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OCTOBER 2020 | VOL. 30

# 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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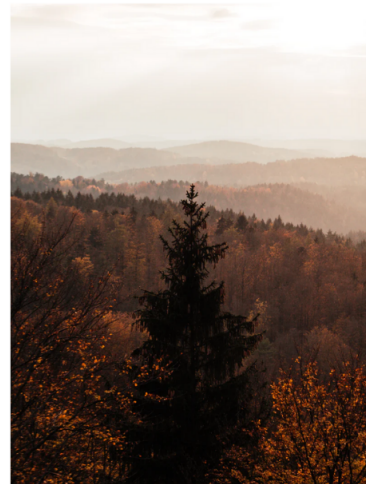
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## Health Literacy Month

"The only journey is the journey within." – Rainer Maria

Rilke Today is world mental health day. In any given year, 1 in 5 people in Canada will personally experience a mental health episode. It could affect you, your family members, your friends, or your colleagues. No one is immune and everyone should be aware of our current mental health crisis.

How are you taking care of your mental wellbeing and how are you supporting the people in your life? My motivation for teaching yoga and meditation is to improve the health of my students. For me health is wealth and it encompasses mental health. If you or someone you know could benefit from the healing practice of yoga and meditation, I would love to take that journey with you. The journey of 1000 miles starts with a single step. What step will you take today towards an improved mental health?



# The 2020 Forum for Youth Insights reflection

By Samantha Nyinawumuntu

The Black Community Resource Centre (BCRC) was part of the organizing committee for the 2020 Forum for Youth Insights. The Forum for Youth Insights took place on October 25 th , 2020 and was co-organized by QUESCREN and Youth for Youth Quebec.

Youths between the ages of 16 and 35 years old convened at the Forum to hear insights from industry experts in the sectors of Health, Education, Technology and Arts. Youths participated in collaborative workshops where they shared their insights on barriers that they encountered in their career or educational paths. In addition, youths worked with industry experts to come up with strategies to help them navigate and overcome the career and educational barriers that they face.

The Forum was attended by more than 60 youths from various Cegeps and universities from across Quebec and Ontario. The Youths got the opportunity to hear opening remarks from the president and Vice-Chancellor of Concordia Dr. Graham Carr, and two keynote speeches from Dr. Natasha Cohen-Blanchet an Associate Professor in the Department of Applied Human Sciences at Concordia, and Madeleine Lawler who is the president of Youth 4 Youth Quebec, as well as a civil law student at Université de Montréal.

We asked the Youths to rate how hopeful they felt about the future at the begging of the Forum and 60% said they were very hopeful at the end of the event, in contrast to 40% at the begging of the forum. One of the main takeaways from the event is that educational institutions need to provide more internship and mentoring opportunities for youths to better prepare them for the working world. In one of our Arts expert sessions Black Theatre Workshop's artistic director Quincy Armor said something in regard to the COVID-19 that we would like to leave with you all ***"This is an intermission. If the world that we are living in is a play, then we are on a break. We will come back."***

**SAVE THE DATE!**

**FYI** Forum for Youth Insights

Career and Education Orientations for the post-Covid-19 World

October 25th  
1pm – 4pm  
Online

Organized by : Y4Y Québec QUESCREN BCRC CEDEC

Thanks to : Gouvernement du Québec Canada Concordia



# BCRC x CBAC Intergenerational Program: Uniting the pillars of the community

By Sherrise Ettienne

## **Introduction:**

While the pandemic and its impact on Quebec was unexpected back in March, we were aware that a second lockdown would probably happen this fall. As we all know, seniors were the most affected demographic in the province. Even if they were not hit by the illness, the feeling of isolation and loneliness was just as common. However many youth reported feeling the same as their daily routine was completely overhauled from one day to another.

Although building a bridge between Black youth and seniors in Quebec may have been necessary prior to the pandemic, it became even more evident during the first lockdown. Believing that both youth and seniors have a wealth of knowledge to share, the intergenerational program aims to create a safe space for these two groups to have discussions and engage in activities all while having fun.

## **The program:**

With funding from the Canadian Red Cross and the Canadian Government, we partnered with the Council for the Black Aging Community (CBAC) to launch the BCRC Intergenerational program on October 17th 2020. All of our participants were given tablets along with other material to attend weekly Zoom workshops.

The workshops consist of both informational and recreational activities ranging from workshops on mask hygiene and housing rights to dance classes and group meditation sessions. In addition, the program also includes a buddy system where each youth is partnered up with a senior. The buddies meet once a week outside of the workshops to have conversations about life and further build their friendships. With our participants coming from various countries, we are hoping that the workshops along with the buddy pairings will allow them to break down generational barriers as well as regional ones in order to build meaningful relationships.

Look out for more updates about BCRC's Intergenerational Program on Facebook at **#BCRCIntergenerationalProgram**

**Participant Testimony:**

Greetings my name is Nikeisha, I've been working on this project since the very beginning of September. While working on this project, I've discovered how important it is to build a connection between seniors and youths. I also had the blessing of getting to know several seniors. It amazed me to see what they had to offer to the community. Thanks to this program, I became aware of how much we need to learn from previous generations in order to progress. We are living in times when things are happening very quickly. With this fast-paced lifestyle, we tend to lose touch with reality, we forget to stop and smell the roses.



Even if "smelling the roses" can be something so simple as calling a friend and sincerely connecting with them. I've seen first-hand the exquisite relation that can be built between youth and the seniors. We only need to allow ourselves to experience that type of friendship. Not only can they offer their wisdom but as younger people, we get the privilege of bonding with someone to whom we can relate more than we think. In the upcoming weeks, we really hope to open the floor to more discussion in order to learn more from each other. My hope for this program is that it flourishes and continues as a prolonged program that inspires others to do the same.





## OCTOBER 17TH 2020

### Peer Support Workshop

The first workshop was mandatory for the youth. The main goal was to provide youth with interpersonal skills that would allow them to offer the best support to seniors as well as transferrable skills.

## OCTOBER 21ST 2020

### Introductory Workshop + Soca Fitness

Our first introductory workshop was held to introduce the participants to each other. In the second half, we got Chastite to facilitate a Soca fitness activity.



## OCTOBER 23RD 2020

### Second Introductory Workshop

The other participants got to join us for a fun workshop where we did some icebreakers and played more games.

## OCTOBER 28TH 2020

### Mask Hygiene and Safety Workshop

Participants and members of the Council for the Black Aging Community joined us for a workshop that was facilitated by a nurse. The goal was to provide our participants with information and clear up any questions they had regarding COVID safety.



## OCTOBER 30TH 2020



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Westcan, a local Montreal dance company, offered a relaxing and engaging fitness workshop.



Funded by:



Canadian Red Cross



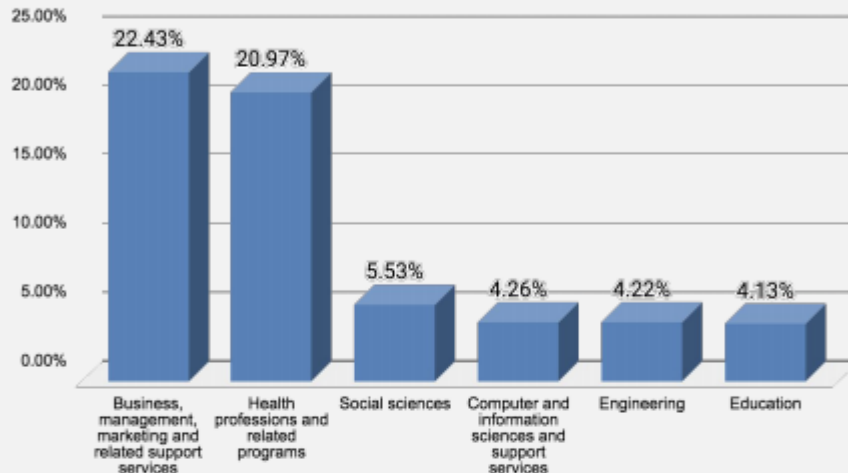
# Black in Quebec

This infographic presents readers with information regarding selected variables pertaining to education and the Black population of Quebec. It shares information regarding the various fields of study for the Black population, the percentage of the population with specific educational attainments, and how the Black population fares compared to the overall population when educational attainment is kept the same.

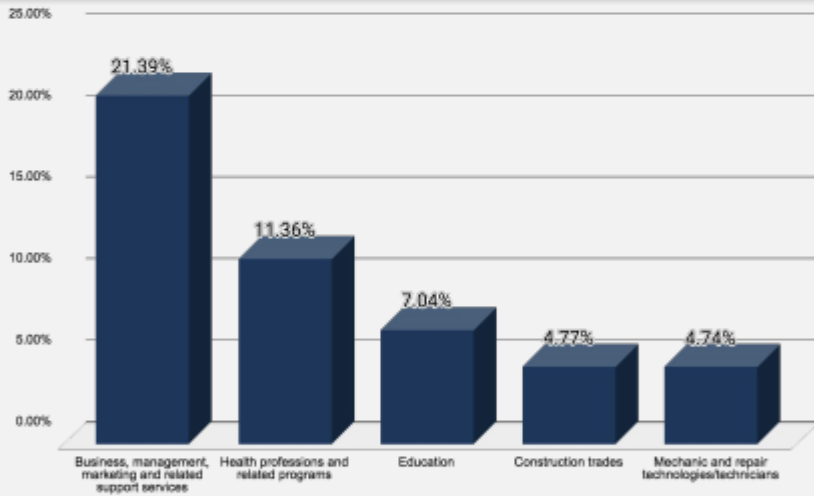
\*Sources of data: 2016 Census Statistics Canada

## PART I

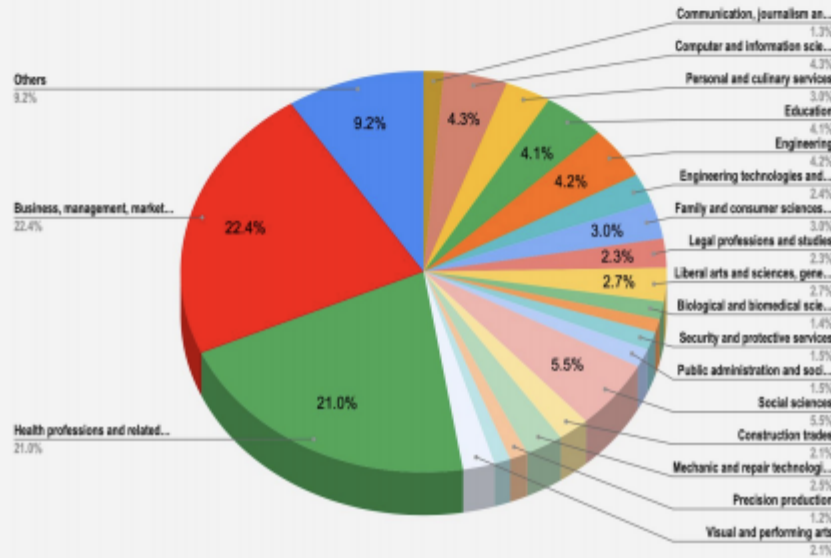
### Most Popular Fields of Study for Post-secondary Graduates in Black Community (Quebec, Aged 15 and over, 2016)



### Most Popular Fields of Study for Post-secondary

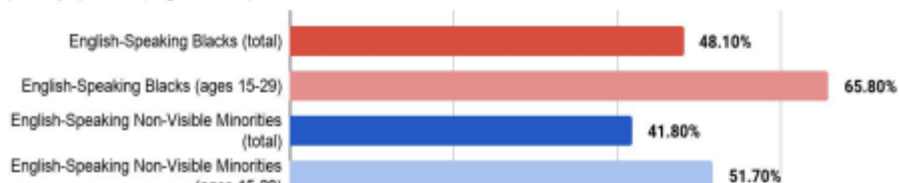


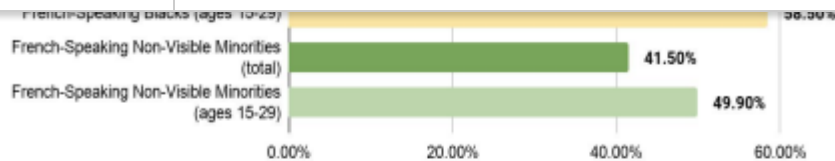
### Looking at the full picture: Major Fields of Study for Post-secondary Graduates in Black Community (Quebec, Aged 15 and over, 2016)



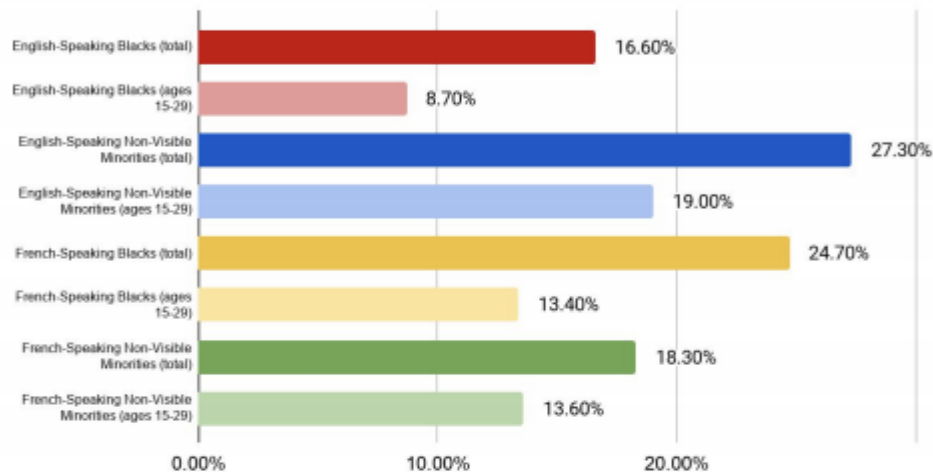
## PART II

High School Diploma or Less by Visible Minority Status and Language Group, Quebec, 2016  
(Total population, Ages 15-29)

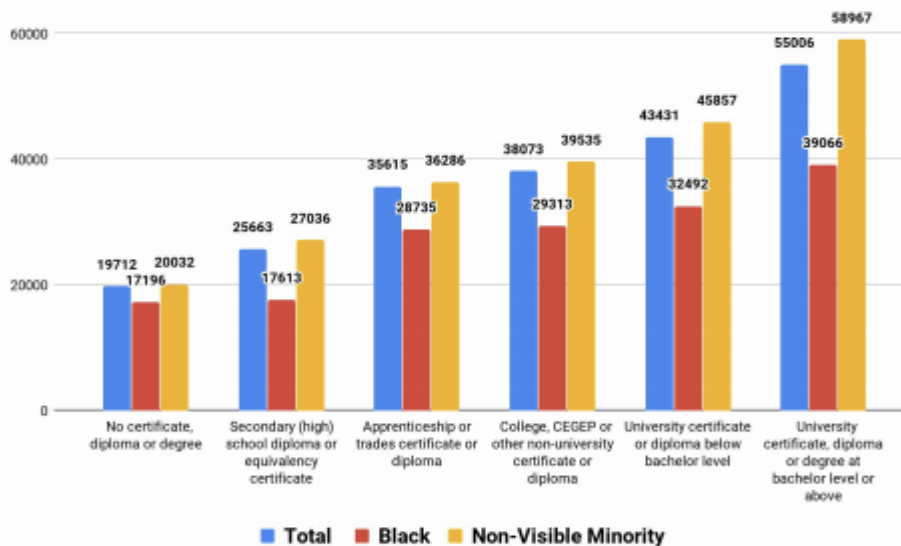




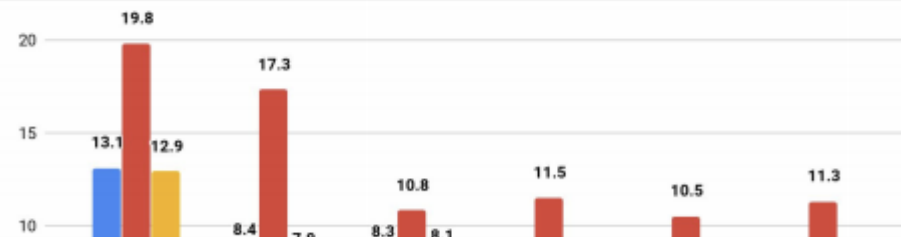
University Degree at the Bachelor's Level or Above by Language Group and Visible Minority Status, Quebec, 2016 (Total population, Ages 15-29)



Median Income by Educational Attainment for population aged 15 years and over in Quebec (2016)



Unemployment Rate by Educational Attainment for population aged 15 years and over in Quebec (2016)

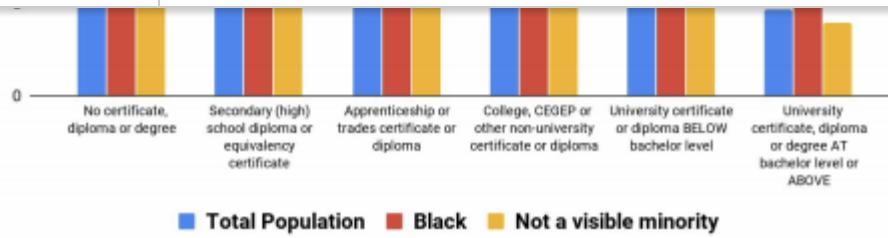




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The purpose of Black in Quebec is to examine the relative fitness of the English-speaking Black Community in Quebec. We adopt a holistic approach and view history as one of many important contexts to consider. If you would like to learn more about our project, please visit our website at: <https://www.montreal.com/portfolio-item/black-in-quebec/>

Find us on Facebook: **Black in Quebec**

# CURRENT NEWS

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# THE 6<sup>TH</sup> ANNUAL CONFERENCE ON PROSTATE HEALTH FOR MEN, CAREGIVERS, AND THEIR FAMILIES



**SATURDAY, OCTOBER 24, 2020**  
9:00 am – 2:00 pm

To register, please visit  
[www.thewalnutfoundation.com](http://www.thewalnutfoundation.com)

A Zoom link to access the conference will be provided once you register

With Special Guest Appearance by Actor & Comedian **Jay Martin**



## IT'S VIRTUAL THIS YEAR

### TOPICS TO INCLUDE:

**The Impact of Early Detection and Awareness on Prostate Cancer Outcomes for Black Men**



**Dr. Robin Roberts, MD.**  
Prostate Cancer Researcher  
*Afro-Caribbean Cancer Consortium*

**Back to Basics - Understanding Prostate Cancer and the Various Symptoms and Impacts**



**Dr. Dwayne Thwaites**  
MD, FACS, OM  
*Diplomat of the American Board of Urology  
Antigua and Barbuda*

**Peer to Peer Support for Men with Prostate Cancer**



**Dr. Jackie Bender**  
Research Scientist  
*Cancer Rehabilitation & Survivorship Program  
Princess Margaret Cancer Centre*

**Prostate Cancer in Canada: The Need for Race-Based Data**



**Dr. Aisha Lofters**  
Family Physician  
*Research Scientist & Associate Professor  
University of Toronto*

**Many Manly Men Avoid Their Prostate - A Story of Delay, Denial and De-sex**



**Dr. Andrew Matthew**  
Senior Staff Psychologist  
*Princess Margaret Cancer Centre*

For more information, please contact: Ken Noel (416) 540-1261, Anthony Henry (416) 568-7442, Simon Samuel (416) 712-3563



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# Racines

La voix qui nous rassemble !

Une tribune pour scruter l'actualité sur  
la diversité culturelle et le vivre ensemble.

Animé par Mohammed Barhane  
chaque mercredi de 8h00 à 9h00 a.m



suivez-nous sur : [facebook.com/associationracines.ca](https://facebook.com/associationracines.ca)



## Programme radiophonique Racines. En direct de la Radio Centre-ville 102.3FM

Il s'agit d'une tribune de qualité pour scruter l'actualité sur la diversité et le vivre ensemble à Montréal pour en tirer les événements les plus pertinents à analyser sans complaisance. Elle provoque une réflexion critique et constructive sur les enjeux politiques, sociaux et culturels montréalais.

Des sujets d'intérêt sur les droits des diverses communautés culturelles montréalaises.

Des occasions propices aussi pour faire connaître les actrices et les acteurs de diverses origines qui contribuent activement au développement du Québec.

Qui sommes-nous?

Radio Centre-ville 102.3 FM

Largement connue pour être la pionnière de la diversité et du vivre ensemble. Elle est également connue pour donner la voix à ceux qui n'ont pas accès aux médias de masse et qui ont tellement besoin de se faire entendre sur leurs réflexions ainsi que sur les actions de lutte qu'elles mènent contre toutes formes de discrimination

Racines, c'est 4 rubriques :

**1-Actualités:**

Débats et analyses politiques;  
Des vraies questions aux décideurs!

**2-Enjeux**

Réflexion sur des enjeux sociaux avec des invités expérimentés

**3-Profil:**

Hommage aux personnes qui contribuent à la promotion de la diversité

#### 4-Billiard:

Promotion des événements et des ressources sociocommunautaires.

Émissions précédentes :

<https://youtu.be/PYXW6QXm88M>

<https://youtu.be/P7cCX5KjHUQ>

<https://youtu.be/Pwd7HkVF2Fg>

Chaque mercredi de 8h à 9h. En direct de la Radio Centre-ville 102.3 FM

Contact :

Mohammed Barhone

[info@associationRacines.ca](mailto:info@associationRacines.ca)

[www.associationracines.ca](http://www.associationracines.ca)



**COVID-19 Informations**

The next testing clinic will take place at the **Abe-Limonchik community center, 6600 avenue**



# Publish your writing

Looking for an opportunity to publish your writing, short story, article, poems, and more!

BCRC is looking for talented Black writers who wants to share their writing in our monthly newsletter SEMAJI

Articles for submission will be published in English & are accepted 7 days prior to publication. Issues are published every last day of the month.

Send articles to:

[communications@bcrctmontreal.com](mailto:communications@bcrctmontreal.com).

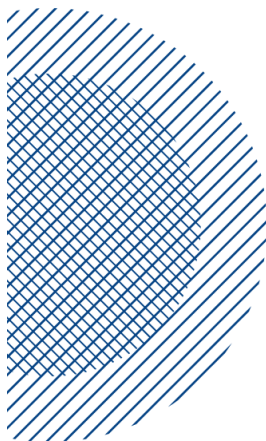
If you are submitting photos please send a jpeg with credit.

# 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@bcrcomontreal.com](mailto:communications@bcrcomontreal.com).  
If you are submitting photos please send a jpeg with credit.

SEMAJI VOLUME 30 | ISSUE 10 OCTOBER 2020



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Funded by the  
Government  
of Canada

Financé par le  
gouvernement  
du Canada



Secrétariat aux relations  
avec les Québécois  
d'expression anglaise  
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