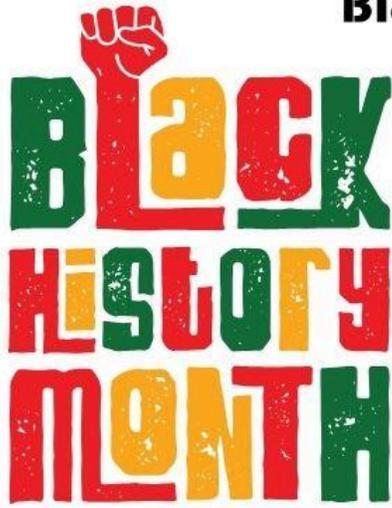


100ABC Women Newsletter

Black History Month 2025



Celebrating Black Women Who Lead

Black History Month is a time to reflect, honour, and celebrate. 100 Accomplished Black Canadian Women shines a light on leaders making a difference—in the arts, business, education, and beyond. Founded by Dr. Jean Augustine, Dauna Jones-Simmonds, and Dr. Denise O'Neil Green, it's a powerful reminder of the talent, resilience, and impact of Black women across Canada.

Dr. Jean Augustine Receives Lifetime Achievement Award

The Canadian Black Screen Awards return this February, spotlighting the achievements of Black talent in film, television, and media. Hosted at Brampton City Mall, this year's ceremony honours industry leaders, including

Dr. Jean Augustine, who will receive the Lifetime Achievement Award for her groundbreaking contributions.

Join us for an evening of celebration, storytelling, and inspiration.

 Saturday, Feb 15 | 3 PM – 10 PM

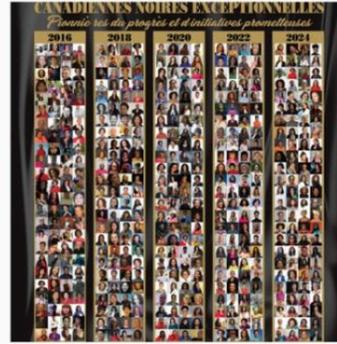
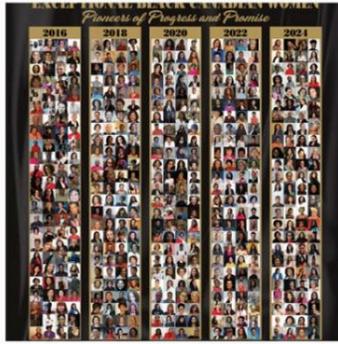
 Brampton City Mall

 Red Carpet & Media: 3 PM

More details at

www.bafgcanada.com





**Celebrating 10 years of love and support for
Accomplished Black Canadian Women
Happy Valentine's Day!!!**



National Flag of Canada Day — February 15

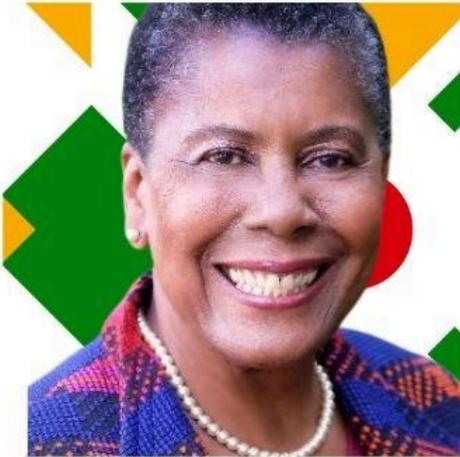
At the stroke of noon on February 15, 1965, Canada's red and white maple leaf flag was raised for the very first time on Parliament Hill. On the same day in 1996, National Flag of Canada Day was declared.

Our national flag is a symbol that unites Canadians and reflects the common values we take pride in — democracy, inclusion and equity.

On February 15, let's celebrate 60 years of our Canadian flag!



Check out the latest updates



Norma Nicholson: Empowering Black Youth and Families

A 2018 100 ABC Women honouree, Norma Nicholson has impacted over 1,000 Black teenagers through mentoring, Fireside Chats, and community outreach. Her work, recognised with the Social Justice Champion Award and the Lois Rice Lifetime Volunteer Achievement Award, continues to empower youth and drive positive change.

Worlding Feminist Economics: The Case of the Black Banker Ladies in the Americas

A 2024 Honouree, Dr. Caroline Shenaz Hossein is a leading voice on solidarity economies and marginalized communities. An Associate Professor at the University of Toronto, she holds a Canada Research Chair and is a member of the Royal Society of Canada. Her work includes seven books, including *The Banker Ladies* and *Beyond Racial Capitalism*.

Join us for her talk, co-sponsored by the Benjamin L. Hooks Institute and others.

Feb. 20 | 4 PM

UC Fountain View Room 350



Check out the latest updates



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ResQ Youth International 24th Anniversary Celebration

Join us as we celebrate 24 years of empowering youth with ResQ Youth International. Hear from Hon. Justice Dr. Irving Andre and explore how we're building the future, one youth at a time.

The event is free for youth, with opportunities to volunteer and earn community hours. Donations are appreciated.

 Saturday, March 15 | 10:30 AM – 1:00 PM

 Malton Youth Hub – Jonathan Davis Centre

 3545 Morning Star Dr, Mississauga, ON

For more info or to register, call 905.451.0953.





Mabinti Dennis:

Paving the Way for Mindful Parenting in the Black Community

Since receiving the 100 ABC Women Award in 2020, Mabinti Dennis, founder of Tulsi Mindfulness Pathway, has been transforming parenting in the GTA. Her innovative Mindful Parenting program, focused on Stress Management and supporting Black families, has resonated deeply with participants, sparking meaningful conversations about cultural relevance and emotional well-being.

With its focus on practical tools for navigating everyday stress, the program has received overwhelmingly positive feedback, with many participants requesting follow-up sessions. The program's success highlights the power of a tailored, culturally responsive approach to parenting.

Encouraged by the impact, Tulsi Mindfulness Pathway is now expanding across Peel Region, continuing to offer support and resources for Black families as they navigate the challenges of parenting with mindfulness and resilience.

Check out the latest updates

CIBC 2024-2025 Paid Internship Summer and Fall Program



CIBC is currently hiring for Summer Co-ops (May–August) and building its pipeline for Fall Co-ops (September–December). Students are encouraged to apply, with postings available on the CIBC Students and Graduates page. To apply, visit the CIBC website and indicate that you were a ****100 Accomplished Black Canadian Women**** recipient.

Spark the Conversation

We're back this January, and honestly, we couldn't be more excited!

This season, we're diving into real, meaningful conversations, like tackling mental health and housing insecurity, celebrating our Black SHeroes, and exploring AI trends and women in STEM. Plus, we're putting the spotlight on Black women's health, sports equity, climate action, and so much more. Oh, and in March? It's all about women crushing it in non-traditional careers. Don't miss out—grab your spot now at 100abcwomen.ca and join the fun!



Looking to Learn More About Black Canadian History?

Step into history with us and uncover the inspiring journeys of 500 Black Canadian women who've shaped this country.

Fireside Chats on YouTube

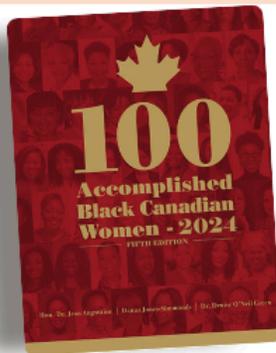
Engage with powerful conversations that bring these stories to life.

100ABCWomen Books:

Dive into the legacies of women whose accomplishments deserve to be known.

Posters:

Share their stories in schools, workplaces, and beyond to spark change and conversation.



● YOU ARE INVITED TO

ResQ Youth International

24th ANNIVERSARY CELEBRATION!

THEME:

**BUILDING THE FUTURE ONE
YOUTH AT A TIME**

Guest Speaker



HON. JUSTICE DR. IRVING ANDRE
SUPERIOR COURT JUSTICE

**Saturday,
MARCH 15**

10:30 AM - 1:00 PM

**MALTON YOUTH HUB -
JONATHAN DAVIS CENTRE**

**📍 3545 Morning Star Dr,
Mississauga, ON, L4T 2V3**

At the rear of the Lincoln Alexander Secondary School

Youth Access Free
Volunteering and Earn
Community Hours!



Donations
Appreciated

**REFRESHMENTS, MUSIC
AND MORE!**



Register
here

For more information, please call us at 905.451.0953





SEASON 4
2025 FIRESIDE CHAT
EPISODE #4

Black Women's Health - Wellness and Self-Care (To Include Midwifery)

SUNDAY, FEBRUARY 23RD 2025
FROM 3 UNTIL 4:30 PM EST.

The Fundamentals in Making Health
Care Decisions

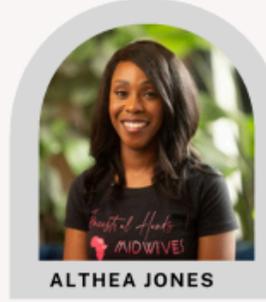
LIVE STREAMED FROM OUR YOUTUBE CHANNEL

MODERATOR



TAKIYAH WEDDERBURN

PANELISTS



ALTHEA JONES



JULIET OPOKU

VIRTUAL AND FREE
REGISTRATION LINK

[HTTPS://SHORTURL.AT/8WIU5](https://shorturl.at/8WIU5)

REVIEW THE SCHEDULE
& REGISTER

[WWW.100ABCWOMEN.CA](http://www.100abcwomen.ca)

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Youth Association for Academics Athletics, and Character Education

We are excited to host a Hackathon event during our 18th Annual March Break Camp, taking place from March 10 to March 14, 2025, and are seeking support from renowned organizations like yours.

The Hackathon aims to bring together talented individuals to develop innovative solutions to real-world problems, such as safety concerns. We believe that collaborating with your organization would not only enhance the event's quality but also provide a valuable learning experience for our participants. We are respectfully requesting possible human resource support in the form of ANY of the following:

- ◆ Mentors / Coaches to provide guidance and feedback to participants.
- ◆ Assist in facilitating YAAACE's first Hackathon.
- ◆ Coding, Product Design, Software Design.
- ◆ Community Safety Knowledge Brokers to share knowledge, expertise and resources.
- ◆ Judges to assess creativity, technical feasibility, impact, and presentation to projects.
- ◆ Speakers: Experts to deliver speeches or workshops on Safety and Technology.
- ◆ Volunteers from your company to provide tech guidance and support to participants.
- ◆ Volunteers to provide presentation techniques.
- ◆ Volunteers as support staff to assist with event logistics and coordination.

Your organization's participation would significantly contribute to the event's success. If you can support us, please let us know via RSVP January 30, 2025. We would be happy to discuss further details and answer any questions you may have.

Thank you for considering our request. We look forward to the possibility of collaborating with you.

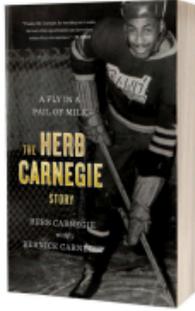
Sincerely,

Lorna Looby-Crosse
Principal, Community School Initiative
(416) 475-5423



Congratulations to Candies
Kotchapaw recipient of King
Charles Coronation Medal 2025





Bernice Carnegie Speaks . Canadian Black History

*Be inspired by this inspirational story
featuring the life and legacy of Herb Carnegie*

"A Fly in a Pail of Milk" transcends hockey, offering profound insights into how organizations and individuals can conquer adversity, embrace diversity and nurture unity.

Bernice Carnegie shares the compelling and "historical" journey of her Black and biracial immigrant families who settled in Toronto more than 100 years ago. She reveals some of the challenges and successes of their multicultural roots, demonstrating the importance of learning to adapt and create positive pathways forward.

Prominently featured throughout this presentation is the story of the iconic trailblazer Herbert H. Carnegie. His unconventional career choice as a Black hockey player in the 1940s and 1950s has been a catalyst for changing countless lives.

It is a story for all ages, demonstrating how hard work, perseverance, commitment and a positive attitude on and off the ice can lead to success. Dr. Carnegie was inducted into 14 halls of fame including the Hockey Hall of Fame in the Builder category Class of 2022.

Bernice's perspective as a Canadian-born woman from a racialized background offers valuable insights. She explains how her family's teachings and courageous life choices have created opportunities that shaped her own personal development and that of many others.



Bernice is an advocate for social justice transformation. A commitment that carries over into her work as an international speaker, storyteller and author. Co-founder and former Executive Director of the Herbert H. Carnegie Future Aces Foundation, Bernice's leadership significantly enhanced safe school programs and influenced positive cultural change in hundreds of schools. Bernice is consistent in her focus as a change agent. She has been a board member for Harmony Education for a decade and more recently co-founded The Carnegie Initiative for acceptance and inclusion in hockey. Bernice works with her family continuing to share the Carnegie legacy. In the 2019 re-release of her father's autobiography, "A Fly in a Pail of Milk: The Herb Carnegie Story", she authored Part II, revealing her personal perspective of "lessons passed on from father to daughter".

Bernice is the recipient of numerous educational, leadership and community service awards, including the Queen Elizabeth II Diamond and Platinum Jubilee Medals. She was particularly proud to be recognized by her community as an inaugural honoree of 100 Accomplished Black Canadian Women. In 2024 she received the Canadian Top 25 Women of Influence Award, International Women Achiever's Award and became an Honorary Inductee of the Etobicoke Sports Hall of Fame. Bernice has appeared in several award winning documentaries, Soul on Ice, Black Ice, Beyond Their Years and Breaking Down Barriers. View more Carnegie stories at www.bernicecarnegie.com.

Presentations by — Bernice Carnegie / bernicecarnegie@gmail.com / 647-237-2237 / www.bernicecarnegie.com

B.O.S.S. : Become Our Own Success Stories

The Jean Augustine Centre for Young Women's Empowerment is looking for enthusiastic individuals to join our team as March Break Camp Counsellors and Counsellors-in-Training at our hashtag#Etobicoke and hashtag#Brampton locations.

To view the corresponding job/volunteer posting, please visit: https://lnkd.in/eF_udG9G

If you would be a good fit for any of these roles, please email your resume and cover letter to opportunities@jeanaugustinecentre.ca by **Friday, January 31st**.

hashtag#jeanaugustinecentre
hashtag#marchbreakcamp hashtag#jobposting
hashtag#campcounsellor hashtag#hiring



We're Hiring

- **March Break Camp Counsellors**
- **March Break Counsellors-in-Training (Volunteer)**

Duration: March 10 - March 14, 2025

Location: Etobicoke, Brampton

Remuneration: \$18.00/hour (Camp Counsellors)

Application Deadline: January 31, 2025

TO Live Presents

Meridian Arts Centre
George Weston Recital Hall, North York

WOMEN IN SONG

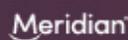
ft. Measha Brueggergossman-Lee, Tia Wood, and Zeh Bangash
Co-presented with FabCollab



MARCH 7, 2025

Buy tickets at tolive.com

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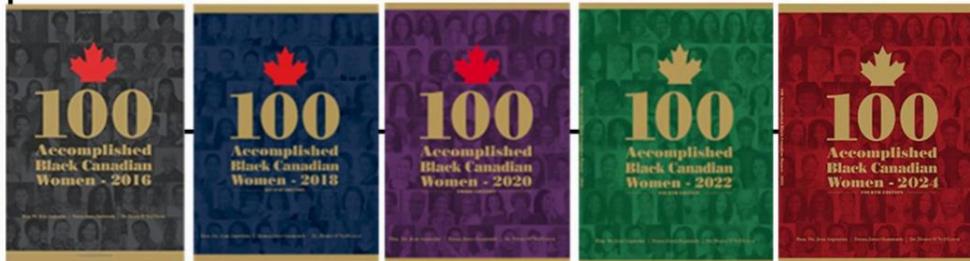
Twitter: @100abcwomen www.twitter.com/100abcwomen

YouTube @100ABCwomen

<https://www.linkedin.com/company/100-accomplished-black-canadian-women-project/about/?viewAsMember=true>

Join our free, Live and Inspirational Fireside Chats on Sundays from 3 until 4:30 pm EST, as our brilliant and talented Honourees discuss topics that matter to you. Registration will be required.

These chats are also available on Spotify: <https://shorturl.at/tDIMS>



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