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# SEMAJI

THE OFFICIAL NEWSLETTER OF BCRC

BCRC is a growing, resource-based organization that strengthens community capacity by providing professional support to organizations and individuals in need.



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## A Message From The Team

As fall is approaching, in this issue, we take a look back at the eventful summer at BCRC. As some of our projects are starting and others finishing, we take a look back at all of the efforts and the participation that made them possible and successful. Speaking of participation, we have also listed two new programs that we would love for you to join and share. Feel free to reach out to the team to get more information!

We hope that you enjoy this edition, and look out for our Community News Updates that will present information on the status, needs and priorities of the English Speaking Black Communities of Montreal.



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## In the Know (2) Summer Kickoff Phase

### **In the Know Summer Kickoff Phase**

As summer started, In The Know Too (2) team has broadened engagements beyond Schools and into the wider English speaking community. Our legal workshops for summer camps are crafting up unique ways of learning to keep the younger youth (age group from 9-12 years old) informed and active. Through hands-on activities, game and role play relevant to bullying, living in the community, parental authorities, technology and antiracism the kids develop legal knowledge which helps them to navigate through the society.

### **A Pandemic within a Pandemic**

We also believe that as a part of the BCRC team and In The Know Too (2) project, we have the responsibility to provide educational resources regarding how we can improve our community and best prepare our youth in decreasing inequities in the community. Growing evidence shows the pandemic has made intimate partner violence more common—and often more severe in Montreal and Quebec. This is the “Shadow Pandemic” growing amidst the COVID-19 crisis and we need a collective effort to stop it. As COVID-19 cases continue to strain health services, essential services, such as domestic violence shelters and helplines, have reached capacity. In the Know Team has prioritized it by offering workshops which address violence against women and provide up-to-date information to fight the “Shadow Pandemic” of violence against women.

Inspired by the current landscape, our legal introductory workshops “Shadow Pandemic Series” covered a wide-range of feminist law reform issues, including:

- Race, Equity & Action: Arrêt Racism
- Love Should NOT hurt: Understanding and Responding to Conjugal Violence and Abuse
- From Smooth to Rough Seas: Navigating Sponsor and Sponsee Rights and Obligations in Quebec
- The Justice System: Police Response to Conjugal Violence Against Women



## In the Know (2) Summer Kickoff Phase

In order to achieve our goal, we have partnered with Femmes Averties/Women Aware to continue our efforts to increase survivors' legal literacy through our workshops. These free sessions provide an accessible and safe learning space for the community to ask questions from our lawyers receive support and demystify the process. Currently, the two first topics have been delivered. After each workshop, our team surveyed all attendees to follow up on workshop outcomes, gauge the utility and success of the event, and determine whether such workshops would be useful in the future and, if so, whether they could be improved. The survey was sent to 34 survivors, a response rate of about 85.3 percent. The survey's findings on outcomes, satisfaction, overall workshop feedback, and recommendations for improvement are summarized as follows. Overall, attendees characterized the workshop as very useful and targeting the right impediments. They were very satisfied with the workshop speakers and the topics discussed. Attendees also reported increased awareness, knowledge gains, and collaboration and implementation ideas in enhancing diversity, equity and empowering women.

Attendees had specific recommendations for improving future workshops by providing more time and supporting materials such as infographics. In order to respond to their requirements, two infographics have been provided during the second workshop. In addition, there were suggestions about broadening the focus beyond conjugal violence and adding the impact of cultural aspects on relationship. We intend to incorporate their comments in our next two workshops which will happen in September.

## Intergenerational Health & Social Program



July has been a busy month filled with fun and educational workshops for the BCRC's Intergenerational Health and Social Services Program. This month the program hosted a total of 10 informational and recreational workshops. These workshops explored a variety of different topics and activities to help keep youth and seniors in our community active while sharing valuable information through our online workshops.

On July 2nd, we began the month with some relaxing physical activity with a wonderful Yoga workshop. During this Yoga session the facilitator guided the participants through a series of poses to help them release stress and stay active while having fun. Next we had another great financial literacy workshop on July 6th, with Brian Smith from Canadian Foundation for Economic Education (CFEE). During this workshop Brian facilitated a very insightful workshop on Cryptocurrency. This workshop was met with much excitement as he provided the participants with an in-depth understanding of how Crypto-currency was developed, how it works and how they can begin investing in this new trendy currency. Although thinking about the end of our lives is not a normally welcomed conversation, it is an inevitable conversation that would need to be discussed at some point in our lives. On July 20th we hosted an informational workshop with Dignity Memorial Funeral Home in Cote Des Neiges. During this workshop, the participants learned about the importance of funeral planning in advance and how planning in advance gives us an opportunity to decide how we would like to be remembered, reduce the stress of our loved ones while reducing the cost of burial service and funeral.

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## Intergenerational Health & Social Program



This month, 6 seniors took part in the BCRC's very first Drama therapy workshop series! This one of a kind workshop was introduced by Samantha Nyinawumuntu founder of the Black Healing Centre. These short-term therapy sessions aimed to strengthen the sense of community among participants, by planting the seeds of a growing therapeutic journey for our seniors while reducing social isolation that many face living through a pandemic. Many of the BCRC's seniors are excellent cooks! This month we have challenged our members to showcase their cooking and baking skills in our newest project. The BCRC seniors program will be creating their very own digital cookbook. With the help of Atwater Library, our seniors connect with each other every Monday on Zoom to learn new digital skills such as content creation, how to use word processing applications, tablet and phone photography and email skills. All of these skills help the seniors towards their goal of creating a digital cookbook which will be completed this year. July was a very musical month for the BCRC's Intergenerational Health and Social services program. Beginning on July 23rd to July 26th, the BCRC held a 2 part music conversation workshops. We began this workshop series discussing the top songs from different era's and the different genres the participants enjoy while rating the different artists of those times. As some say, music is the key to the soul. These workshops made for a very fun-filled experience for all of our participants, through encouraging them to connect and hear each other's opinions, likes and dislikes and learn new things about each other. To end our music workshop series, we created an Intergenerational Playlist which was curated by the seniors and youth that take part in our Intergenerational Program each week. Want to listen to the BCRC's Intergenerational Playlist? Check out our Facebook page: [BCRC Intergenerational Program - Home | Facebook](#)

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## Intergenerational Health & Social Program



The BCRC's Intergenerational Program ended the month with a really fun creative workshop. On Friday July 30th, we held a virtual Art Hive workshop where we invited all of our members to bring whatever art supplies they wished and create whatever they wanted. To help set the mood, we played our Intergenerational Playlist in the background which helped everyone feel upbeat and very creative. At the end of these workshops, we welcomed the participants to share their wonderful creations with the group and had the opportunity to see the wonderful paintings, drawings and knitting done by our participants.

## Innovation to Immigration History Book Project



This month, our focus was workshops, and outreach. We contacted numerous professionals involved in previous projects, while also creating new contacts independently. Many confirmed almost immediately, including Concordia archives, Professor Steven High – also of Concordia, etc. This professional and academic collective will undoubtedly provide for such a well-rounded and fulfilling project for our participants to take part in. We have workshops scheduled well into October as of now. We did host our first workshop this month with author, Moashella Shortte, mid-August and it was a complete success. It gave our participants some insight in terms of how to formally write a book and where they should begin in their process.

Moving forward, our priority will be deciding upon the direction of the book's narrative and finding a publisher. We are still very much in the preliminary stages of this step, but we have begun rolling out emails to those we're interested in collaborating with and have had a first meeting with a promising literary company. The project is on its way, and looks promising thus far!



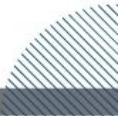


## Black In Quebec : Looking Back at Our Research Journey



The Black in Quebec project is currently in its closing stages after what has been a remarkable and challenging research journey. Over the last 18 months, the project team has been collecting and analyzing information in order to gain an understanding of the vitality and well-being of Quebec's English-speaking Black Community (ESBC) as well as consolidation of the knowledge hub at the BCRC. The project team managed to collect vital information about the ESBC, disseminate it, and lay the foundations for it to be effectively utilized by various members of the community, despite the many challenges the project team had to face. Ultimately, we hope that our work has effectively contributed to understanding the status of Quebec's ESBC and can help inspire future research specifically pertaining to linguistic and racialized minorities in the province.

This project initially began by conducting background research and assessing the quantity and quality of information pertaining to the community while simultaneously crafting our methodology and research design. With numerous consultations through various literature, reports, and data pertaining to the community, we conducted a Gap Analysis in the form of our publicly available living document: "Quebec's English-speaking Black Community: An Analysis of Outcomes and Information Gaps". It was from that process that we identified where there were several disparities facing the community and areas where there were deficiencies in the available information especially pertaining to one of our five thematic areas (Education, Economics, Health, Psycho-social, and Sociocultural).





## Black In Quebec : Looking Back at Our Research Journey

The next stage of the project involved collecting our own data directly through utilizing Community Based Research methods and in order to address as many of the Information Gaps previously identified and gain new, up-to-date information pertaining to the ESBC. Through conducting online Focus Groups and designing two community-driven surveys, the project collected important information across well known commonly used indicators (ex. Level of educational attainment), but also collected new information on questions less commonly asked, if at all (ex. the Psycho-social impact of COVID-19 and Black Lives Matter movement on Black Youth, barriers of accessing primary healthcare for the Black communities). Simultaneously, the project team was also involved in a number of collaborations with researchers, community organizations, and/or academics. Collaboration was and continues to be a vital aspect of our project and we utilized the expertise of the individuals we communicated with and sought ways we could align interests in order to produce something we couldn't have done without the other.

Upon collecting information, we carefully analyzed our findings and documented them in our Reports and Infographics. To date, the Black in Quebec team has created and published several Infographics across different thematic areas as well as 2 reports which are currently available (with our third, final report to be released soon). The project team also disseminated our findings through press releases and media interviews, meetings with various organizations and individuals in the community, and through hosting our 2021 Community Forum on July 22nd.



## Black In Quebec : Looking Back at Our Research Journey



With much being uncertain when it comes to the possibility of continuing this project, what we know is that the type of research we conducted adds to an increasing number of studies pertaining to the status and well-being of racialized and linguistic minorities in Canada and Quebec. We hope that this kind of research can be used to address the unique and shared challenges facing all communities, and can evoke a response from decision makers to acknowledge and address them. We thank everyone who took part in and contributed to our research project across all phases and hope that further research can be conducted pertaining to Quebec's ESBC. Thank you!



# Opportunities



INVITING

## JOB SEEKERS & EMPLOYERS

Register on our EmployESBC website

<https://www.employesbc.com>

Employers: Visit our website to post your job openings

Jobseekers: Visit our website to find Job opportunities

**Employ English Speaking Black Communities (ESBC)** is an initiative by the Black Community Resource Centre (BCRC) and Community Economic Development and Employability Corporation (CEDEC). EmployESBC's goal is to match English-speaking Black Quebecers with employers needing to fill forward-looking quality positions in

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# Opportunities



## BCRC SENIOR PROGRAM

**AGEING IS A NEW STAGE OF  
UNDEFINED OPPORTUNITIES AND  
STRENGTHS**

**Join us!!!**

**You will learn new skills, remain  
active, build new friendships and  
connect with your community!**

### FALL WORKSHOPS BEGIN IN SEPTEMBER

For more information please contact via email at  
[outreach67@bcrctmontreal.com](mailto:outreach67@bcrctmontreal.com) or call us at (514) 342-2247  
ext: 101

This program is sponsored by:



**BCRC Senior Program** is an initiative by the Black Community Resource Centre (BCRC) that aims to build a stronger and tight-knit community, especially in the midst of the pandemic, through a series of resourceful online workshops created specifically for seniors.

**Click on the picture to sign up!**

**JOIN OUR LOVELY TEAM TODAY!**

# BCRC YOUTH VOLUNTEERS

For more information email us at: [advisor@bcrcmontreal.com](mailto:advisor@bcrcmontreal.com)



**THERE ARE NO RESTRICTIONS ON WHO CAN BE A VOLUNTEER! THE BCRC WELCOMES ALL!**

**YOU CAN GAIN THE FOLLOWING:**

- Exposure to Organizations and Individuals that can expand your network and horizons
- The development of hands on experience and exposure to the inner workings of a community organization
- A great understanding and appreciation of the History and Culture of the ESBC
- Opportunities to gain leadership, oratory, creative, and several more distinguishable skills

**MUST BE AVAILABLE FOR A MINIMUM OF 2 HOURS PER WEEK**



**BCRC is looking for youth volunteers!**

We believe that this is an amazing opportunity for BCRC and the youth to share ideas, brainstorm and create projects that can benefit the community!

**Click on the picture to sign up!**

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# How do I submit articles to the Semaji newsletter?

How do I submit articles to the Semaji newsletter?  
Articles for submission are accepted 7 days prior to publication. Issues are published every first of the month.  
Send articles to [communications@bcrcmontreal.com](mailto:communications@bcrcmontreal.com).  
If you are submitting photos please send a jpeg with credit.

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