

Be You, Be Well

Black Mental Health Day Event

March 4, 2024 marks the fifth annual Black Mental Health Day, recognized by communities across Ontario. On Black Mental Health Day, we are called to recognize the ongoing impact on mental health that results from experiences of anti-Black racism and to raise awareness of the specific mental health needs of Black communities across. Join us as we examine these impacts and needs and discuss ways in which members of the community can support their mental health.

This year DCDSB proudly presents keynote speaker:



Roxanne Francis

Roxanne Francis is an award-winning psychotherapist, registered social worker, consultant, leadership coach and international speaker, who has been helping people access tools to change their lives for over 15 years.

Panel Discussion:



Joy Lapps

Internationally lauded artist and composer, Joy Lapps, activates spaces for community building and creative expression.



Trudy Stone


Culinary nutritionist who is passionate about empowering people to build healthier habits and unlock the power of food to build a strong and vibrant brain and body.




Karriane Edwards

Psychotherapist from the Women's Multicultural Resource Counselling Centre

 **Monday, March 4, 2024**

 **6:30 – 8:30 p.m.**

 **Notre Dame Catholic Secondary School**
1375 Harwood Avenue North
Ajax, ON L1T 4G8



Note: Doors will open at 6:00 p.m. with community partner information booths and food available to attendees. Attendees have a chance to win a door prize!

[Click here to register](#) or scan the QR code