

**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

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

**Trauma Informed Healing Focused Instagram Accounts:**

**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)

**Grounding Techniques:**

[https://www.instagram.com/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)

### **Liberate Meditation App**

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

**#Daughtersof Black History Bootcamp – A 21 Day Walking Meditation** to remember where we came from and to gather strength for the road ahead; for daily resistance. June Walking Challenge begins June 1. <https://mailchi.mp/girltrek/blackhistorybootcamp-442258> (sign-up needed through the link)

– resource contributed by Janelle Linton, Bronx NY

### **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/CA2WA2QgIZn/?igshid=1p220ffb3pt6k>

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

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

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

- <https://www.rachelricketts.com/antiracism-resources>

### **Yoga for Black Grief Series by Yamikani Msosa @yamijmsosa \*Black Only Space\***

7-8pm EST ~ **June 5** - Grounding; **June 12** - Anger; **June 19** - Release

<https://www.eventbrite.ca/e/yoga-for-black-grief-tickets-107749786512>

## **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>

### **Saturday June 13; 2-4pm - Online Event:**

**Know Your Rights: Interacting with Law Enforcement** Hosted by Canadian Muslim Lawyers Association - CMLA - L' ACAM and The Black Muslim Initiative

<https://www.facebook.com/events/673008266884128/>

### 3. Black Support Phone Lines

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



Effective Monday, April 27<sup>th</sup>, 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](mailto:covid19en@taibuchc.ca)

**French 416-898-4371** or email: [covid19fr@taibuchc.ca](mailto: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](mailto:covid19en@taibuchc.ca);

En Francais/ In French - 416-898-4371; [covid19fr@taibuchc.ca](mailto:covid19fr@taibuchc.ca)

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



A 24/7 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/>

## 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\\_](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\\_avo8StaPUIj7svU5IF](https://www.youtube.com/playlist?list=PLQ6IHSilvFQr92_avo8StaPUIj7svU5IF)

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=qYeAMu6OTV2fiY4VKHYmUw>

### ~A Note on Access~

We are also thinking about our Black family members who have limited or no access to technology and/or internet. We are searching for and will be adding information on phone/computer/tech drives & donations, bursaries etc. as we find them to help increase

access to remote and/or online supports, especially in light of Covid 19. There have been major reductions & closures of in person supports. If anyone viewing this document has information on this, please request to edit as a way to contact the document's permission holders.