



**BLACK  
WOMEN'S  
HEALTHCARE  
SUMMIT**

PRESENTED BY:



# Resources

## Key Takeaways

1. Know your family history
2. Get screened – early diagnoses save lives
3. Genetic testing is available to you
4. Know your body
5. Advocate

**BREAST HEALTH  
FOR BLACK WOMEN**

A CONVERSATION ABOUT BREAST CANCER



THE  
PETER GILGAN  
CENTRE  
FOR WOMEN'S  
CANCERS



## No matter where you live in Canada

The Peter Gilgan Centre for Women's Cancers at Women's College Hospital gives every woman every chance to access the highest standard of cancer care.

## Every Breast Counts

A Resource hub by Black Women for Black Women

[www.womenscollegehospital.ca/care-programs/peter-gilgan-centre/every-breast-counts](http://www.womenscollegehospital.ca/care-programs/peter-gilgan-centre/every-breast-counts)

## The Olive Branch of Hope

Supporting breast cancer awareness and patients

[www.theolivebranch.ca](http://www.theolivebranch.ca)

For more information about The Peter Gilgan Centre for Women's Cancers, visit:

[www.womenscollegehospital.ca/care-programs/peter-gilgan-centre](http://www.womenscollegehospital.ca/care-programs/peter-gilgan-centre)

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# HELPFUL DIABETES RESOURCES

## Books

**Diabetes: A History of Race and Disease**

**Blood Sugar: Racial Pharmacology and Food Justice in Black America**

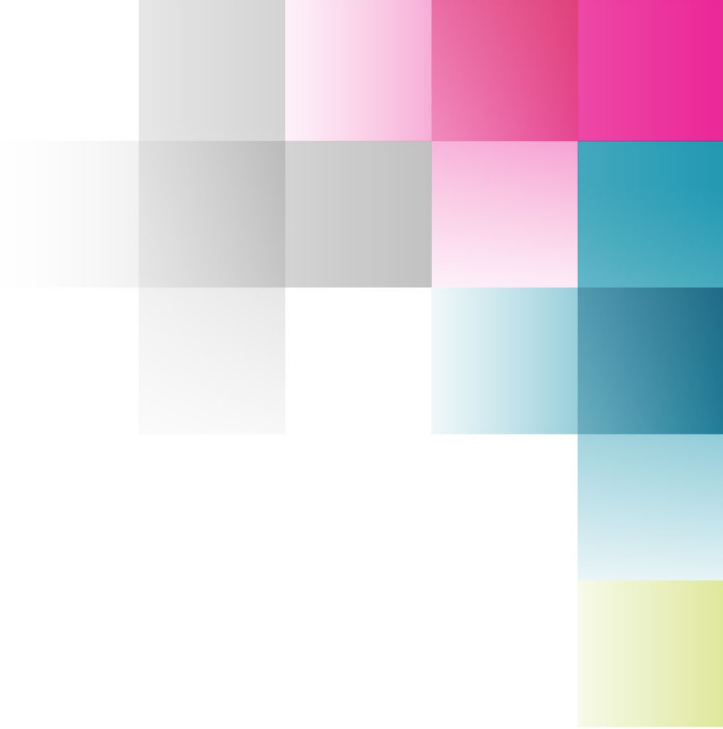
## Websites

**Diabetes in Black Communities**

**[www.nm.org/healthbeat/healthy-tips/nutrition/diabetes-in-the-black-community](http://www.nm.org/healthbeat/healthy-tips/nutrition/diabetes-in-the-black-community)**

**Diabetes in Black Americans: How to lower your risk**

**[www.everydayhealth.com/type-2-diabetes/diet/diabetes-african-americans-how-lower-your-risk](http://www.everydayhealth.com/type-2-diabetes/diet/diabetes-african-americans-how-lower-your-risk)**



# HELPFUL REPRODUCTIVE HEALTH RESOURCES

**Happy Healthy Wombs Period. - Womb Care**

[www.wombcare.ca](http://www.wombcare.ca)

**RMHC 2022**

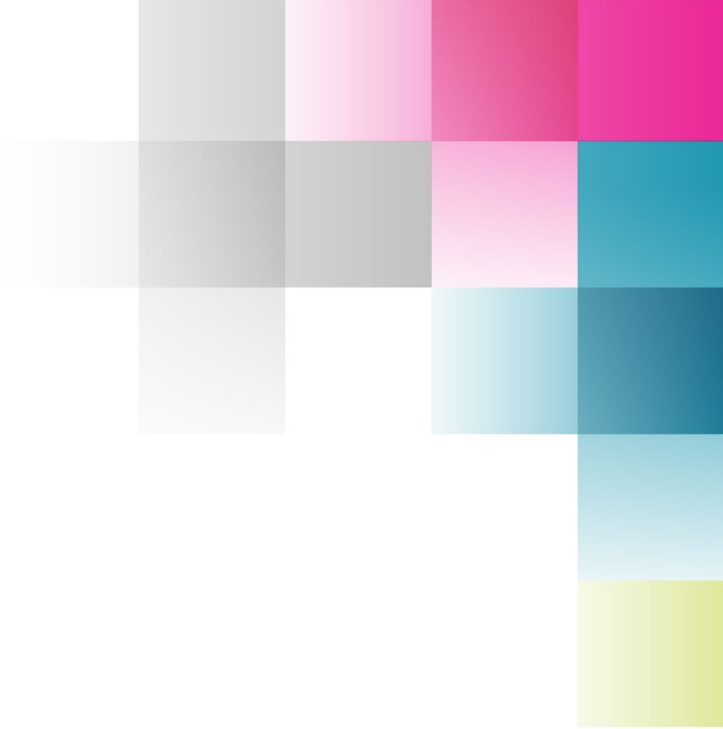
[www.rmhconference.com](http://www.rmhconference.com)

**MommyMonitor**

[www.mommymonitor.ca](http://www.mommymonitor.ca)

**OBDS**

[www.blackdoulas.ca](http://www.blackdoulas.ca)



# BLACK MENTAL HEALTH RESOURCES

## Across Boundaries

Provides mental health and addiction services for racialized communities.

416-787-3007 ext. 222

## Black Creek CHC

A non-profit, community-based organization in the Black Creek community that has partnered with the Trauma Therapy Program at Women's College Hospital.

416-249-8000 / 416-246-2388

## SAPACCY

(Substance Abuse Program for African Canadian and Caribbean Youth)

Provides services for racialized youth and their families who are dealing with problematic substance use and mental health concerns.

416-740-1056



# BLACK MENTAL HEALTH RESOURCES

## **rites for Black and African Canadian Youth**

Offered at Central Toronto Youth Services (CYTS), this initiative supports the empowerment of Black and African Canadian youth between the ages of 13 & 18.

**416-924-2100**

## **Taibu CHC**

Provides programs that focus on Black mental health and well-being.

**416-644-3536**

## **Women's Health and Women's Hands**

A community centre that provides services to racialized women in the Toronto area.

**416-593-7655**

## **Midaynta Community and Youth Service**

Focuses on addressing mental health issues in Ontario's East African diaspora.

**416-544-1992**

