

**100ABCWomen spotlights and recognizes Accomplished Black Canadian Women.  
Please check our website for more information. [www.100ABCWomen.ca](http://www.100ABCWomen.ca)**

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





# 100ABC Women Newsletter

May 2025

## Mental Health Awareness Month

MAY 1 - 31,  
2025



*Congrats!*

**DR. BUKOLA  
SALAMI**

2025 EDI Excellence  
Award from Children's  
Healthcare Canada



Check out the latest updates

# CONGRATULATIONS



**Andigo Angela**  
Achoba-Omajali



**Norma Nicholson**



**Dr. Dzifa Dordunoo**



**Denise Cole**

## KING CHARLES III CORONATION AWARD WINNERS

### Why Choose Karine Coen-Sanchez?

Over 15 years of experience in labour and education inclusivity. Innovative, sustainable system changes for long-term impact. Resources and tools tailored for transformative strategies.

Bridging grassroots insights with institutional frameworks for meaningful change.



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## Denise O'Neil Green Consulting: Turning Intent into Impact

For over 30 years, Dr. Denise O'Neil Green has helped organizations move beyond good intentions to create real, lasting change. Through her consulting firm, she works side-by-side with teams to build more inclusive, equitable, and human-centered workplaces. Her approach is deeply personal and practical—rooted in listening, learning, and leading with care. Whether through leadership coaching, workshops, or strategy sessions, Dr. Green helps teams feel seen, heard, and equipped to grow. Her work is a reminder that DEI isn't a checklist—it's a journey, and one worth taking together..



*My goal is not  
to be an  
external  
consultant but  
a plus one to  
the client's  
team*



Check out the latest news.

## **Mental Health: A Black Woman's Perspective**

There are stories we tell the world. And there are stories the world has yet to hear. There are stories we tell the world. And stories the world hasn't yet learned how to hear.

This May—Mental Health Month—we turn our lens to the lives of Black women in Canada. Not for sympathy, but for truth. Because truth deserves space.

The research is there—Cénat et al. (2021) and Williams et al. (2022) show us what lived experience already knows: Black women face higher rates of depression, anxiety, and suicidal thoughts. This isn't random—it's the result of racism, systemic neglect, and a healthcare system that too often meets strength with silence.

Racism is not an abstract force. It's a health issue. It lives in the blood—raising pressure, compounding stress, deepening illness. It moves through the body just as it moves through society.

At 100 Accomplished Black Canadian Women, we mark this moment by making space—for stories, for healing, for care that sees us fully. We call for culturally attuned care, for policies that begin with equity, and for a mental health system that doesn't treat Black women as exceptions, but as essential.

Mental health is not the background music to our lives.  
It is the score.

—*Dr. Nancy Simms*



Check out the latest updates

# Congrats

[Senator Paulette Senior]

For Your  
2025 NACO Award

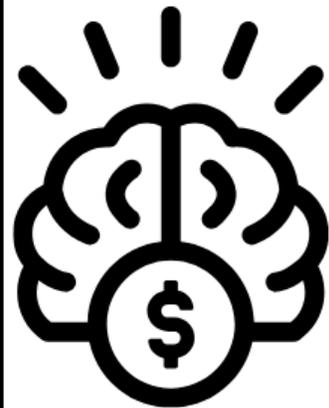


On  
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CONGRATULATIONS,  
**LOLETA**  
For Your **EMPOWER  
HER** Award



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“ **FIRESIDE CHAT**  
**Women In Politics**  
**Economic Empowerment &**  
**Advocacy**  
**Lived Realities: Sharing**  
**Disability Journeys** ”

June 8  
 June 22  
 June 29

### Spark the Conversation

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](http://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.



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**CELEBRATE DIVERSITY**

**BUILDING DIVERSITY AWARDS**

Embrace the Possibilities

**MAY 29 & 30** GREAT CANADIAN CASINO | RESORT TORONTO



**IWAA**  
CELEBRATING  
**15 YEARS**

SATURDAY  
**JUNE 28**  
2025

JOIN US AS WE ENLIGHTENED TO ENRICH,  
ENCOURAGE & EMPOWER  
GLOBAL FIGHT TO END VIOLENCE AGAINST WOMEN & GIRL

**@COURTYARD BY MARRIOTT HOTEL**  
90 BISCAYNE CRESENT BRAMPTON. ON

Awards Red Carpet: 5pm  
Awards Red Carpet: 6pm

contact us @iwaawards2016@gmail.com or 416-8225867



**EMPOWER EVERY VOICE**



Quote of the Month  
“Dare To Be You and find  
your passion. When you  
find your passion, do not  
let it go”.

*Dr. Andrea Fatona*

# 100ABCWomen Thanks Our Sponsors For Their Support



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COMMITMENT**

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