



2024 Fireside Chats - Inspirational Conversations

Episode #	Topic	Short Description/Teaser	Category	Webinar Registration Link	3:00 to 4:30 pm EST (includes Q&A's)	Panelists	Moderator/Host
1	Black Authors - You want to write a book. Where do you start?	<i>How to get started - where are the resources; how can we promote our books?</i>	Life Long Learning	https://shorturl.at/bnoqK	Sunday, January 7, 2024	Norma Nicholson Rachel Decoste Nadia Hohn	Sarah Onyango
2	A Day for Poets	<i>Poets present and showcase their creative work</i>	Life Long Learning	https://shorturl.at/evwx2	Sunday, January 14, 2024	Irene Moore Vera Hurlock Lillian Sutherland	Sarah Onyango
3	Poverty & Homelessness	<i>Making Ends Meet - Being Creative - Poverty Around the Needs of Our Children</i>	Lifestyles	https://shorturl.at/pLRT7	Sunday, January 21, 2024	Ginelle Skerritt Allison Williams Vera Hurlock	Sarah Onyango
4	Acknowledging and Valuing Different Parenting Styles	<i>Raising positive kids without harsh discipline</i>	Parenting & Discipline - Early Learning	https://shorturl.at/evyLX	Sunday, January 28, 2024	Norma Nicholson Mante Molepo	Kathy McDonald
5	Becoming indispensable to your school system	<i>How can we add value to our school system?</i>	Parenting & Discipline - Early Learning	https://shorturl.at/vzF0	Sunday, February 4, 2024	Michelle Munroe Andree Nicole Vernon Lorna Looby-Crosse	Kathy McDonald
6	A Day for Storytellers. How are you positively impacting the lives of others	<i>Storytellers present their stories - an event intended to create laughter and joy</i>	Life Long Learning	https://shorturl.at/iACI	Sunday, February 11, 2024	Mosa McNeilly Nadia Hohn Irene Moore	Tanika Riley
7	In-person vs virtual work	<i>Why employers want you in the office. The impact on Worklife Balance</i>	Careers	https://shorturl.at/dlqBQ	Sunday, February 18, 2024	CIBC Camille Isaacs-Morell Adejisola Atiba Andria Babbington	CIBC
8	Managing human rights complaint at the Ontario Human Rights Tribunal: Considerations for Black Women	<i>How to handle anti-racism and human rights complaints</i>	Advocacy	https://shorturl.at/CWX25	Sunday, February 25, 2024	Rochelle Ivri Tyjondah Kerr Boluwaji Olaniru Lavinia Latham	Nancy Simms
9	Difficult conversations are only problem-solving...use compassion, patience, and courage	<i>How can we problem-solve although the conversations may be difficult - agreeing to disagree?</i>	Life Long Learning	https://shorturl.at/hvMV6	Sunday, March 3, 2024	Tyjondah Kerr Sarah Onyango Mante Molepo Jenny Okonkwo	Nicole Waldron
13	Leadership Roles Boards & Association	<i>Boards & Associations Volunteerism</i>	Careers	https://shorturl.at/lxDMP	Sunday, March 10, 2024	Jenny Okonkwo Elise Harding-Davis Carol Commissiong Alethia Ohara-	Jacqueline Dixon
11	Remaining Active Post Retirement	<i>Social Interactions, Continued Learning, Health & Lifestyle</i>	Aging	https://shorturl.at/kHMX1	Sunday, March 17, 2024	Bernice Carnegie Carol Commissiong Kayla Stephenson	Yvette Blackburn

12	Barriers for BIPOCs working in the Canadian Sports System (amateur and professional)	<i>Identify barriers to diversity in sports and the challenges presented in the Canadian Sports System.</i>	Sports	https://shorturl.at/hlyO0	Sunday, March 24, 2024	Shauna Bookal Micaella Riche Bernice Carnegie Dr. Leisha Strachan	CIBC
10	Social Media and its Role	<i>Misinformation and disinformation - how to recognize 'fake news'</i>	Technology	https://shorturl.at/hmST9	Sunday, April 7, 2024	Nicole Waldron Fennella Bruce Sharon Joseph Juliet Opuko	Takiyah Wedderburn
14	The Changing Workplace - Careers & Trades	<i>The changing workplace Trades for Women Multiple Careers</i>	Careers	https://shorturl.at/hgAX3	Sunday, April 14, 2024	Marie Clarke-Walker Lee-Anne Lyon-Bartley Siobhan Calderbank Rosemarie Powell Natasha Ferguson	Jacqueline Dixon
15	Advocating within the Justice System	<i>Preventative Strategies to decrease the overrepresentation of Black youth that are incarcerated & Youth in the Criminal Justice System</i>	Children & Youth	https://shorturl.at/fijS1	Sunday, April 21, 2024	Norma Nicholson Angela Simmonds Kayla Stephenson	Marie Clarke-Walker
16	Advocating within the Immigration System	<i>Children and youth with precarious immigration (migrants, refugees and international students) status... where are they? Children with precarious immigration status are those whose parents brought them to Canada as youngsters, and they did not know they had no status. Some are mentally ill, some are lost at school and are unable to participate in school curricular activities or parents do not know these children can attend school, and others are homeless and do not know where to seek help. We could have as speakers reps. from organizations such as CLEO, a Trustee who is aware of the Child Welfare Act and a parent who received help for the child to become a landed immigrant</i>	Children & Youth	https://shorturl.at/erxy5	Sunday, April 28, 2024	Boluwaji Olaniru Olaitan Onyebuoha	Sarah Onyango
17	Succeeding with Disabilities	<i>Personal Stories (neurodivergent) Technology support Etiquette around disability</i>	Disabilities	https://shorturl.at/xFX46	Sunday, May 5, 2024	Rochelle Ivri Elise Harding Jennifer Monteith CIBC	Queen Kuyoki
18	Advocacy & Activism	<i>The role of labour unions - becoming politically involved</i>	Education & Business & Careers	https://shorturl.at/huvVZ	Sunday, May 19, 2024	Marie Clarke-Walker Rosemarie Powell	Nancy Simms
19	Understanding the education system - anti-racism lens	<i>Pre-school, primary & secondary school; & post secondary training. Why do Black Children receive harsher discipline at school even if their behaviour is no different from that of white children</i>	Education	https://shorturl.at/bqyV7	Sunday, May 26, 2024	Angela Simmonds Andree Nicole Vernon Nadia Hohn Mante Molepo	Denise O'Neil Green / Mosa McNeilly

20	Evolution of Language - What do They mean?	<i>Microaggression, neurodiversion. wokism, gender pronouns</i>	Education	https://shorturl.at/bnpvl	Sunday, June 2, 2024	Elise Harding-Davis Patricia Kumbakisaka Queen Kuyoki Amah Harris	Sarah Onyango
21	Sandwich - generations - supporting families	<i>Surviving generational needs. Selfcare, family and community support, knowing when to seek help.</i>	Families	https://shorturl.at/fsyB3	Sunday, June 9, 2024	Lee-Anne Lyon-Bartley Camille Isaacs-Morell Michelle Munroe	Gelila Mast
22	Trauma through a healthcare lens... all age groups	<i>Difference between health care and sickness care - being proactive. Tips on keeping healthy in times of extraordinary financial challenges and accessing timely healthcare.</i>	Healthcare	https://shorturl.at/bqBD0	Sunday, June 23, 2024	Dionne Sinclair Nicole Waldron Elise Harding-Davis	Yvette Blackburn
23	Violence and Harassment in the world of work	<i>What is C190 and how will it impact you in the world of work now that it is ratified? Why are there particular clauses that apply to vulnerable groups, the meaning of vulnerable groups and groups in situations of vulnerability?</i>	Workplace	https://shorturl.at/gknEN	Sunday, June 30, 2024	Mante Molepo Carol Mundley Lee-Anne Lyon-Bartley TD	Marie Clarke-Walker
24	Self-care during Turbulent Times	<i>Food and housing insecurity, climate change, increased racism, extreme politics</i>	Healthcare	https://shorturl.at/CLSX9	Sunday, July 7, 2024	TD Dr. Karline Mitchell-Wilson Donna Wellington Kares Clarke-Glasgow Nicole Waldron	Kathy McDonald
25	Elder & Spousal Abuse	<i>What can I do if an older adult is being abused? What are the different kinds of elder abuse and how to identify them and reporting requirements.</i>	Seniors	https://shorturl.at/tADW5	Sunday, July 14, 2024	Kayla Stephenson Vera Hurlock Nicole Waldron	Ginelle Skerritt