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SEMAJI

July 2022

THE OFFICIAL NEWSLETTER OF BCRC

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

BCRC is hoping that you have an eventful summer. This month's Semaji highlights a few upcoming events to look forward to and excellent career opportunities.

INSIDE THIS ISSUE

- What's Up at the BCRC
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What's up at the BCRC

CYBER-BULLYING AWARENESS

CyberBullying involves the use of communication technologies such as the Internet, social networking sites, websites, email, text messaging and instant messaging to repeatedly intimidate or harass others.

Where it happens?

- Social media
- email
- Chatroom
- Text message
- Picture
- Audio
- Gaming

Bullies can be anonymous or identified.

It can happen anytime, anywhere.

How it happens?

- Sharing someone's personal information
- Spreading rumors
- Posting unflattering images without permission
- Sending mean or threatening texts
- Pretending to be someone else
- Targeted harassment

What are the impacts?

- Depression
- Sleep difficulties
- Anxiety
- Loss of interest
- Change in appetite
- Poor performance
- Low self-esteem
- Suicidal thoughts

How to stop it? Speak up

- Talk to someone: a teacher, coach, guidance counselor and parent.
- Contact of these organization:
 - Kids Help Phone: Telephone and online support
 - Kids Help Phone: Telephone and online support
 - Stop the Bully: Tools to prevent bullying in schools and online
 - Stop the Bully: Support and advice to stop the spread of sexual pictures or videos
 - Suicide Action: Someone to talk to if you are considering suicide or you know someone who is
 - Cyberstoppers: Advice on internet safety and to report online sexual abuse of children
- Fill a complaint with the police

Remember that a school has a duty to act even if bullying takes place in cyberspace.

Disclaimer: This infographic is for informational purposes only and should not be construed as legal advice. For more information, please contact info@bcrcmontreal.com

IN THE KNOW PROJECT

Some of the work from the In the know Project Team. One of the infographics that The youth from the summer camp enjoyed seeing.

EVENTS

EMANCIPATION DAY 2022

TOGETHER WE ARE STRONGER

The Center for Canadians of African Descent/NCC Charles H. Este Cultural Center, in collaboration with The Round Table on Black History Month and the Burgundy Urban Meditation Project (BUMP), are proud to present a special Emancipation Day celebration entitled "Together We Are Stronger".

Join us in celebrating Emancipation Day with Black community leaders, music, and performances by local celebrated Montreal Artists. Craft Vendors and Caribbean Food and small snacks will be available to purchase on-site *Cash only*.

JULY 31ST • 1PM-5PM • FREE
OSCAR PETERSON PARK
 RUE CHATHAM, MONTRÉAL, QC H3J 1Z5

*Due to Emancipation Day being on Monday, August 1st we have chosen to have the event on Sunday, July 31st so that all can be free to attend.

Centre for Canadians of African Descent | BUMP | Canada

This Emancipation Day, Canadians are invited to reflect, educate and engage in the ongoing fight against anti-Black racism and discrimination.

On March 24, 2021, Canada's House of Commons voted unanimously to officially designate August 1, Emancipation Day, the anniversary of when Britain's Parliament abolished slavery in the British Empire in 1834.

EVENTS

Jamaica Association in collaboration with Rastafest !

August 6, 2022 at the Jamaica Association, 4065 Jean Talon W. \$20 admission

MASANI PRODUCTIONS INC AND RASTAFEST INC PRESENT

SAT AUG 6 2022

Rastafest™ Montreal

EVENT 1 - 1PM TO 6PM

FREE ADMISSION

GAMES FOR CHILDREN | OPEN MIC | SOCCER EXHIBITION
LIVE ENTERTAINMENT | ARTS & CRAFT MARKET PLACE
OSCAR-PETERSON PARK RUE CHATHAM, MONTRÉAL, QC H3J 1Z5

EVENT 2 - LIVE CONCERT 10PM

HORACE MARTIN **RAS LEE** **SINGER ROBIN** **MISS DIVA** **KESS**

ALSO FEATURING: **THE UPRISING BAND** **REGGAE UPRISING BAND**

90.3 FM KUT MONTREAL **JAMAICA ASSOCIATION OF MONTREAL**
4065 JEAN-TALON W. • 10PM • \$20 ADMISSION
INFO: 416-256-9137 OR RASTAFEST1@GMAIL.COM
WWW.RASTAFEST.TV

YOUTH IN MOTION MONTREAL
MOIS NOIRS / BLACK HISTORY / NOIRS MONTH
STUDIO M TORONTO 402 EGLINTON AV. WEST (AT OLENDRE STREET)
AM - Jamaica Association of Montreal Inc. / Association jamaïcaine de Montréal inc. / 40, Rue Jean-Jacques W. - 3e ét.
JAMAICA 50

Resources

weekly offerings include meditation sessions on weekdays at 7 AM and Saturdays at 8 AM, along with a podcast, discussion groups and in-person events.

When the Village Meditates, a Montreal-based nonprofit organization that provides meditation programs, discussion groups and wellness retreats for marginalized and racialized communities.

whenthevillagemeditates.com



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Opportunities & Jobs



Work at CBC/Radio-Canada Digital Journalist (English Services)

Looking for an excellent writer who demonstrates exceptional skill in going beyond the headlines to bring more depth and context to CBC's digital platforms.

cbc.taleo.net/careersection/2/jobdetail.ftl?job=MON07247&lang=en

Fostering Canadian Integration for Internationally Educated Health Professionals (IEHPs): From Learning to Actionx

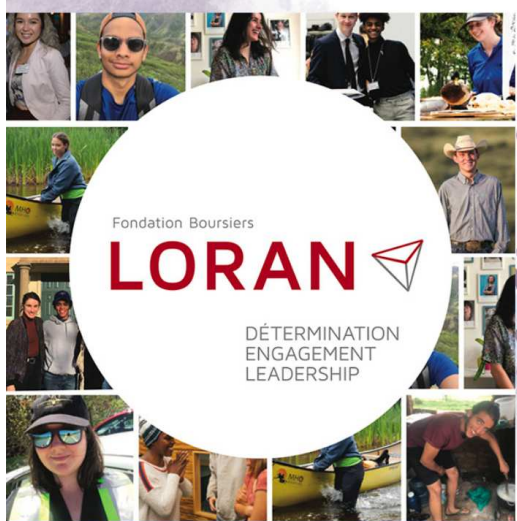
new program to help IEHPs overcome barriers to finding healthcare jobs in Canada. The program will be offered for the first time in September 2022.



apply now!

[Digital Journalist Job](#)

Opportunities



Fondation Boursiers Loran

Loran is a foundation that offers scholarships worth \$100,000 to students who demonstrate determination, leadership and a desire to contribute to a better world.

That being said, we are soon looking for the next cohort of Loran 2023 Scholars!

Our application period will begin in early September.

Employment Equity Act Review

The Employment Equity Act Review is looking for Canadians of African descent to participate in one of their focus groups to help them improve employment equity legislation. If you are of African descent, live and work in Canada and have a strong interest in employment equity, diversity and inclusion, they want to hear from you.

Participants will receive \$40.

For more info and registration visit ear.ca



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