

BIPOC RESOURCES

GET INFORMED

Learn more about the experiences of BIPOC citizens, understand why highlighting these voices brings incredible value to our community, and hear what others are doing to amplify these perspectives.

- [Why Imposter Syndrome Hits Women of Colour Harder](#) (BBC Article)
- [Canadian Universities Must Collect Race-Based Data](#) (Maclean's Opinion Piece)
- [More training, education needed to fight systemic racism in public institutions, say Black scholars at U of A](#) (University of Alberta Article)
- [Stories of Latinas in the Workplace in 2020](#) (Catalyst.org)
- [Want to be an ally to Black, Indigenous, and People of Colour? Here's what you need to know](#) (CBC Article)
- [How to Be an Ally to the Black Lives Matter Movement, Now and Moving Forward](#) (Good Housekeeping Article)
- [Mentoring Underrepresented Minority Students](#) (Inside Higher Ed Opinion Piece)
- [Diverse Representation in Leadership: A Review of Eight Canadian Cities](#) (Study from Ryerson University)
- [Face Racism: Workers Expose Racial Discrimination in the Oilsands](#) (CBC Marketplace Video)
- [We need to talk: A forum on systemic racism](#) (CBC Edmonton Video)
- [Colour Code](#) (Podcast Series)
- [The Loop: Why Representation Matters](#) (Podcast Episode)
- Check out some recommended reads from Edmonton Public Library (EPL) curated lists like: [How to be Anti-Racist](#), [Understanding Racism in Canada](#), [Literary Diversity- A Multiculturalism Day](#), and [Indigenous Voices](#).
- Browse some [online courses](#) and round-table discussions to [Challenge Discrimination through Community Conversations](#) from The Centre for Race and Culture
- Look at resources and toolkits available from the [Canadian Centre for Diversity and Inclusion](#)
- Sign up to receive curated insights for inclusive workplaces and empathetic leaders right to your inbox from [Cheerful Careerful](#). You can check out the most recent updates like "How to Ask for Help" [here](#)

GET HELP

We encourage you to maintain your well-being and seek compassionate care if you're feeling overwhelmed or facing hardships.

- [POC Online Classroom Self Care Resources](#) - Readings on the importance of self-care, mental health care, and healing for people of color
- [BIPOC Resources](#) has resources specifically for BIPOC (Black, Indigenous and People of Colour) mental health in Calgary
- [Crisis Services Canada](#) (CSC)- A national network of existing distress, crisis, and suicide prevention line services. Check out their resources specifically for marginalized communities and allies [here](#). If you need support right now, you can call 1-833-456-4566 or text 45645 to speak with a CSPS responder who is trained to listen and support you.
- [Healing in Colour](#) - A directory of BIPOC therapists in Canada committed to supporting BIPOC in all our intersections.
- [Therapists in Edmonton](#) - Look through Psychology Today's therapist directory for Edmonton, where you can also specify traits, specialties, or methods you are looking for in a therapist to help find the right fit

GET CONNECTED

Community connections and conversations are essential! Check out some of these local groups to help grow your network, engage in meaningful discussions, and take action.

- [Edmonton Multicultural Coalition](#) promotes racial and ethnic equality through community capacity building efforts, such as helping people and organizations from disadvantaged communities overcome social exclusion, develop skills to solve problems and collaborate to improve their lives and local conditions.
- [The Come Up- YEG](#) is a local collective that creates opportunities for the access and full participation of members of the African community in all aspects of society, including economic, social, cultural, and educational endeavors, and contributes to the holistic development and wellness of the individual, family, and community
- [Young African Professionals](#) (YAP) strives to provide opportunities that enable and promote the excelling of African youth and professionals in academic and professional enterprise
- [Aboriginal Women's Professional Association](#) (AWPA) is a membership-driven group inclusive of all Aboriginal women, who are leaders, business owners, homemakers, and students in the community. They strive to provide Aboriginal women the opportunity to network, learn and empower each other through mentorship opportunities.

- [Aksis](#) is a membership-driven, not-for-profit organization created to serve as a central meeting point, inspiring Edmonton's Aboriginal business and a professional community to connect, collaborate & create.
- [Action, Chinese Canadians Together](#) (ACCT) Foundation builds Chinese Canadian leaders' capacity to create a more equitable society in Canada. They facilitate capacity building programs across the country, host leadership conferences, and provide a platform where academia can inform work in the community.
- [MAX Mentors](#) is a professional mentorship program that connects near-career students with early career mentors and early career professionals with mid-career mentors to catalyze excellence amongst the Canadian Muslim community and help a new generation break glass ceilings.
- [La Connexional](#)'s mission is to promote development, social integration, social inclusion, and multicultural understanding between African, Black, Caribbean, Latinx, and Canadian communities
- [Edmonton Region Immigrant Employment Council](#) is dedicated to ensuring immigrants are welcomed and participate in the Edmonton economy to their full potential. They have a mentorship program where you can support the integration of skilled immigrants while developing your professional and personal skills as a mentor
- [Shades of Colour](#) is a collective that strives to support and advocate for queer, trans, indigenous, black, and racialized people
- [Apathy is Boring](#) works to support and educate youth to become active and contributing citizens in Canada's democracy.
- [The Centre for Race and Culture](#) works within the community to advocate and support individual, social and systemic change to address racism and discrimination and increase intercultural understanding. Their expertise spans workplace development, community building, research, and education.

Disclaimer: interVivos has put these resources together to help you in this mentorship program. This is not an exhaustive list. We strive to share from reliable sources, but we cannot guarantee the suitability or accuracy of the content and additional links provided in any of the above.