy; and workshops for youth 14 years and older.  | Taniacampbellmsw@gmail.com<br>1-416-277-0075<br><br>ONTARIO COLLEGE OF SOCIAL WORKERS AND SOCIAL SERVICE WORKERS             |



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| <b>Psychiatric Services:</b>              |   |   |
| <b>Dr. Mandisa Nkungu<br/>Couselling</b>  | Psychiatrist, specialized in children and youth issues; based in Toronto. | 1-416-469-6580 ext. 3543                                |
| <b>Dr. Ebenezer Okyere<br/>Couselling</b> | Psychiatrist, based in Scarborough.                                       | 1-416-281-7318  |
| <b>Dr. Christos Soulios</b>               | Psychiatrist, based in Toronto.   | 1-416-778-6534  |
| <b>Dr. Barnaby Tamakloe</b>               | Psychiatrist, based in Whitby.  | 1-905-668-5881 ext. 6600                                |

*The Durham CAS African Canadian Service Provider List is intended to provide users with general information on African Canadian Service Providers in our local community. The Durham Children’s Aid Society and the Community Advisory Council do not have a formal partnership with and do not endorse any specific professionals or any other information from this list. Durham CAS is not liable for any information or services provided through the use of this list.”*