



A message from Hazelle Palmer, President and CEO of Sherbourne Health

Each year Black History Month is celebrated as an opportunity in February to recognize the achievements, history, and contributions of Black communities. There have always been many ways in which such recognition is honoured – each with common aims of increasing awareness and highlighting pride.

For many Black people, however, Black History Month isn't just one month a year. It's something we focus on every day that goes beyond awareness and pride to the daily challenges, frustrations and trauma associated with anti-Black racism.

First expressed by Dr. Akua Benjamin (a Professor in Social Work with Toronto Metropolitan University), the term anti-Black racism is generally defined as “policies and practices rooted in Canadian institutions such as, education, health care, and justice that mirror and reinforce beliefs, attitudes, prejudice, stereotyping and/or discrimination towards people of Black-African descent”.

Conversations about anti-racism now include specific discussions about anti-Black racism and include actions to challenge and dismantle the unique systemic nature of this racism. Black History Month, then, is an opportunity for each of us to reflect on ways we can disrupt those barriers, shift personal beliefs and, within our work environments, contribute to actions of change.

It's hard work. However, it is a way to see February as a catalyst for ongoing change and reconciliation; to seek out resources that improve our understanding and knowledge, to show empathy and to change old behaviours.

I have the privilege of being part of (and co-Chair) an anti-racism steering committee organized by Ontario Health (Toronto Region). This committee is working to deliver on [Ontario Health's](#)

[EIDA-R framework](#) and is creating resources, frameworks, and policies to assist health care institutions in Toronto. We are creating resources, frameworks, and policies to assist health care institutions to dismantle behaviours and systems that continue to cause harm to Indigenous and Black communities. Together we are creating tools that we hope will be instrumental to management and staff at health care institutions in bringing about changes that improve these environments for us as health care workers and for our clients.

One tool, already launched, is an **Introduction to Anti-Black Racism**. This self-directed e-module provides base knowledge of Black people's history in Canada including experiences of slavery and colonization and the origins and ongoing challenges of anti-Black racism. I invite you to begin this February [by clicking on this link](#) as a first step in increasing your knowledge and being a catalyst for change.



Best,

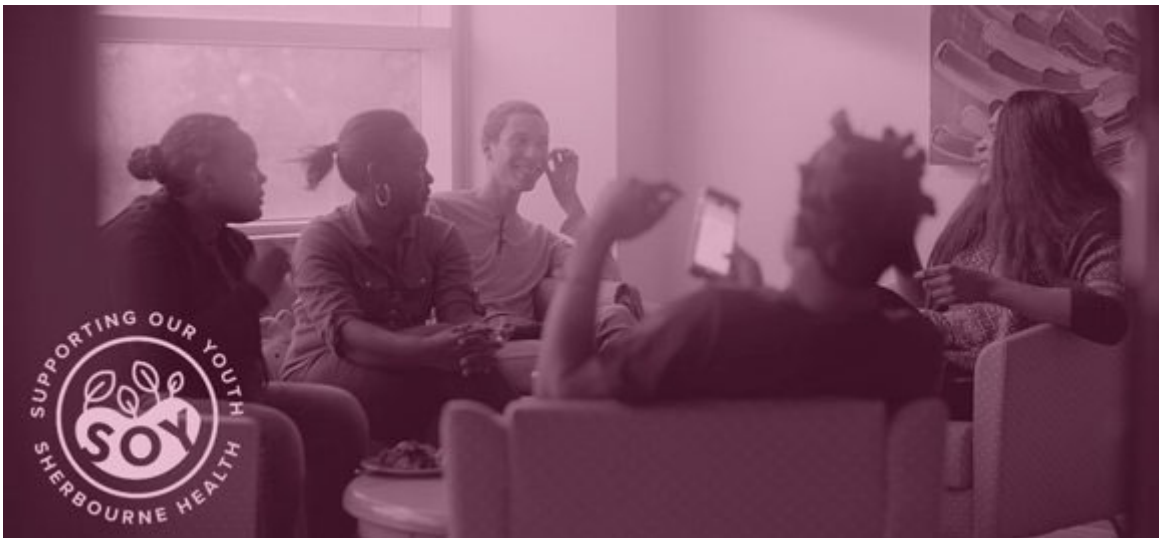
Hazel



Connecting newcomers to a healthy start in Canada

Every month, 50-70 newcomers to Canada connect with [Sherbourne Health's Newcomer Connector](#) Deepika Anandkumar for help navigating health and social services, such as primary care, mental health counselling, and settlement support. Deepika shares her insights on helping newcomers connect with the right providers, at the right time.

[Read more](#)



Spotlight on SOY's Black Queer Youth

[Black Queer Youth](#) is a weekly drop-in group for African, Black, and Caribbean youth ages 29 and under. Operating as part of Supporting Our Youth since 2002, it has been a place for generations of Toronto community members to come into their own as activists, artists, and change-makers. Throughout the year, BQY celebrates Black queer, trans, and non-binary accomplishments and experiences through programming, events, and more. Every week, BQY attendees grow, learn, and share their perspectives in an inclusive space. This month, group members will be visiting an exhibit celebrating Black creativity.

BQY runs every Thursday from 6 to 7:30 p.m. Interested in learning more or joining? Please contact soy@sherbourne.on.ca.



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Pharmacy.ca has opened a location on our first floor, operating every weekday from 9 a.m. to 5 p.m. You can get your prescriptions filled at this convenient one-stop, located to the left of the security desk. Please note that this Pharmacy.ca location does not do deliveries.

They can be emailed at sherbourne@pharmacy.ca or called at 416-960-7768, extension 2.



new website

Visit Sherbourne Health's new website

To serve our community better, [we've revamped our website](#). New design, new features and better accessibility are just some of what you can expect. Be sure to take a look, and fill out our user survey with any ideas for change.

[Take the survey](#)



Food for Good Market Greens

Visit Food for Good Market Greens

Our weekly produce market Food for Good Market Greens continues to run every Wednesday from 1 to 4:30 p.m., out of [The Corner @ 240](#) (240 Wellesley St E, on the north-west side of the Food Basics building). Come by for affordable vegetables, helpful recipes, and support from a registered dietitian.

To divert food waste, unsold market produce goes to The Corner @ 240's Green Cafe. Visit The Corner @ 240 every Tuesday and Thursday from 12 to 4 p.m. for affordable, vegetarian meals.

[Visit the market](#)



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[See our job postings](#)



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