

Get Involved: Celebrate, Support, and Take Action

Black History / Black Futures Month is more than a time of reflection—it's an opportunity to take meaningful action. Here's how you can get involved and make a lasting impact:

Attend Events & Learn More

Immerse yourself in Black history, culture, and excellence by attending local events and educational sessions. Check out these opportunities:

 [Eventbrite – Black History Events in Ottawa](#)

 [Black History Ottawa – Events & Initiatives](#)

Support Black-Owned Businesses

Put your dollars where your values are! Supporting Black-owned businesses strengthens economic empowerment and uplifts the community. Explore local Black-owned shops, restaurants, and services:

 [Shop Black – Black Ottawa Connect](#)


Volunteer & Give Back

Your time and donations can make a real difference. Get involved with organizations that uplift Black communities:

 [Black Ottawa Connect](#)

 [African Canadian Association of Ottawa](#)

 [Ottawa Black Mental Health Coalition](#)


 [Black Health Alliance](#)

Make It a Year-Round Commitment

Black history and futures should be recognized beyond February. Commit to sustained action:

 Advocate for the inclusion of Black voices in decision-making all year.

 Continue learning about Black history and racial justice.




 Challenge systemic barriers and amplify Black perspectives in your workplace and community.

Let's move beyond celebration and into action—because Black history is Canadian history, and Black futures shape our tomorrow.


Expand Your Knowledge: Learn, Reflect, and Take Action

Deepen your understanding of Black history, culture, and contributions in Canada. Whether you're looking for historical insights, community resources, or powerful stories, these sources offer valuable perspectives:

Explore Black History & Contributions

-  [Black History Ottawa – Stories & Events](#)
-  [The Canadian Encyclopedia – Black History Timeline](#)
-  [Government of Canada – Black History Month](#)

Dive into Health & Equity Resources

-  [Black Health Alliance – Knowledge Hub](#)

Understand the Numbers

-  [Statistics Canada – Honouring & Celebrating Black People in Canada](#)

Read & Amplify Black Canadian Authors

Looking for powerful voices in fiction, non-fiction, and poetry? Start here:

-  [CBC – 40 Books by Black Canadian Authors](#)

Knowledge is power. Take time to educate yourself, share what you learn, and keep the conversation going—because Black history and futures deserve recognition every day.



Support Resources: Access Help and Well-Being

If you or someone you know is seeking support, these resources are dedicated to improving the mental, emotional, and physical well-being of individuals and communities:


Wellness and Mental Health Support

-  [ACB Wellness – Supporting Black Communities](#)
-  [Counselling Connect – Access Free Therapy](#)

Mental Health Support for Ottawa Region

-  [Télédocs Outaouais – Telehealth & Wellness](#)
-  [Distress Centre Ottawa – Support & Crisis Line](#)

Crisis Support Services

-  [Crisis Line – 24/7 Emotional Support](#)