



# WAYS TO HELP TO COMBAT ANTI-BLACK RACISM

## SIGN PETITIONS

### Local petitions to sign:

- Justice for Regis Korchinski-Paquet — [Link](#)
- Petition the Toronto Police to wear body cameras — [Link](#)
- Defund the Toronto Police Services — [Link](#)
- Require RCMP to wear body cameras on duty — [Link](#)
- Demand racial data on police-involved deaths in Canada — [Link](#)
- Require Hamilton Police to wear body cameras on duty — [Link](#)
- Black history education in Toronto schools — [Link](#)
- University of Toronto mandatory anti-racism course — [Link](#)
- McMaster University mandatory anti-racism course — [Link](#)
- Ryerson University mandatory anti-racism course — [Link](#)

### For more local petitions, see:

- Black Lives Matter Canada's list of petitions — [Link](#)
- Black Lives Matter America's list of petitions — [Link](#)

### International Petitions:

- Black Lives Matter: Defund the Police — [Link](#)
- Justice for Tony McDade — [Link](#)
- Justice for Breonna Taylor — [Link](#)
- Justice for Ahmaud Arbery — [Link](#)
- NAACP's "We Are Done Dying" Campaign — [Link](#)
- Campaign Zero — [Link](#)
- Breonna Taylor's 27th Birthday Card — [Link](#)

## DONATE & SUPPORT

### Local Funds and Fundraisers:

- Justice for Regis Korchinski-Paquet — [Link](#)
- Black Lives Matter Toronto — [Link](#)
- Toronto Protest Bail Fund — [Link](#)
- Montreal Protest Bail Fund — [Link](#)
- Justice for Chantel Moore — [Link](#)



## WAYS TO HELP TO COMBAT ANTI-BLACK RACISM

### Local Organizations and Non-Profits to Support:

- Black CAP TO: Canada's largest Black-specific AIDS service organization — [Link](#)
- Black Lives Matter Toronto — [Link](#)
- Black Women in Motion: Youth-led organization supporting the advancement of Black womxn and survivors of sexual violence — [Link](#)
- The Domino Project: A drop-in program for Black queer youth — [@DominoProjectTO](#)
- The Most Nurtured: Promoting holistic wellness for Black womxn — [Link](#)
- Native Women's Resource Centre Toronto: Resources and support for indigenous womxn — [Link](#)
- Ocam Collective: Collective of doulas and birth workers providing birth care to BIPOC — [Link](#) or etransfer **ocamacollective@gmail.com**
- Support our Youth: Offering Black queer youth programs — [Link](#)
- Toronto Kiki Ballroom Alliance: program teaching ballroom arts to queer youth — [@torontokikiballroomalliance](#) or etransfer **kikiballroomtoronto@gmail.com**
- Two-Spirited People of the First Nations: Health, support, and advocacy for 2S and Aboriginal people — [Link](#)
- Women's Health in Women's Hands: Community health centre for womxn of colour — [Link](#)

### For more local and Canadian places to support, see:

- Black Lives Matter Canada's list of places to donate — [Link](#)
- NOW Magazine's List of Black organizations in Toronto — [Link](#)
- NOW Magazine's List of Black-owned businesses in Toronto — [Link](#)
- Refinery.com's list of Black, Canadian organizations and charities — [Link](#)
- Aboriginal Legal Services' list of GTA Aboriginal organizations — [Link](#)

### International Funds and Organizations:

- Black Lives Matter Global — [Link](#)
- George Floyd Memorial Fund — [Link](#)
- I Run With Maud fund for Ahmaud Arbery — [Link](#)
- Justice for Dreasjon Reed — [Link](#)
- Emergency Release Fund: Bail fund for Black Trans folx — [Link](#)
- The Bail Project: International project to combat mass incarceration — [Link](#)
- The NAACP Legal Defense Fund — [Link](#)

### See also:

- Papermag's list of fundraisers to support Black Trans folx in the United States — [Link](#)



## WAYS TO HELP TO COMBAT ANTI-BLACK RACISM

### WRITE LETTERS

#### Tips for writing letters:

- If possible, write your own letter to your local government officials. Original letters are more impactful, and prove there is genuine support from many people. They will also best communicate your own opinions.
- If you are using a form letter, modify the subject line and some of the wording so it cannot be identified by an email filter and deleted. See the below templates for form letters.

#### Contact information of government officials:

- Toronto City Councillors — [Link](#)
- Ontario Members of Provincial Parliament — [Link](#)
  - Find your MPP [here](#)
- Canadian Members of Parliament — [Link](#)

#### Letter writing templates:

- Justice for Regis — [Link](#)
- Letter against police brutality in Toronto — [Link](#)
- Letter for defunding the Toronto Police Services — [Link](#)

### READ AND LEARN

#### Books:

- *The Skin We're In*, by *Desmond Cole* (Also see [Cole's 2015 article in Toronto Life](#))
- *Queer Returns*, by *Rinaldo Walcott*
- *Marvellous Grounds: Queer of Colour Histories of Toronto*, by *Jin Haritaworn, Ghaida Moussa and Syrus Marcus Ware*
- *How To Be An Antiracist*, by *Ibram X Kendi*
- *Pleasure Activism: The Politics of Feeling Good*, by *Adrienne Maree Brown*
- *Algorithms of Oppression*, by *Safiya Umoja Noble*
- *Between the World and Me*, by *Ta Nehisi-Coates*
- *Policing the Planet*, by *Christina Heatherton & Jordan T. Camp* — [PDF](#)

#### Articles:

- Medium.com: 75 Things White People Can Do for Racial Justice — [Link](#)
- 26 Ways to Be in the Struggle Beyond the Streets — [Link](#)
- Black Trans Men Face a Constant Threat of Police Violence — [Link](#)



## WAYS TO HELP TO COMBAT ANTI-BLACK RACISM

### Guides and Lesson Plans:

- One-Month Anti Racism Lesson Plan — [Link](#)
- 28-Day Reading Plan — [Link](#)
- Simmons University Anti-Racism Guide — [Link](#)

### Watch:

- Our Dance of Revolution: Documentary film highlighting the struggles of Black queer and trans folx in Toronto. *Watch it in [Inside Out's 2020 Virtual Festival](#).*
- 13th. *Available on Netflix.*
- When They See Us. *Available on Netflix.*

### For further reading, check out:

- Black Lives Matter Canada's list of educational resources — [Link](#)
- Fringe Toronto's reading list of fiction and non-fiction by Black Canadian authors — [Link](#)
- CBC's list of 25 books about being Black in Canada — [Link](#)

## MENTAL HEALTH SUPPORT FOR BLACK FOLX

### Toronto-based health lines and centres:

- Blackline: Peer support and crisis line — [Website](#) or **1-800-604-5841** (call or text)
- TAIBU Community Health Centre — [Website](#) or **416-644-3536**
- Stella's Place: Youth mental health and crisis support — [Website](#) or **416-461-2345**
- Black Creek Community Health Centre — [Website](#) or **416-249-8000**
- Across Boundaries: Mental health and addiction services for racialized communities — [Website](#) or **416-787-3007 ext. 222**
- Black Youth Helpline — [Website](#) or **416-285-9944**

### Therapy resources:

- Black Therapist List: Directory of Black therapists in Canada — [Link](#)
- Therapy for Black Girls: Mental health resources and podcast — [Link](#)
- List of Black, female-identified therapists in the GTA — [Link](#)
- The Loveland Foundation: Therapy support for Black women and girls — [Link](#)

### Online resources:

- Black Mental Health Visibility: Toronto-based Black mental health resources — [Link](#)
- Liberate App: Meditation and mental health app for BIPOC — [Link](#)
- Parenting for Liberation: Resources for Black parents — [Link](#)
- Black Women in Motion: Upcoming events for Pride Month — [Link](#)
- Healhaus: Virtual wellness classes and workshops for Black folx — [Link](#)
- Dive in Well: Black-owned wellness company offering virtual classes — [Link](#)



## WAYS TO HELP TO COMBAT ANTI-BLACK RACISM

### SHARE YOUR STORIES

The following media resources are looking for folks to share their experiences with Anti-Black Racism:

- NOW Magazine — [news@nowtoronto.com](mailto:news@nowtoronto.com)
- CBC Life — [Link](#)
- Madame Noire — [Link](#)
- The Walrus (creative writing/art) — [Link](#)
- Toronto Star (specifically asking for stories about racism and wishes for the future) — [social@thestar.ca](mailto:social@thestar.ca)