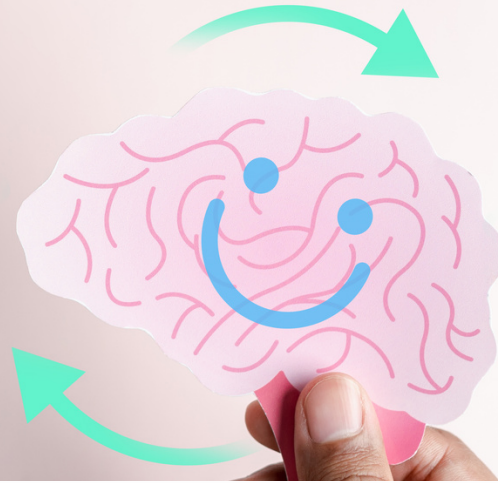


ATN NEWSLETTER

Exploring the Intersectionality Between Racism and Mental Health!



ANTI-RACISM & MENTAL HEALTH

From the desks of the Antiracist Teachers Network:

Happy New Year readers, and welcome back to another issue of the ATN.

Across Canada, there has been study upon study about how racism and mental health negatively impact BIPOC communities. In fact, [here are some of the studies we looked at in developing](#) this month's issue.

As educators, we need to recognize that we independently cannot solve the impacts of racism on mental health, but we need to work together to mitigate the indirect impacts that our education system has on BIPOC youth mental health. In this issue, we hope to connect you with a variety of resources to help begin these important conversations from the classroom to the staff room. We are also including some community organizations that can help address the gaps in mental health support that we as individual educators cannot resolve alone.

Access to equitable, culturally competent mental health support should not be such a massive undertaking but it is one that we all must continue to fight for funding and support for.

DATES OF NOTE FOR JANUARY

All Month:

Tamil Heritage Month

January 4th - National Ribbon Skirt Day

January 15th - World Religion Day

January 16th - Martin Luther King Jr. Day

January 21st - [Lincoln Alexander Day](#)

January 24th - [World Day for African and Afrodescendant Culture](#)

January 27th - International Holocaust Remembrance Day

January 29th - [National Day of Remembrance of the Quebec City Mosque Attack & Action Against Islamophobia](#)



The Anna Freud Centre has a **five part** podcast series exploring [racism and mental health in schools](#)



We recommend the episode **Men & Mental Health**
Content Warning for Gun Violence

PODCAST RECCS.

From the ATN!

COOL STUFF!

- **Alberta Health Services** outlines how [Racism Impacts Mental Health](#) through an infographic report (its one of the most accessible documents too which is great for a classroom setting)
- **The Anna Freud Centre** has developed the [Mentally Healthy Schools Guide](#) tackling how to approach racism, mental health and its intersection from a whole school perspective
- **Inclusive Therapists** provides an extensive list of [Mental Health Resources](#) covering a variety of intersectionality with anti-racism and mental health
- **Black Youth Helpline** provides [mental health services](#) that are responsive to the Black community. They also provide a **hotline (1-833-294-8650)** along with an email option for specific inquiries at info@blackyouth.ca
- **The Alberta Black Therapist Network** is partnered with **the Africa Centre** and **United Way** to provide [free to low cost therapy sessions](#)
- Dr. Jennifer Mullan (aka. The Rage Doctor) of [Decolonizing Therapy](#) provides a [Decolonizing Therapy Resource List](#)
- **The Nisa Foundation** provides toolkits around mental health for women who practice Islam like [Educate to Illuminate](#) and their [Wellness Workshops](#). They also provide a **helpline (1-888-315-6472)** that can connect callers with free culturally responsive counselling.
- The [Asian Mental Health Collective](#) focuses on de-stigmatizing mental health for the Asian community and provides [an Alberta focused directory](#).
- **Naseeha** focuses on mental health for community members who practice Islam and provides [Mental Health Resources](#) reflecting this. **Naseeha** also provides an **emergency hotline (1 (866) 627-3342)** and chat option.
- **soch mental health** focuses on [Mental Health Resources](#) for the South Asian Community and is connected to YYC's [Punjabi Community Health Services](#)
- **Across Boundaries** provides a variety of [Anti-Racism & Mental Health resources](#)
- **Althea Therapy** provides a [Therapist Gut Checklist](#) to ensure that your mental health provider is a strong cultural fit
- The [BIPOC Healing and Wellness Centre](#) located up in Edmonton provides culturally relevant mental health supports and programming in person and virtually to support BIPOC

Looking for previous ATN issues?

Find them under

[Antiracist Teacher Network Newsletter](#) here!



ATN PD OPPORTUNITIES

*You must be an ATN Member to access this PD

The Black Teachers Association

Presents

Anti-Black Racism & [Pass The Mic:](#)

[Let's Talk About Racism](#)

January 25th at 5:30pm



UPCOMING EVENTS



Come see the ATN at:

An Alberta for All:

Understanding the Past to

Shape the Present and Future

A joint symposium between CBE and [The Dignity Forum](#) to advance anti-racism, diversity and inclusion. Hosted at Earnest Manning High School on **Saturday February 3rd, 2024**. [tickets can be found on Eventbrite!](#)

The Anti-Racist Teachers Network

Presents: **Creating Anti-Racist Lessons**

Our first ever in-person session at Calgary City Teacher's Convention where we can help you workshop any lesson ideas you have to present more diverse perspectives. Taking place **Friday February 16, 2024 at 9am**, [you can register here!](#)

OUR MONTHLY BOOK RECCS

From the ATN Resource Bank!



K-4

Tomatoes for Neela by Padma Lakshmi
I'll Go and Come Back by Rajani LaRocca
Rain Before Rainbows by Smriti Prasad-Halls
Lola's Words Disappeared by Elaheh Bos

5-9

The Bridge Home by Padma Venkatraman
Iveliz Explains It All by Andrea Beatriz Arango
Rain Rising by Courtne Comrie
Just Roll With It by Durfey-Lavoie Lee

10-12

Swimming in the Monsoon Sea by Shyam Selvadurai
Never Look Back by Lilliam Rivera
Home Home by Lisa Allen-Agostini

For Educators

Heart Berries by Terese Marie Mailhot
My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem
Trust Kids! Stories on Youth Autonomy and Confronting Adult Supremacy edited by carla joy bergman

An Alberta for All

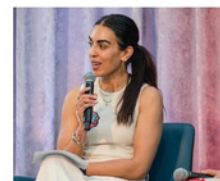
Understanding the past to shape our present and future



Explore a deeper understanding of Alberta's history in relationship to human rights and racism, individual understanding of self and positionality, and how educators can further develop their anti-racist teaching practices, beliefs, and behaviours in an educational setting.

Keynotes include:

Dr. Farha Shariff
University of Alberta



Sarah Adomako-Ansah
Edmonton Catholic School Division



Saturday, February 3, 2024
8:30am - 3:30pm

Ernest Manning High School
Calgary, AB

Register via Eventbrite:

[AnAlbertaForAllFebruary3.Eventbrite.ca](https://www.eventbrite.ca/e/an-alberta-for-all-february-3-2024-tickets-726844479077)

Cost: \$20 + fees (lunch provided)

Registration opens 2023 Dec 11 @ 4pm
