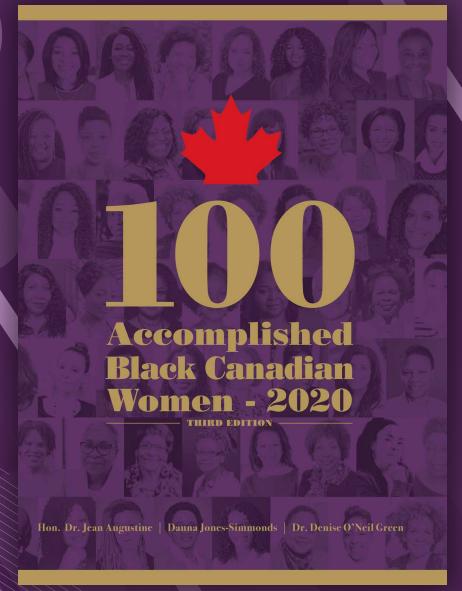
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SEPTEMBER 18, 2021



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Congratulations to all the honourees this year, in particular Harriet Thornill, Vice President, RBC Advice Centre.

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About 100 ABC Women

100 Accomplished Black Canadian Women (100ABCWomen) is a bold project, initiated by coauthors - the Hon. Dr. Jean Augustine, a former MP, Dauna Jones-Simmonds, a Corporate Diversity Executive and Dr. Denise O'Neil Green, Vice President, Equity and Community Inclusion at Ryerson University.

100 ABC Women is a registered, not-for-profit fledgling organization. We rely heavily on our 30 volunteers for their commitment to support our initiatives, such as biennial Symposiums and Book Launch & Gala and Fireside Chats, We also rely on the generous financial support from our sponsors that help make our events possible and successful.

Our mission is to celebrate and archive the professional accomplishments of trailblazing Black women from all across Canada. The goal is to create an ever-expanding database available for current and future generations via print media, public and private libraries as well as our website – www.100abcwomen.ca.

All of our Table Top size (12 x 9) full colour publications can be purchased through our website and A Different Booklist & Cultural Centre and the (8 1/2 x 11) version can be purchased through Amazon.ca. All books are in full colour.



Hon Dr. Jean Augustine



Dauna Jones-Simmonds



Dr. Denise O'Neil Green



Programme

Canadian National Anthem Liberty Silver Black National Anthem Thando Hyman
Welcome Emcees
Intro. & the history of 100 ABC Women Itah Sadhu & Sarah Oyango
Land Acknowledgement & introduction of
Oscar Peterson Suite Video The Hon. Dr. Jean Augustine
MessageHis Worship, John Tory, Mayor, City of Toronto
A Tribute to the Honourees
Steel Pan Performance
Sponsor Message TD Bank
Introducing 2020 Honourees Segment 1
HonoureesSectors: Consultants, Creative Arts, Engineer, Education
Musical interlude Eddie Bullen and Belinda Brady
Introducing 2020 Honourees Segment 2
HonoureesSectors: Entrepreneur, Finance, Government, Healthcare
Musical interlude Eddie Bullen and Liberty Silver
Introducing 2020 Honourees Segment 3
Honourees Sectors: Legal, Media, Not for Profit, Trade Union
In Memoriam
Closing Remarks
Thank You Remarks by Emcees

About Emcees



Sarah Onyango

A translator by trade, Kenyan-born Sarah Onyango is a well-known fixture on Ottawa's community television and radio scene. She hosts the monthly African cultural program Fontonfrom, on Rogers TV Cable 22 – Ottawa as well as the weekly radio programs, Black on Black and Afrika Revisited on CHUO 89.1FM (University of Ottawa community radio). She has also written articles for The Spectrum, Ottawa's English-language, Black monthly community newspaper. Sarah is also a frequent Host for 100 ABC Women weekly Fireside Chat.



Itah Sadu

When meeting Itah Sadu, the first thing you will see is her smile, the first thing you will notice is her warmth. As a dynamic entrepreneur and community builder, she utilizes creativity, leadership and teamwork to build infrastructure and legacy in communities. Her objective is simple and to the point: To work with organizations that engage in programs for youth with the focus on education, pathways and community economic development.

She is the co-owner of A Different Booklist and Cultural Centre, one of the few independent bookstores left in Toronto with a focus on finding literary gems that reflect Toronto, the African Canadian and Caribbean Canadian diversity.

Entertainment



Eddie Bullen

Pianist, composer, arranger and Producer, Eddie Bullen is in every way, a standout amongst his generation of multi-talented artists. Eddie's lengthy career has yielded an abundance of awards and recognition for his outstanding talents. From his first album, 'Nocturnal Affair' to his most recent 'Spice Island', Eddie gives his audience a taste of contemporary jazz, flavored with Caribbean rhythms.



Liberty Silver

Liberty Silver is a multiple "Juno" and "Grammy" (collaboration) award-winning recording artist. She was originally discovered on the US based TV show "Star Search" hosted by "Ed McMahon."

Liberty is a multi award-winning singer/songwriter who made her professional singing debut at age 12, when she opened for reggae legend, Robert Nesta"Bob Marley" at Madison Square Gardens in New York



Thando Hyman

Thando Hyman's dynamic leadership and innovative school practices has been recognized by community, national and international media.

Her professional career includes over 20 years of administrative experience in the Toronto District School Board (TDSB), as Principal, instructional leader, and Literacy Convener. She was the first Principal of Toronto's ground breaking Africentric Alternative School, served as Lead Principal for 22 TDSB schools and was Course Director and Adjunct Professor at York University's Faculty of Education.



Belinda Brady

Belinda was inspired at an early age to pursue her dream of becoming a professional musician/ entertainer by her father Carl Brady; one of the original members of the iconic Byron Lee and the Dragonaires. During her career, Belinda has performed as a background vocalist and dancer for internationally renowned reggae artist, Shaggy, Julian Marley, and soca star, Denyse Plummer, Enjoy.



Trenyce Sweeney

Trenyce Sweeney is an 18-year-old pannist, hailing from Toronto, Canada. She has been playing the steel pan, since the age of 3 years old.

Skilled in playing a wide variety of songs and genres, Trenyce can play music to suit all ages. Having a background consisting of Jamaican, Montserratian, Trinidadian and Kittitian, the steel pan is a big part of her culture and she aspires to share her love of music, by becoming a Music Teacher one day, so she may teach other kids, the joy of music.

Trenyce also performs with multiple bands in Toronto including Pan Fantasy Steel Band Forest Creek Steel Orchestra.



100 ABC Women Honouree 2020

Claudette McGowan **Global Executive Officer for Cyber Security**



Do what brings you joy!





Ruth Pryce **Unifor National Executive Board**



Deanne Smith **Unifor Activist**

Celebrating Leadership and Activism

CONGRATULATIONS

100 ACCOMPLISHED BLACK CANADIAN WOMEN HONOUREES 2020





Jaqueline McIntosh **Unifor Activist**



Marie France Fleurantin Vice President Unifor Local 62

Congratulations
100 ABC Women 2020
HONOUREE

Donna

Wellington

Chief Operating Officer
HENRY FORD HEALTHCARE SYSTEMS



Bold. Brave. Brilliant.

Ryerson University is proud of the 100 Accomplished Black Canadian women whose contributions have done so much to drive change and enrich our country.

We thank and congratulate this year's honourees for their leadership, courage and dedication to empowering the community.



Sharon McLeod Full-time Lecturer School of Social Work **Ryerson University**



Sharmaine McKenzie Executive Director, Strategic Initiatives and Operations Faculty of Law Ryerson University



ryerson.ca



Celebrating Excellence

CONGRATULATIONS 100 ACCOMPLISHED BLACK CANADIAN WOMEN HONOUREE 2020

Dr. Claudette Knight Vice President, Human Resources



My Best Advice for the Next Generation "First, always remember that you are unique, talented, and important to the world. Second, whatever you do or pursue, give it your best and remember everyone fails, but not everyone learns from their failures. So "fail forward" by integrating what you learned from your failure into your next pursuit.

Finally, surround yourself with nutritious people, who love, support, and challenge you."

CONGRATULATIONS JUSTINA IJEOMA NWAESEI

100 Accomplished Black Canadian Women Honouree 2020



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Women's Enterprise Skills Training of Windsor Inc.







Congratulations

Lorna Looby-Crosse

100 Accomplished Black Canadian Women Honouree 2020











Congratulations

Her Worship Martha De Gannes

for being selected as a recipient of the

100 Accomplished Black Canadian Women Honouree 2020

You are an incredible role model for the community, your family and others who wish to enter the legal profession and public service. You have achieved greatness, and we are happy to know you are making a significant impact as the Regional Senior Justice of the Peace. This award is an honour and well-deserved. Thank you for your dedication, leadership, commitment and hard work towards improving the lives of those around you. We wish you all the best with your continued success and know others will follow in your footsteps.





Congratulations

Njeri Damali Sojourner-Campbell

On being honoured as one of the 100 ABC Women of 2020



Njeri is a respected colleague, a skilled advocate and a strategic advisor who brings integrity and creativity to her practice.

She is a valued member of our law firm and a thought leader in the field of human rights and equity where she is driving innovative work.

Njeri's commitment to "lifting as she climbs" through mentorship reminds us of our responsibility to be agents of change within our profession.

We celebrate with Njeri and are very proud of her accomplishments and contributions to the profession.

Congratulations Njeri from all of us at Hicks Morley!

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Extends its congratulations to the organizers and 2018 honourees 100 Accomplished Black Canadian Women



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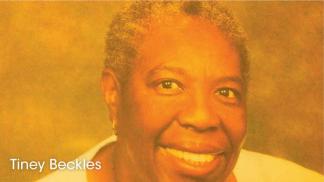


CONGRATS





Accomplished Black Canadian Women





Humber College Institute of Technology & Advanced Learning is delighted to extend congratulations to all of the 2020

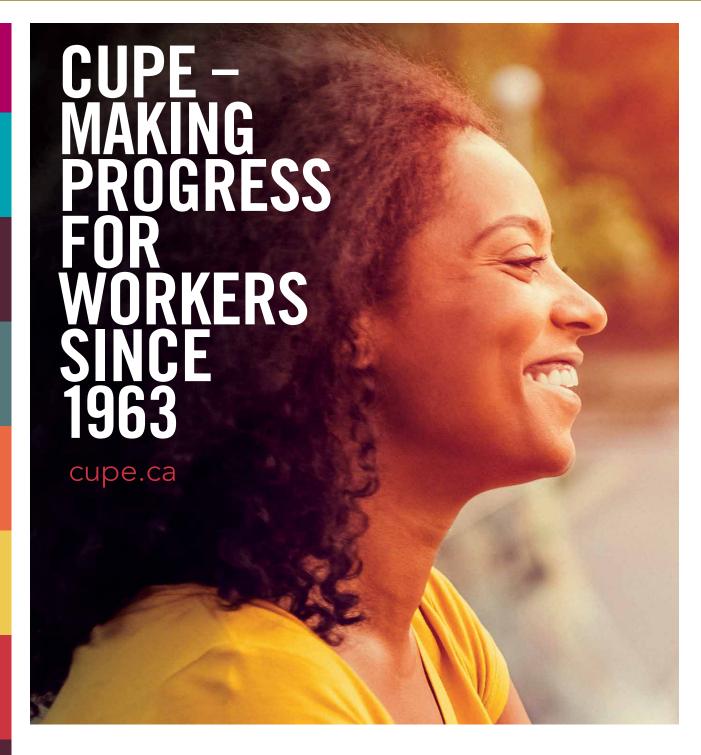
100 Accomplished Black Canadian Women in reaching this important milestone.

Your loyalty, professionalism and commitment are invaluable contributions to making a better society.

"Thank you for your work and dedication in building a bright and successful future for all."

hrs.humber.ca/diversity

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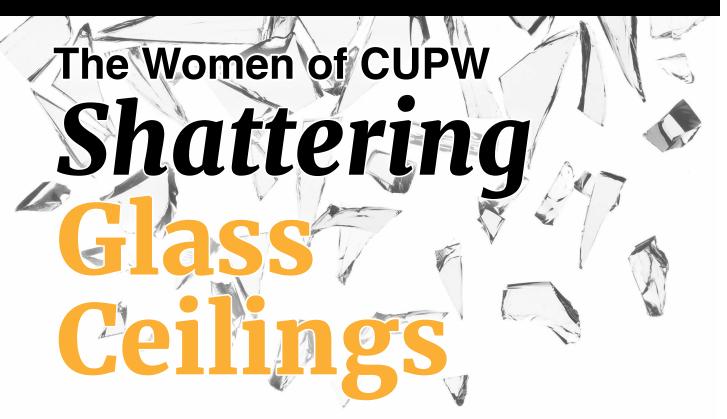
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Megan Whitfield: first Black woman elected President of CUPW's Toronto Local

Jan Simpson: first Black woman to lead a national union in Canada



CANADIAN UNION OF POSTAL WORKERS



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In Memoriam Sheroes/2020 Honourees

in Alphabetical Order



Loretta Jones



Megan Whitfield

In Memoriam Sheroes/2018 Honourees

in Alphabetical Order



Salome Bey



Denise Jones



Eleanor Wiltshire Rodney

In Memoriam Sheroes/2016 Honourees in Alphabetical Order



Kay Blair



Daphne Clarke



Penelope Hodge (Anderson)



Dr. Miriam Rossi



A sincere thank you to those who sacrificed their time in order to make this event possible

Mandissa Arlain Daniella Glasgow **Alyson Renaldo** Valerie Augustine Michelle Green Chiyuka Saviye **Yvette Blackburn Rose Hurst** Sombo Saviye Floydeen Charles-Fridal Hug-Dr. Anna Jarvis **Jennifer Singh**

Lillian Caesar-Sutherland gins **Loretta Iones** Déborah Cherenfant John Lloyd **Janet Tyrell Kares Clarke-Glasgow** Philip Mammas **Kit Truong**

Ettie Dawkins Iennifer McBean Nicole Waldron Malcolm E. Edwards **Karine Morin** Norma Wilson

Geneva Williams **Sadilyn Foster Dr. Delores Mullings**

Ellaine French Dr. Karline Wilson-Mitchell Sarah Onyango Joan Pierre **Janice Gairey**

2020 Book Launch & Gala & 'Mental Health & Us' Production Team

Hon. Dr. Jean Augustine Dr. Anna Jarvis **Jennifer Singh Malcolm Edwards Dauna Jones-Simmonds Kit Truong** Dr. Denise O'Neil Green Nicole Waldron **Kares Clarke Glasgow** Geneva Williams Daniella Glasgow Philip Mammas

Michelle Green Norma Wilson **Ioan Pierre Rose Hurst** Sombo Saviye



Jibs Abitoye



Apefa Adjivon



Doreen Alexander



Letna Orinthia Allen-Rowe



Brittany Andrew Amofah



Beth Applewhite



Kamshuka Barrocks



Wendy Beckles



Cheryl Blondell-King



Akosua Tiwaah Bonsu



Maxine Aku Brown



Marcia Brown



Fennella Bruce



Dr. Alana Butler



Janet Campbell



Karris Ann Clarke Glasgow



Janice Clarke Searles



Her Worship **Carol Cushnie**



Maxine Daley



Njeri Damali Sojourner-Campbell



Cherie Daniel



Her Worship, **Martha De Gannes**



Mabinti Dennis



Bev Dixon



Vivienne Dickson



Sharon Douglas



Dr. Eugenia Duodu



May-Marie Duwai-Sowa



Emerita Emerencia



Nancy Falaise



Isabelle Fotsing



Marie France Fleurantin



Aisha Francis



Kathy Grant



Meseret Desta Haileyesus



Michelle Henry



Sharon Hinds



Nadia Hohn



Chioma Ifeanyi-Okoro



Michele James



Dr. June James



Tyjondah Kerr



Cheryl Kerr



Dr. Claudette Knight



Candies Kotchapaw



Patricia Mayaza Mwilu **Marie-Antoinette** Kumbakisaka



Madge Logan



Lorna Looby-Crosse



Darlene Lozis



Ahdri Zhina Mandiela



Robyn Maynard



Claudette McGowan



Jacqueline McIntosh



Sharmaine McKenzie



Sharon McLeod



Mosa McNeilly



Gael Miller-Jackson



Cynthia Mufandaedza



Carol Mundley



Collette Murray



Karen Murray



Michèle Newton



Justina Ijeoma Nwaesei



Theresa Nyabeze



Marie Nyiramana



Mary Ogunyemi



Regina Oppon



Hazelle Palmer



Sherrol Palmer Wickham



Adaoma Patterson



Ketcia Peters



Ruth Pryce



Dr. Rai Reece



Karen Richards-Bradshaw



Tanika Riley



Dr. Ruth Rodney



Beverley Rodrigues



Ebonnie Rowe



Colleen **Russell-Rawlins**



Surranna Sandy



Maricia Silvera-Batson



Angela Simmonds



Jan Simpson



Lisa Skeete



Marcia Smellie



Dr. Malinda Smith



Deanne Smith



Marjorie Taylor



Nadia Thompson



Dr. Vincella **Thompson**



Harriet Thornhill



Colleen Tsikira



Marjorie Villefranche



Njeri Watkins



Donna Wellington



Megan Whitfield



Brenda Williams



Norma Williams



Sylvia Wilson



Etagegnhue (Eta) Woldeab

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100 ABC Women and TD Bank Present Mental Health and Us - Programme

Land Acknowledgement Hon. Dr. Jean Augustine

Co-Founder & Co-Author - 100 ABC Women

Opening Remarks Dauna Jones-Simmonds

Co-Founder & Co-Author - 100 ABC Women

Keynote Speaker Dr. Krissy Doyle-Thomas

Medical Neuroscientist and Professor

Biological break

Panel 1 Identifying & Addressing Mental Health

• Roxanne Francis, MSW, RSW Social Worker, Psychotherapist

• Floydeen Charles-Fridal-Huggins - Consultant

Moderator: Emily Mills - Founder, How She Hustles

Biological break

Panel 2 Communication & Stigma of Mental Health

• Stacy-Ann Buchanan - Mental Health Advocate

• Alethia Cadore – Registered Psychotherapist

• Nicole Waldron - Mental Health Advocate

Moderator: Emily Mills - Founder, How She Hustles

Biological break

Panel 3 Self-care and Support for Caregivers

• Winsome Dewar - Registered Holistic Nutritionist

• Donna Alexander, MSW, RSW - Social Worker

• Dr. Onye Nnorom, MDCM, CCFP, MPH, FRCPC - Family Physician & Public Health & Preventative Medicine Specialist Moderator: Dr. Denise O'Neil Green - Co-Founder & Co-Author -

100 ABC Women

Closing Remarks Dr. Anna Jarvis, MB, BS, FRCPC, FAAP - Professor Emeritus.

Dept. of Paediatrics, Univ. of Toronto

Bios Mental Health Symposium Panelists & Moderators Mental Health & Us



Emily Mills Moderator, Founder How She Hustles

Emily Mills is the award-winning founder of How She Hustles – one of Canada's leading brands for diverse women entrepreneurs and leaders. For more than 10 years, How She Hustles has produced sold-out networking events and digital content including HERstory in Black with CBC and the Startup & Slay entrepreneur series with CIBC, Shopify and Rogers Sports & Media. How She Hustles reaches 18K diverse women on social media across Canada and beyond.

Her professional experience includes working in communications with some of the largest media companies in Canada, the non-profit sector and as a freelance writer. Emily studied music, journalism and PR in university at Ryerson and York.

Emily now shares insights from her career and lived experience as a marketing consultant and public speaker. She has been recognized as one of the Canada's Top 100 Most Powerful Women and 100 Accomplished Black Canadian Women. A leader to watch, she's hosted her own Black women's roundtable with Prime Minister Justin Trudeau and was invited to meet former US First Lady Michelle Obama.

Emily Mills, Founder, How She Hustles Instagram & Twitter @howshehustles



Dr. Krissy Doyle-Thomas Medical Neuroscientist and Professor

Dr. Krissy Doyle-Thomas (Ph.D.) is a Medical Neuroscientist and Professor. She is an expert in medical conditions that affect the brain and mental health. She has received several prestigious fellowships, including fellowships from the Canadian Institute for Health Research and the Networks of Centres of Excellence of Canada. Dr. Krissy's research has been published in numerous high impact peer-reviewed journals and presented nationally and internationally to both academic and non-academic audiences. Dr. Krissy was also featured in CBC's HERstory in Black as one of Canada's top 150 black women who excels within her field.

Dr. Krissy is passionate about helping people maximize their potential as it relates to understanding how the brain works. She is committed to translating scientific research into meaningful information that can help our communities live healthy, mindful lives.

Bios Mental Health Symposium Panelists & Moderators Mental Health & Us



Roxanne Francis, MSW RSW Social Worker, Psychotherapist

Roxanne Francis is an award-winning Registered Social Worker & Psychotherapist, Consultant and Speaker, who has been helping people access tools to change their lives for over 10 years.

She is the owner of Francis Psychotherapy & Consulting Services, where she provides Psychotherapy to individuals in the community, Clinical Supervision to other therapists, and Consultation to various organizations addressing topics such as Mental Health in the Workplace, Diversity Equity & Inclusion, Burnout, Children's Mental Health, Parenting and Women's Issues. Roxanne is a media mental health expert and often shares her insight on various newscasts as well as print or on-line publications.

www.francispsychotherapy.com hello@francispsychotherapy.com



Floydeen Charles-Fridal-Huggins Consultant

Floydeen Charles-Fridal is a change agent who, for the last 30 years, has demonstrated her commitment towards improving the lives of others through her work in the community. Through Floydeen's years of working in the not-for-profit sector, she developed mental health programs for persons who self-identify as Black, has a keen and unique approach to addressing the various forms of trauma that people of Black/African ancestry experience and has spent several years working with persons who are substance using and experiencing mental distress. Floydeen has developed community crisis response protocols for different communities. She is one of the two first African-Canadians certified by the National Organization of Victims Assistance as a crisis response trainer.

Floydeen became involved in the Black Health Alliance in 2001 and served on its Steering Committee and its Board of Directors from 2005-2009. With the Black Health Alliance, Floydeen led the community-based research study entitled "How Scarborough's Black Youth Access the Health Care System".

She was a founding member of the TAIBU Community Health Centre. The Centre is the first of its kind in Canada, focused on becoming a centre of excellence in community health serving Black communities. Floydeen served six years as the first president of the Board of Directors. Floydeen recently served on the Board of Directors at the Ontario Association for Children's Aid Societies.

Floydeen is the recipient of numerous awards: the 2014 Association of Ontario Health Centre's Joe Leonard Award; the 2015 City of Toronto Public Health Champion Award; 2016 Honouree at the 100 Accomplished Black Canadian Women Gala and Book Launch; and the 2018 Harry Jerome Award recipient for Health Sciences. On February 03, 2021, Floydeen received the Community Leadership award from the United Way of Greater Toronto. Leaside High School has also established the Farley Flex & Floydeen Charles-Fridal Scholarship. This award is for students who exemplify a sense of community, empathy, and leadership in raising awareness of equity and diversity. Floydeen was recently recognized by the Province of Ontario for her contributions to communities during the Covid 19 pandemic crisis.

Bios Mental Health Symposium Panelists & Moderators Mental Health & Us



Alethia Cadore Registered Psychotherapist

Hailing from Toronto, Canada, Alethia Cadore is registered Psychotherapist, Mental Health advocate & Mens Sana Coach.

Alethia works with individuals/Entrepreneurs(18-35+) who are facing challenges throughout various stages in their career +or Personal life that has caused them some emotional distress.

Alethia helps individuals manage their emotions through 1:1 Counselling, remove the barriers that hold them back & set goals so that they Lead with Confidence.

She created the podcast Mindsilike to honour BIPOC Wellness Professionals that practice in the Health/Wellness Field(mind/body/spirit) This space is dedicated to Professionals who incorporate CBT into their therapeutic modality to achieve desired outcomes. We Offer Therapeutic webinars; Counselling & a 12 course module on work/life balance, therapeutic paperwork, CBT/DBT - Reach out to receive her free newsletter Life in Balance Careers Pty Ltd | Home (lifeinbalanceonline.com)



Stacy-Ann Buchanan Mental Health Advocate

Buchanan's impact, entrepreneurial work ethic and achievements have led her to being selected as one of the 100 Black Women to Watch in Canada, one of the 150 Black Women Making Canada Better, one of the 150 Leading Canadians for Mental Health and landing a TEDx Talk.

The self-directed and self-funded award winning documentary, The Blind Stigma, made Canadian history when it debuted as the first documentary produced in Canada that takes an in-depth look at how mental health is perceived within the Black community, and cemented Buchanan as a documentary film maker. As a recognized brand, The Blind Stigma has since branched out into a podcast that continues to explore such stigmas, dissect the multiple factors that aid towards mental illness in the Black communities and provides a safe space for stories to be heard. Her body of work has firmly planted her career on disrupting systemic anti-Black racism by taking holistic approaches to dismantle the stigmas of how mental health is constructed. Through raising awareness, directing positive dialogues to fuel resources, and orchestrating safe, constructive spaces for Black voices to be amplified, Stacy-Ann Buchanan's ultimate objective is to take back the Black narrative.

Bios Mental Health Symposium Panelists & Moderators Mental Health & Us



Nicole Waldron Mental Health Advocate

The multi-faceted Nicole Waldron has enjoyed a 30+ year career as an Event Specialist. She is also a thought leader, community activist, an inspirational speaker, voice animator author and the host of The Victory Speaks Podcast and the Victory Speaks Online Show.

Nicole works for the advancement and prosperity of her community and works to raise awareness on Co-op Housing, Mental Health and issues affecting the Community. She is on the board of The Cooperators, Atahualpa Cooperative Homes and Sisters4Hope. She serves on committees of Stellas Place, The Ontario Family Caregivers Advisory Network (OFCAN); the Ontario Caregivers Organization (OCO), the Reach Out Response Network which is a Toronto mental health service and various committees for the Centre for Addiction and Mental Health (CAMH).

She is the recipient of the 2020 Brian Burch Community Service Award from CHFT, the Outstanding Community Service Award from Dance Caribe and the Social Housing Service Corporation Kathleen Blinkhorn Award for Excellence in Volunteerism. Nicole was named one of the 100 Black Accomplished Canadian Women by 100 ABC and one of 150 Women in Canada by How She Hustles HERstory in Black series.

Twitter, Instagram & YouTube: VictorySpeaks7



Dr. Denise O'Neil Green Moderator, Co-Founder & Co-Author - 100 ABC Women

Dr. Denise O'Neil Green first Vice-President, Equity and Community Inclusion Ryerson University, has a deep-rooted passion for the advancement of diverse classrooms and inclusive campus climates and has championed organizational change on university campuses, both in the USA and in Canada, for over 25 years. She is an inclusive, strategic leader, under whose direction Ryerson has been recognized as one of Canada's Best Diversity Employers for each of the past five years. She migrated to Canada from the United States in 2012 and joined Ryerson as the inaugural Assistant Vice-President/Vice-Provost EDI. She holds extensive academic and administrative experience and has served as an Associate Vice President for Institutional Diversity, a professor, and director for student success programs.

She has published and presented many book chapters, journal articles, papers, and is the Executive Editor of Institutional Diversity Blog.com. She is the co-author of 100 Accomplished Black Canadian Women - 2016, 2018 and 2020. A frequent speaker on issues of equity and inclusion in higher education, she has received several awards including the 2016 Pioneers for Change Award for Excellence in Women in Leadership, 2017 President's Blue and Gold Award of Excellence and named a "Woman Worth Watching" by Profiles in Diversity Journal, in 2015. Dr. Green earned her PhD from the University of Michigan, Master's from Princeton and a Bachelor's from the University of Chicago.

Bios Mental Health Symposium Panelists & Moderators Mental Health & Us



Winsome Dewar Registered Holistic Nutritionist

Winsome Dewar is a Registered Holistic Nutritionist, nutrition counselor, public speaker, and seminar leader with a degree in Natural Nutrition from The Canadian School of Natural Nutrition. She is a member of the International Organization of Nutritional Consultants. She founded her company Healthy Options in 2006.

She specializes in nutrition protocols and meal plans for weight loss, sports, and medical conditions for individuals; and corporate wellness programs - nutrition & stress management seminars, and weight loss group coaching for employees.

Career Highlights:

- · Authored The Healthy Options Weight Loss Plan booklet featured Chatelaine Magazine, and The Toronto Star
- Hosted Cooking with Winsome on Rogers TV's about preparing healthy meals in minutes
- Past President of the Peel Chapter Council of The Heart & Stroke Foundation of Ontario
- *Shares patient care with local physicians*
- Wrote articles for The Mississauga News and Southlake Hospital's Being Well Magazine
- Featured speaker at the National Women's Show
- Was Nutrition Expert on Rogers TV, promoting healthy eating for children and adults
- Delivered nutrition workshop for Credit Valley Hospital's out-patient Schizophrenia Program
- Consulting Nutritionist Nature's Source Natural Health Stores,
- Recipient Civic Award of Recognition from the City of Mississauga for volunteerism

www.healthy-options.com



Donna Alexander Social Worker

Donna Alexander is a Social Worker with a specialisation in addiction and mental health. She currently serves on the Equity & Inclusion Council at the Department of Psychiatry and is also an Adjunct Lecturer at the Factor-Inwentash Faculty of Social Work at the University of Toronto.

Donna currently serves as Vice President of Black Mental Health Canada and serves as an Advisor on the Pathways to Care Project for Black youth. She previously served as Vice President of Black Health Alliance and was a member of the Black Experiences in Health Care Initiative at Sinai Health Systems.

She facilitates training for staff at community-based agencies on factors relating to concurrent disorders and cultural safety in clinical practice.

Donna holds a Master of Social work from the University of Toronto and currently works at the Centre for Addiction & Mental Health.

Bios Mental Health Symposium Panelists & Moderators Mental Health & Us



Dr. Onye Nnorom, (she/her), MDCM, CCFP, MPH, FRCPC Family Doctor and Public health specialist

Dr. Onye Nnorom is a Family Doctor and a Public Health & Preventive Medicine specialist. She is the Associate Program Director of the Public Health & Preventive Medicine Residency Program at the University of Toronto and is the Black Health Theme Lead for the Faculty of Medicine at the University of Toronto. As the Black Health Theme Lead, she is tasked with developing educational content for teaching medical students about Black Canadian health, and inequities due to systemic racism. She is also a clinical consultant for the Nicotine Dependence Clinic at Centre for Addiction and Mental Health.

She is the President of the Black Physicians' Association of Ontario. She was also the chronic disease prevention lead at TAIBU Community Health Centre, where she led a number of successful cancer screening initiatives. Most recently she has taken the role as the Equity, Diversity and Inclusion Lead, within the Department of Family and Community Medicine at the University of Toronto. And she is the host of a podcast called Race, Health and Happiness where she interviews successful Black, Indigenous, and other People of Color, providing wisdom on how to stay well in a "racialized world".

Dr. Nnorom completed her medical degree at McGill University and then completed a Masters of Public Health (Epidemiology) and residency training at the University of Toronto. Being of Nigerian and Trinidadian heritage, she is particularly interested in Black community health and wellness, and racism as a social determinant of health.



Dr. D. Anna Jarvis, OOnt, MB, BS, FRCPC, FAAP Professor Emeritus, Department of Paediatrics, Temerty Faculty of Medicine, University of Toronto

Award winning Medical Educator, noted for her innovations in education for Health Professionals. A pioneer in Paediatric Resuscitation, Emergency Medicine and Paediatric Emergency Medicine, and Emergency Medical Services.

Former: Associate Dean of the Office of Health Professions Student Affairs, Faculty of Medicine, University of Toronto; Medical Director Paediatric Emergency Medicine, The Hospital for Sick Children; Director of the Child Health Network (GTA); and Consultant Paediatric practice at The Credit Valley Hospital/ Involved in advocacy to increase the admission of under-represented racialized groups to the Faculty of Medicine and other health professions.

Mentor to many, particularly Internationally trained Medical Graduates. Known internationally for her efforts to introduce the specialty of Paediatric Emergency Medicine in multiple countries and promote Paediatric Resuscitation Training and expertise.

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Alethia Cadore

Hailing from Toronto, Canada, I'm a registered Psychotherapist, Mental Health Advocate & Workplace Wellness Consultant. I work with persons who are facing challenges throughout various stages in their career +or Personal life. I help them manage their emotions through 1:1 Counselling, remove the barriers that hold them back & set goals so that they Lead with Confidence.

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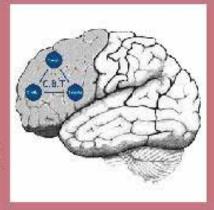
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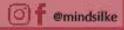
MindslLike

This podcast honours BIPOC Wellness Professionals that practice in the Health/Wellness Field(mind/body/spirit) This space is dedicated to Professionals who incorporate CBT into their therapeutic modality to achieve desired outcomes.





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Roxanne Francis, MSW, RSW

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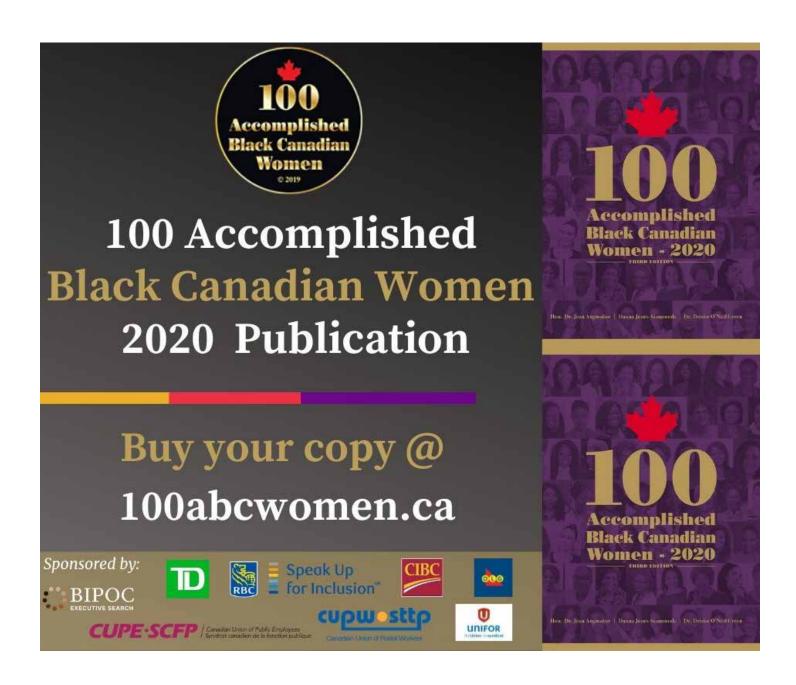
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