

# When every month is

# Black History Month



## Community care, healing and sustainability for Black helpers and healers

Panel/Virtual Gathering for Black folx in helping and healing roles and/or professions, featuring guests: behbeit, Dr. Zuleka R. Henderson, Danielle Smith, Terry Gardiner & Dr. Ruth Rodney

**Wednesday, March 16th - 4:30pm - 6:30pm Pacific Daylight Time**

Zoom registration link:

<https://uvic.zoom.us/meeting/register/tZctdOispj0uE9WLryyamulpmXDbrh4zP9Z>

Sponsored by: School of Social Work, University of Victoria





**Dr. Zuleka R. Henderson** \* Dr. Zuleka R. Henderson is the Founding Director of the Center for Black WellBeing (CBW) at graymatters medical practice, an organization reimagining mental health service delivery for Black people. She was previously a lecturer at the Columbia University School of Social Work, where her research and scholarship focused on the intersections of ancestral healing practices, trauma, and pathways to wellness. Inspired by her commitment to intergenerational healing and well-being for people of African ancestry, Dr. Henderson translated insights from her research, practice, and personal experiences into the development of CBW, a healing-centered, culturally rooted, collective practice that works with organizations and individuals to create the conditions for wellness to come alive for all Black people.

**behbeit** \* i am a multi|inter-disciplinary artist from Toronto. my work is built on 20+ years of experience in creative and technical disciplines, which include but are not limited to: fashion/tex-tiles design, fine metals + jewellery, digital media, video production, photography, midwifery, and space curation. All of my work is a critical reminder to the world and those that come after, that i exist. my existence is not only essential but pertinent to the existence of humanity. The space i hold will take on a whole new shape that must remember what it held before. The art i create is that reminder. Until my last breath, i am a part of the whole.

**Danielle Smith** \* A kinesthetic learner and student of life, Danielle understands that the body - each of our beings - is impacted by both internal physiological factors and external structural factors, and that the body holds a deep innate wisdom and resilience toward healing. She works collaboratively with each of her clients in an evolving process of treatments based on their bio-political landscape and any given set of circumstances that are being faced. Danielle's practice of over 25 years has been technically grounded in swedish massage, myofascial stretching and release, manual lymph drainage, joint mobilization, amongst other techniques; as well as grounded in her lived experience and understanding of the somatic/physiological impact of the over culture and its historical and intergenerational impact in which we are living in "the West".

**Terry Gardiner** \* Terry Gardiner is a social worker, educator and creative who has engaged and supported community work with a focus on inclusion across many sectors. He has worked with students, faculty and staff at the University of Toronto at the Faculty of Social Work, the Faculty of Kinesiology and Physical Education and is currently Director of Student Programs at the Faculty of Law. As a clinician he focuses on the impact of culture and the development of good relations.

**Dr. Ruth Rodney** \* Ruth Rodney is a registered nurse and Assistant Professor at York University's School of Nursing where she teaches global health, women's health and theoretical approaches to nursing science. Her research focuses on violence prevention at the community level. Specifically, she addresses gender-based violence with a focus on ACB (African/Caribbean/Black) youth and communities in Canada and the Caribbean. She is an academic fellow at the Centre for Critical Qualitative Health Research at the University of Toronto and currently serves as a grant reviewer for the Youth Opportunity Fund that focuses on funding Black and Indigenous led community projects addressing systemic barriers in Ontario. Dr. Rodney also serves her community in Hamilton, Ontario as a board member for the Afro Canadian Caribbean Association and the Canadian Mental Health Association.