



**DURHAM CATHOLIC  
DISTRICT SCHOOL BOARD**  
*Learning and Living in Faith*

## Not Just Surviving: Centering Black Mental Health Black Mental Health Day Event

March 6, 2023 marks the fourth 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. It is also a day to raise awareness of the specific mental health needs of Black communities across Ontario.

### This year DCDSB proudly presents:



**Dionne Sinclair**

Vice President Clinical  
Operations & Chief  
Nursing Executive  
Centre for Addiction and  
Mental Health (CAMH)



**Maryanne Oketch**

Winner of Survivor,  
Season 42

Both Dionne and Maryanne will be speaking to the impact of racism on the mental health of Black and racialized individuals, highlighting the systemic issues that are leading to injustice. Dionne and Maryanne will also be drawing from their personal experiences to describe their journeys to becoming who they are today.



**Monday, March 6, 2023**



**6:30 – 8:30 p.m.**

Note: doors will open at 6:00 p.m. and community partners will offer information to attendees from 6:00 - 6:30 p.m.



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



To register [click the link](#) or scan the QR code