**Mental Health and Resilience Webinar**

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| **Community Resources** |

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| [Wabano Centre for Aboriginal Health](https://wabano.com/)provides programs and services for Indigenous peoples from birth to Elders |
| [Black Youth Action Plan](https://www.ontario.ca/page/black-youth-action-plan) lists all programs available in Ontario for Black youth and families |
| [Jaku Konbit](https://www.jakukonbit.com/): offers Afrocentric programs and services, such as [March break](https://www.jakukonbit.com/kuumba-march-break-camp/) and [Summer Camps](https://www.jakukonbit.com/greatness-is-within-me-summer-camp-2/), [Tutoring](https://www.jakukonbit.com/black-star-tutoring/) for African, Caribbean and Black (ACB) children, [African History Classes](https://www.jakukonbit.com/african-history-classes/) for adults and youth, [Together We Can Mentorship](https://www.jakukonbit.com/mentorship/) program for ACB youth, short-term [Counselling](https://www.jakukonbit.com/enhanced-youth-outreach-worker-program/) for youth ages 12-25 and their families, and Black youth support groups |
| [Somali Center for Family Services](https://scfsottawa.org/) provides settlement and other social services to vast ethnocultural groups. They offer the [SNAP](https://scfsottawa.org/snap-project/) program for African descent children, [Together We Can Mentorship](https://scfsottawa.org/mentorship/) for Black youth and [Under the Acacia Tree](https://scfsottawa.org/acacia-youth-wellness/) youth Wellness program |
| [Muslim Family Services of Ottawa](https://mfso.ca/) offers counselling and other services to Muslims and others |
| [Ottawa Community Immigrant Services of Ottawa](https://ociso.org/) (OCISO) offers newcomer settlement and integration services and counselling |
| [Somerset-West Community Health Centre](https://www.swchc.on.ca/) provides various support services for babies to seniors and offers culturally specific programs for African, Caribbean and Black (ACB) folx, such as a [Support Line](https://www.swchc.on.ca/programs/support-line-for-african%2C-caribbean%2C-and-black-(acb)-communities), [Covid-19 Wellness Webinars](https://www.swchc.on.ca/programs/african%2C-caribbean-and-black-(acb)-covid-19-wellness-webinars) and [HIV Prevention](https://www.swchc.on.ca/programs/african%2C-caribbean-and-black-(acb)-hiv-prevention) resources |
| [Counselling Connect](https://www.counsellingconnect.org/) offers quick access to free phone or video counselling within the same day or week and provides culturally responsive counselling for Indigenous and ACB folx |
| [Britannia Woods Community House](https://britanniawoods.com/) provides services to folx in the west-end of Ottawa, has a food pantry and culturally adapted [SNAP](https://britanniawoods.com/bwch-covid-19-response/) program for ACB children |
| [Pinecrest-Queensway Community Health Centre](https://www.pqchc.com/) offers vast services geared towards babies, youth, individuals, families and seniors. They offer programs for Somali youth; [Somali Youth Support Project](https://www.pqchc.com/services/Somali-Youth-Support-Project), [Together We Can Mentorship](https://www.pqchc.com/services/Together-We-Can-Youth-Mentorship-Program) program for ACB youth and [Pathways to Education](https://www.pqchc.com/services/Pathways-to-Education) program for youth |
| [Regroupement Ethnoculturel des Parents Francophones de l’Ontario](https://www.repfo.ca/) offers workshops, mentorship, counselling and advocacy |
| [Ottawa Black Mental Health Coalition](https://obmhc.ca/) aims to hold health system leaders accountable to ensuring safe, accessible, and culturally appropriate mental health programs and services for the African, Caribbean, Black community in Ottawa |
| [Black Youth Helpline](https://blackyouth.ca/) (416) 285-9944 OR 1-833-294-8650 |
| [Provincial Youth Outreach Worker Program](https://www.yowottawa.ca/about) (PYOW), Ottawa provides service navigation and referral geared towards youth ages 12-24 |
| [Boys and Girls Club of Ottawa](https://www.bgcottawa.org/) offers free programs for children and youth |
| [YouthNet RéseauAdo](http://ynra.ca/) (YNRA) is a for youth, by youth mental health promotion and intervention organization that offers free services in French and English. They offer groups, such as outdoor gardening, mindfulness, wellness workshops and Pens and Paint (art expression) |
| [Catholic Centre for Immigrants](http://cciottawa.ca/) (CCI) offers newcomer settlement and integration support |
| [Jewish Family Services of Ottawa](https://www.jfsottawa.com/) provides counselling and other services |
| [Family Services of Ottawa](https://familyservicesottawa.org/) offers workshops for youth and families, counselling and 2SLGBTQ+ support groups |
| [Youth Services Bureau of Ottawa](https://www.ysb.ca/) offers 24/7 Crisis Line and other services for youth |
| [Parents’ Lifelines of Eastern Ontario](https://www.pleo.on.ca/how-we-help/) (PLEO) provides Family Peer Support through a Parents’ Helpline, Parent Support Groups and One-on-One Mobile Service to support parents of children facing mental health challenges |
| [Black Therapist List](https://www.blacktherapistlist.com/) is a growing directory of black therapists practicing in Canada of many different designations and expertise |
| [Black Therapists in Ontario](https://www.psychologytoday.com/ca/therapists/black-canadian/ontario) is a list put together by [Psychology Today](https://www.psychologytoday.com/ca?tr=Hdr_Brand) for clients to easily connect with Black counsellors |
| [The Black Therapist Database](https://www.blackgirlfeels.com/blog/2019/12/28/black-therapist-database) is a living and growing database created by [Black Girl Feels](https://www.blackgirlfeels.com/). Therapists on this database are based in the Greater Toronto Area (GTA) |
| [Le Cap](https://centrelecap.ca/) is a Francophone social services organization offering programs and resources for children and adults |