



100ABCWomen spotlights and recognizes Accomplished Black Canadian Women. Please check our website for more information. www.100ABCWomen.ca

**Founders and co-authors - Hon. Dr. Jean Augustine, Dauna Jones-Simmonds
& Dr. Denise O'Neil Green**



Check out the latest updates

“Ultimate success is to ‘do what one loves and love what one does’, which leads to an extraordinarily successful and purposeful life

Dr. Winsome Smith



Shine a Light on an Accomplished Black Woman

Do you know a Black woman who has changed lives, broken barriers, or set new standards? Whether she leads in government, health, education, business, the arts, or makes a quiet but powerful impact, we want to celebrate her. This is more than a nomination—it's a chance to honour the women shaping our communities and inspiring future generations. Submit a nomination today and help ensure their accomplishments are seen, celebrated, and remembered.

www.100abcwomen.com

Check out the latest updates



Election Time!

-Dr. Nancy Simms



Black women's voices hold unparalleled power, and if we live in Canada, it is imperative that we vote.

To vote, you must be a Canadian citizen, be at least 18 years old on election day and prove our identity and address. When we come together as a united force, we can significantly influence policies, challenge systemic inequities, and advocate for a just society.

Our active participation in the electoral process is not just important; it is crucial for driving meaningful change and improving the lives of Black people. In our midst stands the Honourable Dr. Jean Augustine, a founding member of the 100 Accomplished Black Canadian Women and a remarkable role model whose legacy inspires us all. Have you ever thought about pursuing a career in politics? We strongly encourage you to connect with the many Black women who are actively involved in political parties. Many of these women are esteemed recipients of the 100 Accomplished Black Women Award. Additionally, take the time to explore Operations Black Vote Canada and its toolkit, which can empower you on your journey. Together, we can create a brighter future for Black people and others throughout Canada and beyond.

Check out the latest news.

Congrats



*Letna Allen-
Rowe*



Denise Siede

*On Being Awarded
The King Charles III
Coronation Medal
medal*



Check out the latest updates

Diversity

IN SPORTS CONFERENCE

MAY 2-4, 2025

HILTON MISSISSAUGA
MEADOWVALE

ICSN'S 2025 Diversity in Sport Conference

Presentation Times:

FIFA: 11:30am - 12:45pm EST

FIFA World Cup 2026 Toronto Secretariat: 12:45pm - 1:00pm EST

Guest Speakers:

Gerd Dembowski, Sr. Diversity & Anti-Discrimination Manager FIFA

Sharon Bollenbach, Executive Director, FIFA World Cup 2026 Toronto Secretariat, City of Toronto

GO TO: InclusioninCanadiansports.ca to sign up by APRIL 30, 2025 11:59PM



Yvonne Sam Receives Reached For the Stars

In recognition of her outstanding contributions, she received the Governor General of Canada Caring Canadian Citizen Award in 2014 and was named a Black History Month Laureate in 2014, and was named on the 2024 list of 100 Accomplished Black Canadian Women.

She received the Concordia University Alumni Association's Benoit Pelland Alumna of the Year Award in 2025.



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Upcoming Fireside Chats



Consumer Education

May 11th - 3:00-4:30PM EST

Environment and Climate Action

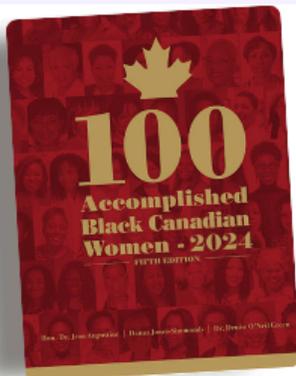
May 25th 3:00 - 4:30PM EST



International Women's Day is a day on which present women can reflect on the strengths and weaknesses of past women and shape the future of future women.



- Lanre Tunji-Ajayi, M.S.M



Honouring Excellence. Inspiring Generations.

Some stories deserve to be told—again and again. Honour the accomplishments of Black Canadian women with these timeless keepsakes:

100 Accomplished Black Canadian Women

2016, 2018, 2020, 2022 Editions – Just \$25 each

Limited 2024 Edition – Only \$50

500 Exceptional Black Canadian Women Poster

Available now on Amazon. Because recognition and inspiration never go out of season.

– Just \$20



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Yvette Blackburn

Educator | Advocate | Community Leader

Outstanding Leadership Award

In recognition of her unwavering commitment to equity, social justice, and transformative leadership in education and community development.

Yvette Blackburn has consistently demonstrated exceptional leadership through her tireless advocacy for anti-racism, fair policing, inclusive education, and civic engagement. With over two decades of service, she has empowered countless individuals, influenced policy, and championed the voices of the marginalized.

BE MY GUEST



**A DECADE OF
CELEBRATING MOTHERHOOD:
EMPOWERING WOMEN,
ENRICHING LIVES.**

Admission: \$120.00
Couple: \$220.00
Seniors (65+): \$80.00



Tickets:
<https://rma2025.eventbrite.ca>


**Saturday
May 10th, 2025.**


4:00 PM - 11:00 PM


**PANEMONTE BANQUET &
CONVENTION CENTER
220 Humberline, Dr
Etobicoke,
ON M9W 5Y4**

For inquiries, sponsorship, and advertisement opportunities, or to include a congratulatory message in the program, Please call 416.318.3506.

Powered By:



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**GET READY FOR
ACCESS TO SPORT
IS A HUMAN RIGHT
AWARD**

Keynote Speakers:
Professional Footballer James Peter
And Tolorunlogo Akinrinola
Graduation Coach for Black Students

**MAY.02.2025
12:00 TO 3:00 P.M.
AT PAUL HIGH
SCHOOLS**

ORGANIZED BY:
KARINE
COEN-SANCHEZ

CHUO
89.1 FM

ARSA | AÉAR
ANTI-RACISM STUDENT ASSOCIATION
ASSOCIATION ÉTUDIANTE ANTI-RACISTE

“ On April 27, 2025, I was deeply honoured to receive the Purpose Queen Award of Excellence, recognizing the pursuit of purpose-driven work centered on personal growth, professional development, and community empowerment.

Olvie Onagbeboma



Check out the latest updates



Rooted in Resilience: My Ongoing Canadian Journey

SoBack in 2016, I worked in a Thrift Store in Toronto while also being a client at New Circles Community Services, where I shopped for free clothing for myself and my family.

Due to my interest in gaining Canadian education and work

Except life experience, I enrolled in their 3-month Business Office Skills (BOS) program for

women. As part of the program requirements, I completed my placement at New Circles, managing the front desk, booking appointments, and assisting clients who came into shop.

I completed the BOS program and graduation took place in January 2017 at Centennial College. With a newborn in my arms, walking forward to receive

my certificate was both surreal and empowering. Soon after, a classmate from the BOS program shared a flyer about the Pre-Apprenticeship Early Childhood Education program at Seneca Polytechnic. I reached out to learn more, and that marked the beginning of my Seneca Polytechnic journey - one that is still unfolding.

Today, I lead the team at Afro Women and Youth Foundation (AWYF), to support immigrants, teach Early Childhood Education courses at the college and run my business at Adebola Adefioye Consulting.

Three years ago, the New Circles team checked in on me, and my story became part of their 2021 report (see photos attached). Last month, I celebrated nine years in Canada. It's a journey that I consider both challenging and rewarding

and today, I just want to encourage immigrant women navigating career transitions, family responsibilities, immigration status, precarious work, racial discrimination, and more to:

Just breathe

Give yourself grace and trust that everything will work out

Stay connected with people who uplift you and share opportunities

Utilize available resources while pushing for a better



Building the Future, Together

Toronto's construction industry is changing—and you can be part of it. The Toronto Community Benefits Network is hosting

Canada's largest networking event for construction professionals, where industry leaders, policymakers, and innovators come together to shape what's next.

Expect powerful conversations, live performances, and groundbreaking ideas that push the industry forward. Know someone making an impact? Nominate them today!

www.buildingdiversity.ca

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**TD READY
COMMITMENT**



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**FOLLOW
US ON:**



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The Nomination Deadline for 2026 Nominees is July 31, 2025. Click on this link to nominate someone great!
<https://www.100abcwomen.ca/nomination-form-2026/>

Looking to volunteer with 100ABCWomen - check out the available volunteer opportunities:

<https://shorturl.at/d5cCe>

Join our Fireside Chats - see our schedule of awe-inspiring topics:

<https://shorturl.at/UXRcP>

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