

**ADLER FOR BLACK LIVES**  
**RESOURCE GUIDE**

# ADLER FOR BLACK LIVES RESOURCE GUIDE

(updated June 22 2020)

**Purpose of this guide:** In order for us to undo systemic racism in our organizations, we first need to do the work within ourselves to undo the long-ingrained racist thought processes that have been socialized in our everyday lives. Please find a list of resources below that will aid us in this unlearning process.

We also list resources for the Black community to access recovery-oriented, trauma-informed care.

This guide was created by Melissa Moore, Program Manager, Diversity and Inclusion, and Susanne Milner, Manager, Student and Alumni Services on the Vancouver Campus in support of the **#AdlerforBlackLives** campaign and to provide resources across Canada and the United States for the Adler community.

## TABLE OF CONTENTS

Mental Health Resources For Black Communities (U.S) .....	3
Mental Health Resources For Black Communities (Canada):.....	4
Anti-Racism Educational Resources & Organizations (Canada) .....	4
Anti-Racism Educational Resources & Organizations (U.S.).....	4
Sign Petitions (Canada) .....	5
Sign Petitions (U.S).....	5
Donate To And Support Black Or Anti-Racism Organizations (U.S).....	5
Donate To And Support Black Or Anti-Racism Organizations (Canada).....	8
Email/Call/Write Representatives (Canada) .....	8
Resources To Read (Canada) .....	9
Resources To Read (U.S.).....	10
Resources To Watch (Canada).....	14
Resources To Watch (U.S.) .....	15
Resources To Listen To (Canada & U.S.) .....	16

# MENTAL HEALTH RESOURCES FOR BLACK COMMUNITIES (U.S.)

[Black Mental Health Directory](#)

[44 Mental Health Resources for Black People Trying to Survive in This Country Black & African American Communities And Mental Health](#)

[Black Girl + Mental Health](#): Black Girl + Mental Health was started to be a “dropbox” of sorts for all information regarding the intersection between black identity and mental health. Created by writer [Diamond J. Sharp](#).

[Ourselves, Black](#): Our mission is to empower the Black community by promoting mental health. This website is a place where you can find information regarding mental health issues from our articles and videos, join a conversation or read about others’ experiences in our forum, and use the links and referral sources to find resources for you, your family and members of your community. It was started by a black psychiatrist, and is the first of its kind.

[Respect Your Struggle](#): Respect Your Struggle was birthed back in 2014 as a creative outlet and open forum to cultivate conversations around mental health and to de-stigmatize the subject within minority communities. Created by mental health advocate and social worker Minaa B

[The Siwe Project](#): A global non-profit dedicated to promoting mental health awareness throughout the global black community. The goal of the organization is to widen the public dialogue regarding the lived experiences of people of African Descent with mental illness. By providing opportunities for dialogue and the uplifting of new narratives and discourse, The Siwe Project aims to encourage more people to seek treatment without shame.

[Sistaafya \(Chicago\)](#) – therapy, meditation, and self-care events

[Sistaafya Resource Page](#) - At Sista Afya Community Mental Wellness, we believe in sharing and connecting our community to top providers in the field. This list includes providers, businesses, and organizations that can support you with your mental wellness in Chicago. This list by no means is a list of all the quality providers in the city, however it is a list of people we know who share our values and do good work.

[Therapy for Black Girls](#) - Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

[Dr. Obari Adéye Cartman](#) – Facebook page to join with various events in Chicago and online promoting mental health and African-centered perspective @realmencharities for additional events

[Men Wellness Virtual Support Groups](#)

[Ayana](#) – Online therapy for marginalized and intersectional communities

[Therapy For Black Girls Community](#)

[Therapy for Black Men](#)

[Therapy for Black Men - Additional Resources](#)

## **MENTAL HEALTH RESOURCES FOR BLACK COMMUNITIES (Canada):**

[Black Therapists in Vancouver](#) (Psychology Today)

[Nuzi Collective Black Therapy Fund](#) (Vancouver) – Link to [donate and apply for therapy](#) through Nuzi Collective

[Get Loud About Mental Health for Black Canadians](#)

[Mental Health Resources for the Black Community \(Toronto\)](#)

[Toronto for All: Anti-Black Racism and Mental Health Resources](#)

## **ANTI-RACISM EDUCATIONAL RESOURCES & ORGANIZATIONS (CANADA)**

[Anti-racism Resources](#) - This is a compilation of resources that Black and Indigenous leaders gathered to help us unlearn racism and colonialism, and to take action for justice.

[Scaffolded Anti-Racism Resources](#)

[Resources for Ending Anti-Black Racism](#) from the Canadian Women's Foundation

[Black Lives Matter Canada Resource Page](#)

[Anti-Oppression Resources from Global Shapers Vancouver](#)

[Canada Anti-Racism Network](#)

[Canadian Anti-Hate Network](#)

[Canada Race Relations Foundation](#)

[Guide to Allyship](#)

## **ANTI-RACISM EDUCATIONAL RESOURCES & ORGANIZATIONS (U.S.)**

[Racial Trauma in America for Mental Health Professionals](#)

[Anti-Racism Resources](#) - This document is intended to serve as a resource to white people and parents to deepen our anti-racism work.

[How you can be an ally to the Black Lives Matter Movement](#)

[Anti-Racist Resource Guide](#)

[Dear White People, This is What We Want You to Do](#)

[Overhaul of Advocacy](#)

[Scaffolding Anti-Racist Work](#)

[What You Can Do to Assist the Protests and the Movement if You're Unable to Attend](#)

[Bail Funds and Legal Help](#)

[White Accomplices](#)

## **SIGN PETITIONS (CANADA)**

[Justice for Regis](#)

[Demand racial data on police involved deaths in Canada](#)

[Links](#) to other Black Lives Matter Canada petitions

## **SIGN PETITIONS (U.S.)**

[Black Lives Matters COVID-19 Petitions](#)

[Black Lives Matters Petitions and Resources](#)

## **DONATE TO AND SUPPORT BLACK OR ANTI-RACISM ORGANIZATIONS (U.S.)**

### **The Bail Project**

We believe that paying bail for someone in need is an act of resistance against a system that criminalizes race and poverty and an act of solidarity with local communities and movements for decarceration. Over the next five years, The Bail Project will open dozens of sites in high-need jurisdictions with the goal of paying bail for tens of thousands of low-income Americans, all while

collecting stories and data that prove money bail is not necessary to ensure people return to court.

### **Baltimore Action Legal Team**

BALT is committed to building the power of the local Movement for Black Lives. We take our direction from community-organizing groups who are on the ground, and we respect the leadership of local activists. BALT is committed to anti-racist practices and to black leadership. BALT is dedicated to politically-conscious lawyering and to using creative, collective solutions to support the Movement for Black Lives in Baltimore.

### **Black Lives Matter Foundation**

#BlackLivesMatter was founded in 2013 in response to the acquittal of Trayvon Martin's murderer. Black Lives Matter Foundation, Inc is a global organization in the US, UK, and Canada, whose mission is to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes.

### **Black Visions Collective - MN**

Since 2017, Black Visions Collective, has been putting into practice the lessons learned from organizations before us in order to shape a political home for Black people across Minnesota. We aim to center our work in healing and transformative justice principles, intentionally develop our organizations core "DNA" to ensure sustainability, and develop Minnesota's emerging Black leadership to lead powerful campaigns.

### **Fair Fight**

Founded by Stacey Abrams, promotes fair elections by bringing voter discrimination to light with education programs and election reform advocacy.

### **George Floyd Memorial Fund**

This fund is established to cover funeral and burial expenses, mental and grief counseling, lodging and travel for all court proceedings, and to assist our family in the days to come as we continue to seek justice for George. A portion of these funds will also go to the Estate of George Floyd for the benefit and care of his children and their educational fund.

### **Higher Heights Leadership Fund**

Higher Heights Leadership Fund's work is to elevate Black women's voices to shape and advance progressive policies and to provide opportunities for these women to build their leadership skills, through training programs, civic engagement, and networking opportunities.

### **Justice for Breonna Taylor**

Breonna Taylor was an award-winning EMT and model citizen. She loved her family and community. She worked at two hospitals as an essential worker during the pandemic. One month ago, a division of the Louisville Police Department performed an illegal, unannounced drug raid on her home. Not a single officer announced themselves before ramming down her door and firing 22 shots, shooting Breonna 8 times, killing her. Not only were the police at the WRONG HOUSE, but the man they were looking for had already been arrested earlier that day.

### **Louisville Community Bail Fund**

The Louisville Community Bail Fund exists to not only bail out folks, but provide post-release support to get them from jail, fed, and to a situation of safety. LCBF also maintains a focus on

preventative measures for those targeted by law enforcement and threatened with incarceration.

### **Massachusetts Bail Fund**

The Massachusetts Bail Fund pays up to \$2,000 bail so that low-income people can stay free while they work towards resolving their case, allowing individuals, families, and communities to stay productive, together, and stable.

### **Minnesota Freedom Fund**

The Freedom Fund remains committed to #FreeThemAll. We say again: it is wrong to cage people, to jail those who are not a risk to themselves or their communities, to imprison those who cannot afford to pay the ransom of bail, and to hold in detention those whose “crime” is being born in a different part of the world.

### **NAACP Legal Defense Fund**

While we are living in a moment unlike any we have seen before, LDF will continue to work to protect the most vulnerable in our society. During this public health emergency, the fight to defend our civil and human rights has never been more critical. Donate today to help us win landmark legal battles, protect voters across the nation, and advance the cause of racial justice, equality, and an inclusive society.

### **National Urban League**

To help African-Americans and others in underserved communities achieve their highest true social parity, economic self-reliance, power, and civil rights. The League promotes economic empowerment through education and job training, housing and community development, workforce development, entrepreneurship, health, and quality of life.

### **People’s City Council Freedom Fund**

Los Angeles-based fund helping to pay for legal support, bail, fines, and court fees for arrested protesters in the city, as well as medical bills and transportation for injured protesters, supplies for field medics, and direct support to L.A.’s Black Lives Matter chapter.

### **Reclaim the Block**

Reclaim the Block began in 2018 and organizes Minneapolis community and city council members to move money from the police department into other areas of the city’s budget that truly promote community health and safety. We believe health, safety and resiliency exist without police of any kind. We organize around policies that strengthen community-led safety initiatives and reduce reliance on police departments.

### **The Resignation of City Councilman Bob Kellar**

Bob Kellar, a former officer of the LAPD and current city councilman, in his own words is “a proud racist.” Kellar has been an elected member of the Santa Clarita city council since 2000, maintaining a gripping white supremacist stronghold on our town.

### **Run with Maud**

He was out for a jog when he was chased down, shot, and killed by two white supremacists. We must demand the justice he deserves. Call 770.800.0689 to demand justice for Ahmaud right away.

### **Southern Poverty Law Center**

The SPLC is dedicated to fighting hate and bigotry and to seeking justice for the most vulnerable members of our society. Using litigation, education, and other forms of advocacy, the SPLC works toward the day when the ideals of equal justice and equal opportunity will be a reality.

### **Woke Vote**

We are on a mission to rid us of mass incarceration, voter suppression, and urban gun violence. Woke Vote is here to challenge politicians that think about neglecting and exploiting our communities. By supporting progressive, righteous leaders and holding them accountable, we are reclaiming power and promoting justice for all.

### **United Negro College Fund**

UNCF envisions a nation where all Americans have equal access to a college education that prepares them for rich intellectual lives, competitive and fulfilling careers, engaged citizenship and service to our nation.

## **DONATE TO AND SUPPORT BLACK OR ANTI-RACISM ORGANIZATIONS (CANADA)**

[Black Legal Action Centre](#)

[Black Youth Helpline](#)

[BC Community Alliance](#) - The BCCA is dedicated to confronting the systemic impacts of racism in our education and legal systems.

[Black Health Alliance](#)

[Black Lives Matter Vancouver](#)

[Federation of Black Canadians](#)

[Hogan's Alley Society](#) - A non-profit organization committed to researching, preserving and publicizing Black history in Vancouver and B.C.

[How You Can Support Black People Today, Tomorrow and Forever](#)

[Black Organizations and Anti-Racist Groups Canadians Can Support Now](#)

[Links](#) to other ways to donate from Black Lives Matter Canada

## **EMAIL/CALL/WRITE REPRESENTATIVES (CANADA)**

Information on [Justice for Regis](#) on how to reach out to representatives in Ontario and Toronto about her case and others.



How to write to your Member of Parliament or Member of Provincial Legislative Assembly from [Democracy Law Blog](#) or from [Legalline](#)

## RESOURCES TO READ (CANADA)

**BlackLife** By Rinaldo Walcott & Idil Abdillahi ([link](#)). What does it mean in the era of Black Lives Matter to continue to ignore and deny the violence that is the foundation of the Canadian nation state? BlackLife discloses the ongoing destruction of Black people as enacted not simply by state structures, but beneath them in the foundational modernist ideology that underlies thinking around migration and movement, as Black erasure and death are unveiled as horrifically acceptable throughout western culture.

**Black Like Who?** By Rinaldo Walcott ([link](#)). Rinaldo Walcott's groundbreaking study of black culture in Canada, *Black Like Who?*, caused such an uproar upon its publication in 1997 that Insomniac Press has decided to publish a second revised edition of this perennial best-seller. With its incisive readings of hip-hop, film, literature, social unrest, sports, music and the electronic media, Walcott's book not only assesses the role of black Canadians in defining Canada, it also argues strenuously against any notion of an essentialist Canadian blackness. As erudite on the issue of American super-critic Henry Louis Gates' blindness to black Canadian realities as he is on the rap of the Dream Warriors and Maestro Fresh Wes, Walcott's essays are thought-provoking and always controversial in the best sense of the word. They have added and continue to add immeasurably to public debate.

**Blank** By M. Nourbe Se Philip ([link](#)). *Blank* is a collection of previously out-of-print essays and new works by one of Canada's most important contemporary writers and thinkers. Through an engagement with her earlier work, M. NourbeSe Philip comes to realize the existence of a repetition in the world: the return of something that, while still present, has become unembedded from the world, disappeared. Her imperative becomes to make us see what has gone unseen, by writing memory upon the margin of history, in the shadow of empire and at the frontier of silence. In heretical writings that work to make the disappeared perceptible, *Blank* explores questions of race, the body politic, timeliness, recurrence, ongoingness, art, and the so-called multicultural nation. Through these considerations, Philip creates a linguistic form that registers the presence of what has seemingly dissolved, a form that also imprints the loss and the silence surrounding those disappearances in its very presence.

**I've Been Meaning to Tell You: A Letter to My Daughter** by David Chariandy ([link](#)). In the tradition of Ta-Nehisi Coates's *Between the World and Me* and Chimamanda Ngozi Adichie's *Dear Ijeawele, or a Feminist Manifesto in Fifteen Suggestions*, acclaimed novelist David Chariandy's latest is an intimate and profoundly beautiful meditation on the politics of race today.

**The Skin We're In: A Year of Black Resistance and Power** by Desmond Cole ([link](#)). In his 2015 cover story for *Toronto Life* magazine, Desmond Cole exposed the racist actions of the Toronto police force, detailing the dozens of times he had been stopped and interrogated under the controversial practice of carding. The story quickly came to national prominence, shaking the country to its core and catapulting its author into the public sphere. Cole used his newfound profile to draw insistent, unyielding attention to the injustices faced by Black Canadians on a daily basis.

**Policing Black Lives: State Violence in Canada from Slavery to the Present** by Robin Maynard ([link](#)). Delving behind Canada's veneer of multiculturalism and tolerance, Policing Black Lives traces the violent realities of anti-blackness from the slave ships to prisons, classrooms and beyond. Robyn Maynard provides readers with the first comprehensive account of nearly four hundred years of state-sanctioned surveillance, criminalization and punishment of Black lives in Canada.

**They Said This Would Be Fun** by Eternity Martis ([link](#)). A powerful, moving memoir about what it's like to be a student of colour on a predominantly white campus.

**Until We Are Free**, edited by Rodney Diverlus, Sandy Hudson and Syrus Marcus Ware ([link](#)). The killing of Trayvon Martin in 2012 by a white assailant inspired the Black Lives Matter movement, which quickly spread outside the borders of the United States. The movement's message found fertile ground in Canada, where Black activists speak of generations of injustice and continue the work of the Black liberators who have come before them. *Until We Are Free* contains some of the very best writing on the hottest issues facing the Black community in Canada. It describes the latest developments in Canadian Black activism, organizing efforts through the use of social media, Black-Indigenous alliances, and more.

[Seven Works of Canadian Nonfiction to Read for Black History Month](#) (CBC, February 2020)

[Six Works of Canadian Fiction to Read for Black History Month](#) (CBC, February 2020)

[Black Cultural Centre of Nova Scotia](#) – history of Black Canadians in Nova Scotia

## RESOURCES TO READ (U.S.)

### Articles

[The 1619 Project](#). Nikole Hannah Jones, *The New York Times*.

[Anti-Racist Checklist for Whites](#). Robin DiAngelo, 2016.

[A Critique of "Our Constitution Is Color-Blind."](#) Neil Gotanda, 1991.

[The Case for Reparations](#). Ta-Nehisi Coates

[Civil Rights Protests Have Never Been Popular](#), Ta-Nehisi Coates, 2017

[Demarginalizing the Intersection of Race and Sex: A Black Feminist Critique of Antidiscrimination Doctrine, Feminist Theory and Antiracist Politics](#). Kimberle Crenshaw, 1989.

[Harvard's Implicit Bias Test](#)

[Killing Us Softly: Navigating State and State-Sanctioned Violence Against Black Men's Humanity](#). Charles H.F. Davis III, Keon A. McGuire

[Learning from the Outsider Within: The Sociological Significance of Black Feminist Thought. Patricia Hill Collins, 1986.](#)

[On Trans Dissemblance: Or, Why Trans Studies Needs Black Feminism. Varun Chaudhry, 2020](#)

[Racism, whiteness, and burnout in antiracism movements: How white racial justice activists elevate burnout in racial justice activists of color in the United States, Paul Gorski](#)

[Race and Essentialism in Feminist Legal Theory. Angela P. Harris, 1990.](#)

[Race without Racism: How Higher Education Researchers Minimize Racist Institutional Norms. Shaun Harper, 2012.](#)

[Racism Defined. Dismantling Racism.](#)

[Spirit-Murdering the Messenger: The Discourse of Fingerpointing as the Law's Response to Racism. Patricia Williams, 1987.](#)

[The Subtle Linguistics of White Supremacy. Yawo Brown, 2015.](#)

[Welcome To The Anti-Racism Movement — Here's What You've Missed. Ijeoma Oluo, 2017.](#)

[White Fragility and the Rules of Engagement. Robin Diangelo, 2015.](#)

[White Privilege: Unpacking the Invisible Knapsack. Peggy McIntosh, 1989.](#)

[Whiteness as Property. Cheryl Harris, 1993.](#)

[Who's Afraid of Critical Race Theory?, Derrick A. Bell, 1995.](#)

[Who Gets To Be Afraid in America? Ibram X. Kendi](#)

[The Year I Gave Up White Comfort: An Ode to my White "Friends" on Being Better to Black Womxn. Rachel Ricketts, 2019.](#)

## **Books**

Before purchasing any books, please check out this list of [Black-owned bookstores!](#) Many of them will ship your new literary treasures to you right now!

**The New Jim Crow: Mass Incarceration in the Age of Colorblindness.** Michelle Alexander.

**Being White, Being Good: White Complicity, White Moral Responsibility, and Social Justice Pedagogy.** Barbara Applebaum.

**I Know Why the Caged Birds Sing.** Maya Angelou

**The Fire Next Time.** James Baldwin.

**Giovanni's Room.** James Baldwin.

**Racism Without Racists: Color-Blind Racism and the Persistence of Racial Inequality in the United States.** Eduardo Bonilla-Silva

**Unapologetic: A Black, Queen, and Feminist Mandae for Radical Movements.** Charlene A. Carruthers.

**Queenie.** Candace Carty-Williams.

**Other Side of Paradise.** Staceyann Chin.

**Between the World and Me.** Ta-Nehisi Coates

**The Water Dancer.** Ta-Nehisi Coates

**Eloquent Rage: A Black Feminist Discovers Her Superpower.** Brittney Cooper.

**Women, Race, & Class.** Angela Y. Davis

**Evicted: Poverty and Profit in the American City.** Matthew Desmond

**White Fragility: Why Its So Hard for White People to Talk About Race.** Robin DiAngelo

**The Souls of Black Folk.** W.E.B. Du Bois

**An Indigenous Peoples' History of the United States.** Roxanne Dunbar-Ortiz

**For White Folks Who Teach In The Hood... And the Rest of Y'all Too: Reality Pedagogy and Urban Education.** Christopher Emdin

**Bad Feminist.** Roxane Gay

**Homegoing.** Yaa Gyasi.

**Sister Citizen: Shame, Stereotypes, and Black Women in America.** Melissa Harris-Perry.

**Black Feminist Thought: Knowledge, Consciousness, and the Politics of Empowerment.** Patricia Hill Collins.

**Ain't I A Woman: Black Women and Feminism.** Bell Hooks.

**Killing Rage: Ending Racism.** Bell Hooks.

**Subtle Acts of Exclusion: How to Understand, Identify, and Stop Microaggressions.** Tiffany Jana, Michael Baran.

**No Tea, No Shade. New Writings in Black Queer Studies.** E. Patrick Johnson.

**When Affirmative Action Was White: An Untold History of Racial Inequality in 20th Century America.** Ira Katznelson

**Stamped from the Beginning.** Ibram X Kendi.

**How to be an Anti-Racist.** Ibram X Kendi.

**Nobody: Casualties of America's War on the Vulnerable, From Ferguson to Flint and Beyond.** Marc Lamont Hill

**March.** (Graphic Novel) John Lewis, Andrew Aydin, Nate Powell

**Lies My Teacher Told Me: Everything Your American History Teacher Got Wrong.** James Loewen.

**Sister Outsider.** Audre Lorde.

**Zami: A New Spelling of My Name, A Biomythography.** Audre Lorde.  
The Autobiography of Malcolm X

**The Summer We Got Free.** Mia Mckenzie.

**Dying of Whiteness: How The Politics of Racial Resentment is Killing America's Heartland.** Jonathan Metzel.

**Coming of Age in Mississippi.** Anne Moody

**No Ashes in the Fire: Coming of Age Black & Free in America.** Darnell L. Moore.

**Student Activism, Politics, and Campus Climate in Higher Education.** Demetri L. Morgan, Charles H.F. Davis III

**Beloved.** Toni Morrison.

**The Bluest Eye.** Toni Morrison

**The Condemnation of Blackness: Race, Crime, and the Making of Modern Urban America.** Khalil Gilbran Muhammad

**Their Eyes Were Watching God.** Zora Neale Hurston.

**Half of a Yellow Sun.** Chimamanda Ngozi Adichie.

**Born a Crime: Stories from A South African Childhood.** Trevor Noah.

**Becoming.** Michelle Obama.

**So You Want to Talk About Race.** Ijeoma Oluo

**Since I Laid my Burden Down.** Brontez Purnell.

**Blackballed: The Black and White Politics of Race on America's Campuses.** Lawrence Ross.

**The Color of Law.** Richard Rothstein.

**Me and White Supremacy.** Layla F. Saad

**Assata, an Autobiography.** Assata Shakur.

**Just Mercy.** Bryan Stevenson

**A Different Mirror: A History of Multicultural America.** Ronald Takaki.

**Why Are All the Black Kids Sitting Together In the Cafeteria?** Beverly Daniel Tatum.

**How We Get Free: Black Feminism and the Combahee River Collective.** Keeanga-Yamahtta Taylor

**Real Life.** Brandon Taylor.

**The Hate You Give.** Angie Thomas.

**In Search of Our Mothers Gardens.** Alice Walker.

**The Burning House: Jim Crow and the Making of Modern America.** Anders Walker.

**Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present.** Harriet A. Washington

**The Warmth of Other Suns.** Isabel Wilkerson

**Native Son.** Richard Wright.

**A People's History of the United States.** Howard Zinn.

## RESOURCES TO WATCH (CANADA)

**Across the Line** (Canada - [CBC Gem](#)/US - Netflix). A film about a black ice hockey player whose dream of going pro is threatened by racial tensions in his Nova Scotia community.

**Deeply Rooted** ([CBC/YouTube](#)). A documentary about Cazhhmere's story as a 7th-generation black Canadian who constantly has to explain her identity.

**Mr. Jane and Finch** ([CBC/YouTube](#)). An insider's look at efforts by a community activist, Winston LaRose, to protect his Toronto community against gentrification.

**Ninth Floor** ([National Film Board](#)). A documentary that reopens the file on a watershed moment in Canadian race relations – the infamous Sir George Williams Riot in Montreal.

**RDS vs. A Story of Race and Justice** ([Canadian Race Relations Foundation/YouTube](#)). The story of Rodney Darren Smalls is a story of systemic anti-black racism in Canada. In the light of everything happening in our world and our country, this is a must-see. This video is part of the Canadian Race Relations Foundation for series on racism problems and solutions. Here's the [link](#) to the full series.

**The Skin We're In** ([CBC/YouTube](#)). A documentary by Canadian journalist, Desmond Cole that is a wake-up call to complacent Canadians about anti-black racism. The filmmakers follow Cole as he travels Canada researching his bestselling book.

[CBC Black History Month Film Collection](#)

[National Film Board of Canada Celebrates Black History](#) - 25 Films about the Black Experience in Canada.

[Understanding Black Stories](#) – stream over 40 films by Black artists and filmmakers for the month of June via Cineplex

## RESOURCES TO WATCH (U.S.)

[The Urgency of Intersectionality](#), Kimberle Crenshaw

[Danger of Silence](#), Clint Smith III

[Ibram X Kendi on the Solution for America's "Metastatic" Racism](#), Ibram X. Kendi

[Black Bruins](#), Sy Stokes

[Should White People Rap the N-Word?](#), Ta-Nehisi Coates

[Why White People Shouldn't Say The N-Word Using An Analogy of Wounds](#), Summer Charles

[How To Deconstruct Racism, One Headline At A Time](#), Baratunde Thurston

["Cuz He's Black" Spoken Word](#), Javon Johnson

[Three Myths About Racism](#), Candis Watts Smith

[Let's Get To The Root of Racial Injustice](#), Megan Ming Francis

[What Beyonce Taught Me About Racism](#), Brittany Baron

["How the Hood Loves You Back"](#) Steven Willis

[Being Black by Jane Elliot](#)

[How Studying Privilege Systems Can Strengthen Compassion](#), Peggy McIntosh

[The Power of Privilege](#), Tiffany Jana

## RESOURCES TO LISTEN TO (CANADA & U.S)

### Podcasts:

[1619 \(New York Times\)](#)

[About Race](#)

[Code Switch \(NPR\)](#)

[Come Through With Rebecca Carroll](#)

[From Hoodrat to Headwrap](#)

[Intersectionality Matters! hosted by Kimberlé Crenshaw](#)

[Momentum: A Race Forward Podcast](#)

[The Nod](#)

[Pod For The Cause \(from The Leadership Conference on Civil & Human Rights\)](#)

[Pod Save the People \(Crooked Media\)](#)

[Putting Racism on the Table](#)

[Race Traitor](#)

[Seeing White](#)

[Speaking of Racism](#)

[There Goes the Neighborhood](#)

[The United State of Anxiety](#)

[The Wilderness \(Crooked Media\)](#)

### Self-care Podcasts:

[Black Girl in Om](#)

[Affirm Podcast](#)



[Therapy For Black Girls](#)

[Between Sessions](#)

[Om Noire](#)

[Dear Black Women](#)

[Therapy For Black Girls](#)