

CANADIAN ANTI-RACISM RESOURCES

ORGANIZATIONS TO SUPPORT AND FOLLOW

- [Black Lives Matter Vancouver](#)
- [Black Lives Matter Toronto](#)
- [Black Medical Student's Association of Canada](#)
- [Canadian Race Relations Foundation](#)
- [Equity in Medicine](#)
- [Black Health Alliance](#)
- [Black Legal Action Centre \(Ontario\)](#)
- [Black in BC Community Support Fund for COVID-19 \(BC\)](#)
- [Nia Centre for the Arts \(Toronto\)](#)
- [Hogan's Alley Society \(Vancouver\)](#)
- [Black Space Winnipeg \(Winnipeg\)](#)
- [Black Liberation Collective](#)
- [Black Youth Helpline](#)
- [Black Boys Code](#)
- [Vancouver Black Therapy And Advocacy Fund](#)
- [Canada Anti-Hate Network](#)
- [Canadian Anti-Racism Education and Research Society \(CAERS\)](#)
- [The Healing Collective: Black-led Mental Health Supports](#)
- [Outside Looking In](#)

BOOKS TO READ

- ["Policing Black Lives"](#) by Robyn Maynard.
- ["The Skin We're In"](#) by Desmond Cole.
- ["Blank: Essays and Interviews"](#) by M. NourbeSe Philip.
- ["In the Black"](#) by B. Denham Jolly
- ["Queer Returns: Essays On Multiculturalism, Diaspora and Black Studies"](#) by Rinaldo Walcott
- Black Berry, Sweet Juice by [Lawrence Hill](#)
- [Decolonizing Academia: Poverty, Oppression and Pain](#) by Clelia O. Rodríguez
- [Racism and Anti-Racism in Canada](#) by [David Este](#), [Liza Lorenzetti](#) and [Christa Sato](#)
- [Critical Race Theory \(3rd edition\)](#) by Richard Delgado
- [Boomerang Ethics: How Racism Affects Us All](#) by [Joseph Mensah](#) and Christopher J. Williams
- [Becoming an Ally, 3rd Edition Breaking the Cycle of Oppression in People](#) by Anne Bishop
- [North of the Color Line](#) by Sarah-Jane Mathieu

PODCASTS TO TUNE IN FOR

- [Colour code](#). (Globe and Mail 2016): Welcome to the Globe and Mail’s new podcast series about race in Canada. For hosts Denise Balkissoon and Hannah Sung, it’s first things first: things first: What is race? And why do we need this conversation right now? (on Spotify and Apple podcasts)
- [Black Tea](#) (Frequency 2018): The diversity that makes Canada special isn’t often reflected in the stories we hear and the discussions we have. Black Tea will change that. Writers Andray Domise and Melayna Williams are here to have the tough but important conversations right out in the open, and have some laughs while doing it. Join them each week for insightful and uncomfortable discussions; about issues that matter to Canada’s Black communities.
- [Race, Health, Happiness](#): Navigating professional life as a "racialized" person can be exhausting. Join Dr. O, a Public Health Physician Specialist in Toronto, as she interviews guests who are overcoming the obstacles of overt and institutionalized racism to achieve their professional goals while creating healthy and fulfilling lives. If you'd like to learn about thriving in the face of adversity while staying well, this is the podcast for you.

FILMS AND DOCUMENTARIES TO WATCH

- [Freedom Summer](#) Written and directed by Lu Asfaha (11:48) Black youth in Toronto learn about self-love and Black liberation at Freedom School, a summer camp run by Black Lives Matter.
- [Deeply Rooted](#) by Cazhhmere (23:02) Filmmaker Cazhhmere is a 7th-generation black Canadian. Despite this deep history, she’s constantly asked to explain where she’s from – even though the answer is always “Canada.”
- [Disruptor Conductor](#) by Sharon Lewis (44:08) Daniel Bartholomew-Poyser is an unlikely hero on a mission to create live orchestral shows that are for everyone.
- [The Skin We’re In](#) by Charles Officer (44:11)- A documentary about anti-Black racism in Canada

TRAINING AND ONLINE COURSES

- [Call It Out](#) by the Ontario Human Rights Commission: A 30-minute interactive eCourse that offers a foundation for learning about race, racial discrimination and human rights protections under Ontario's *Human Rights Code*. The course offers a historical overview of racism and racial discrimination, explains what “race,” “racism” and “racial discrimination” mean, and provides approaches to preventing and addressing racial discrimination.
- [Intercultural Awareness Certificate](#) offered at Queen’s. A five-part series of workshops which will help them to recognize that gaining intercultural awareness requires a commitment to life-long learning.

HISTORY

[Canadian Museum for Human Rights](#): The museum is currently doing virtual tours of their exhibits that focus both on Canadian history as well as international events many of which are centred on racial injustices.

OTHER ARTICLES AND RESOURCES

- [20+ Allyship Actions for Asians to Show Up for the Black Community Right Now](#)
- [Anti-Racism Resources for White People](#)
- [Bill of Responsibilities for Multiracial People of Color With Light Skin & White Passing Privilege](#)
- [My Ally Bill of Responsibilities*](#)