



# Breaking Down Barriers to Mental Health in Black Communities

## With Trey Anthony

The Centre of Excellence for Black Student Achievement, TDSB Mental Health and Well-Being, and Teachers Learning and Leading will be hosting a session during Black Mental Health Week 2024 with award-winning playwright, actor and wellness expert Trey Anthony 'Da Kink in My Hair'.

Honouring the theme for this year, 'Growth and Reflection,' we invite parents, caregivers, students (Gr. 7-12) and community members to join Trey as she delves into important topics such as the stigma surrounding mental health in Black communities. Drawing from her own personal journey, Trey will shed light on her experience with functional depression and mental health. She will also discuss the importance of seeking help and removing the shame and stigma often associated with mental health struggles.

**March 7, 2024**  
6 - 7:30 p.m.

**Register**

